



## **Hanging on Every Word Lenten Resource**

### **Monday**

- Read Matthew 27:45-49
- At noon, the sky went dark. How does this detail add to the anguish and horror of Jesus' predicament?
- What situations in your life evoke images of darkness and create feelings of total despair?
- How do you typically respond to such instances of darkness?
- Consider your own experience in darkness or the experience of others. Spend time in prayer asking for God's deliverance out of the darkness into his glorious light.

### **Tuesday**

- Read Matthew 14:22-23, Mark 1:32-35 and Luke 5:12-16
- Why do you think Jesus had a habit of going away to be alone with God?
- What are the biggest obstacles to you having alone time with God?
- What benefits do you believe you will enjoy after having alone time with God?
- Pray to God to help you crave alone time with Him.

### **Wednesday**

Many are reluctant to embrace "Lament" because they think lament is expression of the defeated and the weak. But the Psalms are replete with words of lament. The people of faith are people who are fluent in lament. Usually, lament represents the cries of those who have lost something (people, courage, money, position, friends, sanity, etc.) Today, find a solitary

place, where you will not be disturbed. Spend at least 30 minutes in solitude. While in your solitary place, read the following psalms: Psalm 6, 13, 44, and 88. On a piece of paper, list some the losses that you are dealing with. Ask God to meet you in your solitary place and sit with you as you grieve. Take a moment to express your heart to God. Be honest.

### **Thursday**

- Read Psalm 22.
- How does reading this Psalm in its entirety shape your understanding of Jesus' fourth word from the cross?
- How is the Psalmist able to shift from crying out in despair to entrusting God to deliver him?
- Jesus' words from the cross provide comfort for onlookers and encourages them to trust in God. For those experiencing "Godforsaken" places in their lives, how can you be a comfort or encouragement?

### **Friday**

- Read Psalm 28.
- In what areas of your life do you need the Lord's strength?
- What does Jesus' ordeal on the cross teach you about suffering for God's purposes?
- Describe or list ways that you draw strength from the Lord.
- Pray a prayer of trust and confidence in the Lord. Ask God to help you in areas where trust is weak or waning.