



## Hanging on Every Word Lenten Resource

### Monday

- Read Luke 23:35-43
- What strikes at your heart as you read this text?
- How would you explain the differences of the two men on either side of Jesus?
- Consider any current misery you are experiencing. How does Jesus' promise of paradise help you to manage your current misery?
- In a prayer, ask God to meet you in our areas of misery. Celebrate God's goodness in that meeting place.

### Tuesday

- Read Psalm 30
- Why do you think God's people are designed to worship and celebrate?
- What are your preferred ways of celebrating what Jesus has done for you?
- On a separate piece of paper (or on your electronic device), compose a poem, song or prayer that illustrates your celebration of the work of Jesus in your life.

### Wednesday

If you chose to begin your fast last week, today marks one week. How is it going? What do you find yourself meditating on as you fast? What life giving practices have you introduced into your routine? Fasting reminds us that we are totally and sustained by God. Once, when Jesus was fasting, the Devil tempted Jesus to turn stones into bread. Jesus replied to the Devil, ***It is***

**written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" (Matthew 4:4)**

In response to Jesus' promise to make a residence in paradise for us, we are prompted to respond in celebration and worship. Below is a song that serves as a reminder for us to fast and to feast. It serves as motivation to fill our lives with God, our sustainer.

Fast from the swelling darkness  
Feast on the power of his light  
Fast from discontentment,  
Feast on the joy that he brings  
Sustainer, Protector, the Well of Life  
My Helper, My comfort, the bread of life  
Is you

My Helper, My comfort, the bread of life  
Is you

From the sorrow's shadow to perfect light!  
From the darkness of our doubt to a cleansing  
white

From the sorrow's shadow to perfect light  
From the blindness of our sin to healing sight

Fast from the fear that haunts us,  
Feast on the power of his might  
Fast from the trap of judgment,  
Feast on all that's been redeemed  
Sustainer, Protector, the Well of Life

Sustainer, Protector, the Well of Life  
My Helper, My comfort, the bread of life  
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My Helper, My comfort, the bread of life  
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### **Thursday**

- Read Philippians 3:14-21
- Make a list of reasons listed in this passage that would move us toward worship and celebration.
- How does our citizenship in heaven impact the way we live as citizens on earth?
- Say a prayer of celebration for the promise to be transformed into a body of glory.

### **Friday**

- The gospels contain many of Jesus' parables that contain a theme of having a party or celebrating. Why do you think this theme is so prevalent?
- Make a list of ways that the good news of Jesus Christ has given you reasons to celebrate and worship.
- In what ways can you make yourself available to others to help them worship and celebrate?
- Say a prayer committing to worship and celebration of God. Ask him to renew your passion for worship during this fast.