



Hanging on Every Word Lenten Resource

Monday

- Read John 19:14-29
- Over the past several weeks we have explored the crucifixion of Jesus. What new insights have you gained?
- What do you think impacted Jesus more, the rejection of the people (“We have no king but Caesar/emperor) or the physical torment he experienced?
- Consider what Jesus experienced. Say a prayer to god thanking him for the abundant sacrifice of Jesus. Ask God to help you to be more grateful for His great love.

Tuesday

- Read John 4:1-15
- What sticks out to you in this text?
- Why do you think the metaphor of “thirst” is used so often in scripture?
- How has Jesus been your wellspring of life?
- Make a list of ways Jesus has fulfilled your spiritual thirst.
- Pray to God asking him to quench the areas in your life where you “thirst”.

Wednesday

Some report that the human mind is capable of having more than 30,000 thoughts every day. That sounds like an implausible statistic. At the same time, this statistic demonstrates the power of the humane mind. God created us as such complex beings, and we are capable of so

much. Accordingly, we often experience mental and spiritual fatigue. This can lead to spiritual thirst and hunger. This week, we have been encouraged to consider the spiritual disciplines of study and meditation. The following is an exercise that helps to center us in God using his word as an anchor.

Meditating in Scripture

- Open your Bible to Psalm 119:105-112
- Before you read, spend at least two minutes in silence. Get comfortable. This is not an easy thing to do. You will discover that your mind will begin thinking about a ton of things. As you sit in silence, close your eyes and focus on God's love, God's grace and God's presence.
- After the silence, say this prayer: **God, open my eyes, open my mind and open my heart. I receive you Lord. Amen**
- Slowly read the text.
- Repeat the prayer above.
- Spend another moment or two focusing on the scripture you read.
- Say prayer in response to your time in the word.

Thursday

Meditating in Scripture

- Open your Bible to Psalm 23
- Before you read, spend at least two minutes in silence. Get comfortable. This is not an easy thing to do. You will discover that your mind will begin thinking about a ton of things. As you sit in silence, close your eyes and focus on God's love, God's grace and God's presence.
- After the silence, say this prayer: **God, open my eyes, open my mind and open my heart. I receive you Lord. Amen**
- Slowly read the text.
- Repeat the prayer above.
- Spend another moment or two focusing on the scripture you read.
- Say prayer in response to your time in the word.

Friday

Meditating in Scripture

- Open your Bible to Ephesians 3:14-21
- Before you read, spend at least two minutes in silence. Get comfortable. This is not an easy thing to do. You will discover that your mind will begin thinking about a ton of things. As you sit in silence, close your eyes and focus on God's love, God's grace and God's presence.
- After the silence, say this prayer: **God, open my eyes, open my mind and open my heart. I receive you Lord. Amen**
- Slowly read the text.
- Repeat the prayer above.
- Spend another moment or two focusing on the scripture you read.
- Say prayer in response to your time in the word.