



## ***From Dust to Dawn — Lenten Rhythm***

Welcome to the journey.

Lent is not a season for pretending. It is a season for paying attention. We slow down long enough to tell the truth about our lives and to notice the quiet work God is already doing beneath the surface.

This guide is not meant to overwhelm you. It is meant to accompany you. Each day offers a small rhythm — Scripture, reflection, practice, prayer — not as a checklist to complete, but as a space to meet God honestly. Some days will feel clear. Some days will feel quiet. Both are part of the journey.

We begin in the dust, remembering our limits and our dependence. Along the way we turn, we name our thirst, we learn to see, we notice breath returning, we sit honestly in darkness, and we eventually arrive at dawn. Not because we forced transformation, but because God has been faithfully forming us.

Spiritual growth rarely happens through dramatic moments. It grows through consistent attention. Through small acts of surrender. Through returning again and again to God's presence in ordinary days.

***So walk slowly.***

***Read the Scripture without rushing.***

***Write what is honest, not what is impressive.***

***Practice small faithfulness.***

***Let prayer be simple and real.***

***You do not need to do this perfectly.***

***You only need to remain open.***

My hope is that these pages become a place where you notice God more clearly, hear your own heart more truthfully, and carry practices that last beyond this season. Lent does not end at Easter morning. It reshapes how we live afterward.

What begins in dust moves toward dawn. And God walks with you every step of the way.

I'm grateful you're on the journey.

Blessings,

Dion



## **FROM DUST TO DAWN**

### **Week 1 - DUST**

#### **Marked by Dust**

This week we begin low to the ground. Scripture reminds us that we are formed from dust and sustained by the breath of God. That truth does not diminish our value. It clarifies our dependence. Lent invites honesty about our limits, our need, and our longing. As you move through this week, resist the pressure to perform. Instead, notice where God is already sustaining you. Before transformation comes remembering. Before change comes humility. You are dust, and you are deeply loved.

#### **How to Use This Guide?**

- Set aside 10–15 minutes each day.
- Read the Scripture slowly.
- Reflect honestly.
- Practice intentionally.
- Pray sincerely.

**Monday – FORMED**

**Scripture: Genesis 2:7**

**Key Truth: You are dust, and you are breathed into.**

Where have I been living as though everything depends on me?

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How does it change me to remember I am sustained by God’s breath?

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**Practice:**

Take five slow breaths.

Inhale: “You give life.”

Exhale: “I receive.”

**Prayer**

Write your own prayer of dependence:

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**Tuesday – REMEMBERED**

**Scripture: Psalm 103:8-14**

**Key Truth: God remembers that we are dust.**

Where have I been overly harsh with myself?

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Where do I most need to receive compassion?

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**Practice:** Write one weakness or struggle below. Then write: “God is compassionate here.”

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**Prayer:** Write your own prayer acknowledging that God sees you:

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**Wednesday – WILDERNESS**

**Scripture: Matthew 4:1-11**

**Key Truth: Dependence is strength.**

What wilderness space am I currently walking through?

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Where am I tempted to prove myself instead of trust God?

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**Practice:** Fast from one small comfort today. Let the discomfort prompt prayer.

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**Prayer**

Write a prayer of gratitude for God's care for you

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**Thursday- LIMITS**

**Scripture: Ecclesiastes 3:1-11**

**Key Truth: You are not in control of time.**

Where am I resisting limits in my life?

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What would surrender look like this week?

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**Practice:** Cancel or postpone one nonessential activity and use that time in quiet reflection.

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**Prayer:** Write a prayer asking God to surrender control

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**Friday - HUMILITY**

**Scripture: Micah 6:6-8**

**Key Truth: Walk humbly with your God.**

Where do I crave recognition?

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How can I practice hidden obedience this week?

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**Practice:** Perform one anonymous act of kindness.

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**Prayer:** Write a prayer asking God to surrender control

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**Saturday- WEEKLY REVIEW**

**Looking Back**

What did God surface in me this week?

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Where did I resist?

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Where did I grow?

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**Looking Ahead**

What is one thing I want to carry into Week 2?

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## **FROM DUST TO DAWN**

### **Week 2 - Turning Called to Turn**

Turning is often misunderstood. Many of us hear repentance and feel shame. But Scripture frames turning as invitation. God calls us to turn because He is drawing us forward.

Turning is not punishment. It is movement. It is reorientation. It is the quiet courage to release what is familiar so we can receive what is faithful.

This week we practice small turns. Honest turns. Gentle turns. Pay attention to resistance. Notice where grace feels uncomfortable. God often meets us right there.

#### **How to Use This Guide?**

- Set aside 10–15 minutes each day.
- Read the Scripture slowly.
- Reflect honestly.
- Practice intentionally.
- Pray sincerely.

**Monday - AWARENESS**

**Scripture: 139:23-24**

**Key Truth: Awareness precedes transformation.**

What patterns in my life need honest attention?

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Where have I been avoiding truth?

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**Practice:** Sit in silence for two minutes. Ask God to reveal one area for gentle change.

**Prayer**

Write a prayer asking God to help you see yourself honestly and gently.

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**Tuesday – RELEASE**

**Scripture: Hebrews 12:1-2**

**Key Truth: Turning requires letting go**

What am I holding that is slowing my spiritual movement?

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What fear makes release difficult?

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**Practice:** Write one thing you need to release. Explain

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**Prayer:** Write a prayer releasing what you have been carrying that God never asked you to hold.

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**Wednesday – REORIENT**

**Scripture: Matthew 6:25-33**

**Key Truth: Turning resets priorities**

Where has my attention drifted away from what matters most?

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What would it look like to seek God first this week?

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**Practice:** Reorder one part of your day around prayer, Scripture, or rest.

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**Prayer**

Write a prayer asking God to reorder your attention and priorities.

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**Thursday- TRUST**

**Scripture: Proverbs 3:5-6**

**Key Truth: Turning means trusting direction you cannot fully see.**

Where do I crave certainty before obedience?

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How has God been faithful in past seasons of uncertainty?

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**Practice:** Take one step without overthinking. Act on trust rather than clarity.

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**Prayer:** Write a prayer trusting God with a direction that still feels uncertain.

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**Friday - GRACE**

**Scripture: Luke 15:11-24**

**Key Truth: Every turn toward God is met with grace.**

Where do I still believe I must earn my way back?

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What would it feel like to receive grace without explanation?

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**Practice:** Speak this aloud: "I am welcomed as I turn." Take a short walk and repeat it slowly.

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**Prayer:** Write a prayer receiving grace without explanation or defense.

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**Saturday- WEEKLY REVIEW**

**Looking Back**

Where did I notice God inviting change?

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Where did I resist?

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Where did I grow?

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**Looking Ahead**

What is one direction I sense God leading next?

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## **FROM DUST TO DAWN**

### **Week 3 - Thirst**

#### **We are shaped by what we drink**

Thirst is not failure. It is awareness. We were created with longing, and what we reach for in moments of fatigue, stress, and restlessness reveals what we believe will satisfy us.

This week is not about eliminating desire. It is about paying attention to it. Many of the things we consume promise relief but leave us emptier than before. Jesus does not shame thirst. He meets it and redirects it.

Notice what you reach for first. Notice what numbs. Notice what nourishes. God is not asking you to stop longing. God is inviting you to drink deeply from living water.

#### **How to Use This Guide?**

- Set aside 10–15 minutes each day.
- Read the Scripture slowly.
- Reflect honestly.
- Practice intentionally.
- Pray sincerely.

**Monday - NOTICE**

**Scripture: John 4:13-14**

**Key Truth: Your thirst points somewhere.**

Where do I go first when I feel tired or overwhelmed?

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What patterns of consumption have formed my days?

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**Practice:** Pause before your first distraction today.

**Prayer**

Write a prayer asking God to reveal your deeper thirst.

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**Tuesday – Honesty**

**Scripture: Psalm 63**

**Key Truth: God invites honest longing**

What am I longing for right now?

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Where have I tried to numb that longing?

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**Practice:** Name one false well.

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**Prayer:** Write a prayer bringing your real desire to God.

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**Wednesday – REDIRECT**

**Scripture: Exodus 17:1-7**

**Key Truth: God provides in dry spaces**

Where does life feel dry?

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What would trust look like here?

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**Practice:** Replace one distraction with five minutes of stillness

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**Prayer**

Write a prayer asking God to meet you in dryness.

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**Thursday- RECEIVE**

**Scripture: Isaiah 55:1-3**

**Key Truth: Grace is offered, not earned.**

Where do I feel like I must earn satisfaction?

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What would receiving look like today?

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**Practice:** Do something nourishing without productivity attached.

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**Prayer:** Write a prayer receiving what God offers freely.

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**Friday - SATISFY**

**Scripture: John 7:37-38**

**Key Truth: Living water flows outward.**

Where have I experienced deep contentment?

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How might God use my thirst to bless others?

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**Practice:** Encourage someone from your overflow.

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**Prayer:** Write a prayer asking God to make you a source of life.

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**Saturday- WEEKLY REVIEW****Looking Back**

Where did I notice my thirst most clearly this week?

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What patterns of consumption or distraction became more visible?

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Where did I experience genuine satisfaction or peace?

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**Looking Ahead**

What desire do I sense God reshaping in me?

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What is one way I can drink more intentionally from life-giving practices next week?

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## **FROM DUST TO DAWN**

### **Week 4 - Light**

#### **We are learning to see**

Light does not always arrive suddenly. Sometimes it grows. Healing often looks like learning to see differently. Jesus restores more than vision. He restores identity, dignity, and truth. This week we pay attention to perspective. Where has darkness shaped how you see yourself, others, or God?

#### **How to Use This Guide?**

- Set aside 10–15 minutes each day.
- Read the Scripture slowly.
- Reflect honestly.
- Practice intentionally.
- Pray sincerely.

**Monday - SEE**

**Scripture: John 9:25**

**Key Truth: Honest testimony begins with sight.**

Where has my perspective shifted recently?

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What might God be helping me see clearly?

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**Practice:** Notice one ordinary moment of beauty.

**Prayer**

Write a prayer asking God to open your eyes.

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**Tuesday – NAME**

**Scripture: Psalm 23**

**Key Truth: God guides through shadow.**

What fears distort my vision?

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Where do I need reassurance?

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**Practice:** Speak (Read) Psalm 23 slowly.

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**Prayer:** Write a prayer naming where you need light.

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**Wednesday - HEAL**

**Scripture: Mark 8:22-25**

**Key Truth: Healing can be gradual.**

Where am I impatient with growth?

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What progress have I overlooked?

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**Practice:** Celebrate one small sign of healing.

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**Prayer:** Write a prayer thanking God for slow restoration.

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**Thursday- TRUTH**

**Scripture: John 8:12**

**Key Truth: Light reveals reality.**

What lies have shaped my identity?

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What truth is replacing them?

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**Practice:** Write one truth where you can see it.

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**Prayer:** Write a prayer embracing truth over fear.

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**Friday - SHARE**

**Scripture: Matthew 5:14-16**

**Key Truth: Light is meant to shine.**

Where might my story help someone else?

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What keeps me quiet?

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**Practice:** Encourage someone with a bible verse.

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**Prayer:** Write a prayer asking God to make you light.

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**Saturday- WEEKLY REVIEW****Looking Back**

Where did I notice new clarity this week?

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Where do I still feel uncertain?

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What perspective shifted?

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**Looking Ahead**

What is one way I can keep walking in the light next week?

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Write a prayer asking God to continue restoring your sight.

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**FROM DUST TO DAWN**  
**Week 5 - Breath**  
**We are sustained by God's breath**

Breath is quiet evidence that God is still sustaining you. Renewal rarely begins with energy. It begins with surrender.

There are places in every life that feel tired, stuck, or finished. Scripture reminds us that God specializes in breathing life into dry places. Not instantly. Not dramatically. Faithfully.

This week invites you to slow your pace and notice where life is returning. Pay attention to what nourishes your soul. Renewal is not something you force. It is something you receive.

**How to Use This Guide?**

- Set aside 10–15 minutes each day.
- Read the Scripture slowly.
- Reflect honestly.
- Practice intentionally.
- Pray sincerely.

**Monday - EXHALE**

**Scripture: Matthew 11:28-30**

**Key Truth: Rest is invitation**

Where am I tired?

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What am I carrying alone?

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**Practice:** Create ten minutes of unscheduled space today. Sit, walk, or breathe without multitasking. (Some call this creating margin)

**Prayer**

Write a prayer welcoming ongoing renewal.

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**Tuesday – RECEIVE**

**Scripture: Ezekiel 37:5**

**Key Truth: God initiates renewal**

What feels lifeless?

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Where do I need hope?

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**Practice:** Sit outside and breathe slowly.

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**Prayer:** Write a prayer inviting new life.

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**Wednesday - TRUST**

**Scripture: John 11:43**

**Key Truth: Resurrection often feels impossible first.**

Where have I assumed finality?

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What would hope look like here?

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**Practice:** Write one situation that feels stuck. Next to it write: "God is still at work here."

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**Prayer:** Write a prayer trusting God's timing.

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**Thursday- NOURISH**

**Scripture: Psalm 1**

**Key Truth: Renewal requires roots.**

What nourishes my soul?

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What drains it?

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**Practice:** Identify one activity that drains you and one that nourishes you. Limit the draining activity today and make intentional space for the nourishing one.

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**Prayer:** Write a prayer asking for deeper roots.

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**Friday - GRATITUDE**

**Scripture: Lamentations 3:22-23**

**Key Truth: Mercy is daily.**

Where did I notice renewal this week?

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What surprised me?

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**Practice:** List 3 mercies.

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**Prayer:** Write a prayer of gratitude.

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**Saturday- WEEKLY REVIEW**

**Looking Back**

What felt lighter than before?

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Where do I still feel uncertain?

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What still feels tired or unfinished?

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**Looking Ahead**

What rhythm of rest or nourishment do I want to continue?

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Write a prayer welcoming ongoing renewal.

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## **FROM DUST TO DAWN**

### **Week 6 - Darkness**

#### **We are held in the dark**

Following Jesus includes both celebration and suffering. Palm branches and crosses belong to the same story. Darkness is not evidence that God has withdrawn. It is often where faith becomes rooted.

This week is about endurance. Not dramatic heroics, but steady presence. Honest prayer. Trust without clarity.

Bring your questions. Bring your fatigue. Bring your disappointment. God does not rush people through darkness. God accompanies them through it.

#### **How to Use This Guide?**

- Set aside 10–15 minutes each day.
- Read the Scripture slowly.
- Reflect honestly.
- Practice intentionally.
- Pray sincerely.

**Monday - HONEST**

**Scripture: Psalm 31**

**Key Truth: Where does life feel heavy?**

What emotions have I been carrying quietly?

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Where does life feel heavy right now?

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**Practice:** Name your emotions before God without editing.

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**Prayer**

Write a prayer asking God to open your eyes.

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**Tuesday – LAMENT**

**Scripture: Psalm 13**

**Key Truth: Lament is an act of faith.**

What feels unresolved or unanswered?

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Where do I feel tension between hope and reality?

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**Practice:** Write one honest sentence that begins with “How long...”

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**Prayer:** Write a prayer naming sorrow without rushing resolution.

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**Wednesday - HOLD**

**Scripture: Hebrews 10:23**

**Key Truth: Faith sometimes looks like holding on.**

What promise am I clinging to?

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Where do I feel tempted to give up?

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**Practice:** Choose one Scripture promise and read it slowly twice today.

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**Prayer:** Write a prayer asking for endurance.

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**Thursday- SURRENDER**

**Scripture: Matthew 26:39**

**Key Truth: Surrender is trust without control.**

Where am I resisting what I cannot change?

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What would surrender look like in this situation?

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**Practice:** Sit with open hands for one minute and release control.

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**Prayer:** Write a prayer yielding what feels beyond you.

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**Friday – REMEMBER**

**Scripture: John 19**

**Key Truth: Love is most visible in sacrifice.**

What does the cross teach me about God’s presence in suffering?

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Where have I experienced love during difficulty?

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**Practice:** Sit in silence for three minutes and reflect on the cross.

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**Prayer:** Write a prayer of gratitude even in uncertainty.

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**Saturday- WEEKLY REVIEW****Looking Back**

Where did I remain present instead of withdrawing?

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What emotions did I allow God to see?

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Where did I sense quiet strength growing?

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**Looking Ahead**

What helps me stay faithful when clarity is limited?

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What support do I need moving forward?

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## **FROM DUST TO DAWN**

### **Week 7 - Dawn**

**We are raised into new creation.**

Dawn does not erase the night. It reveals what survived it. Resurrection is not a return to what was. It is the beginning of what is new.

As this journey concludes, the invitation shifts from reflection to participation. What has changed in you is meant to move through you. Resurrection becomes visible in ordinary faithfulness, renewed relationships, courageous hope, and shared testimony.

Notice life. Name growth. Carry practices forward. The journey from dust to dawn does not end at Easter morning. It continues in how you live.

### **How to Use This Guide?**

- Set aside 10–15 minutes each day.
- Read the Scripture slowly.
- Reflect honestly.
- Practice intentionally.
- Pray sincerely.

**Monday - EXPECT**

**Scripture: Matthew 28:1**

**Key Truth: Hope learns to anticipate life.**

Where do I sense possibility returning?

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What fears still make hope feel risky?

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**Practice:** Notice one sign of life today.

**Prayer**

Write a prayer expecting new life.

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**Tuesday – NOTICE**

**Scripture: Luke 24:13-16**

**Key Truth: Jesus often walks with us before we recognize Him.**

Where might God have been present in ways I overlooked?

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What moments from this journey stand out now?

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**Practice:** Retell one moment of growth to yourself or someone else.

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**Prayer:** Write a prayer for awareness.

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**Wednesday - BELIEVE**

**Scripture: John 20:27**

**Key Truth: Faith grows through honest questions.**

Where has my understanding of God shifted this Lent?

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What still feels unfinished?

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**Practice:** Name one belief that is growing stronger.

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**Prayer:** Write a prayer for deeper faith.

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**Thursday- RECEIVE**

**Scripture: John 20:21-22**

**Key Truth: Resurrection includes peace and purpose.**

What new beginning do I sense emerging?

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**Practice:** Spend five unhurried minutes imagining what faithfulness could look like in the days ahead. Not dramatic change. Not a perfect plan. Simply the next small steps that align with what God has been shaping in you.

You might imagine: (1) A relationship to invest in (2) A practice to continue (3) A boundary to protect (4) An act of courage (5) A habit of prayer or rest (6) A way to share what God has done. Let this be hopeful, not pressured. Faithfulness grows through small decisions repeated over time. Write down what comes to mind.

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**Prayer:** Write a prayer offering your next steps to God. You might include: Gratitude for what this season revealed, Honesty about what still feels uncertain, Courage for what lies ahead, A willingness to continue walking with God in ordinary days

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**FRIDAY — TESTIFY**

**Scripture: Mark 5:19**

**Key Truth: Transformation is meant to be shared.**

What has God done in me during this season?

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Who might need to hear that story?

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**Practice:** Write one sentence that describes your Lent journey.

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**Prayer:** Write a prayer thanking God for loving you.

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## Closing Encouragement

### From Dust to Dawn

You have walked the journey.

You began with honesty, remembering that you are formed from dust and sustained by the breath of God. You practiced small turns, paid attention to your thirst, learned to see differently, noticed signs of renewal, stayed present in darkness, and now stand in the light of resurrection.

That is not a small thing. Spiritual formation rarely happens through dramatic moments. It happens through consistent attention. Through quiet prayer. Through honest reflection. Through returning again and again to God's presence. The work you have done over these weeks matters, even in ways you may not fully see yet.

What you wrote in these pages is not temporary. These prayers, questions, and small moments of awareness become markers along your journey with God. They tell the story of how your heart is being shaped. Do not put this guide away as something finished. Return to it. Return when life feels hurried. Return when you feel dry. Return when you need to remember what God has already done. Return when you need language for prayer.

Growth is rarely linear. Seasons repeat. Questions return. God meets you there again. Easter does not end the journey. It reframes it. Resurrection is not only something we celebrate. It is something we practice. Life continues to emerge in ordinary faithfulness, quiet courage, renewed relationships, and hopeful endurance.

Thank you for walking this path.

May what began in dust continue toward dawn in the days ahead.

May you carry these practices into ordinary life.

May your prayers shape your attention.

May your attention shape your life.

And may the God who breathed life into you continue to renew you.

Peace as you continue the journey.

Blessings!