

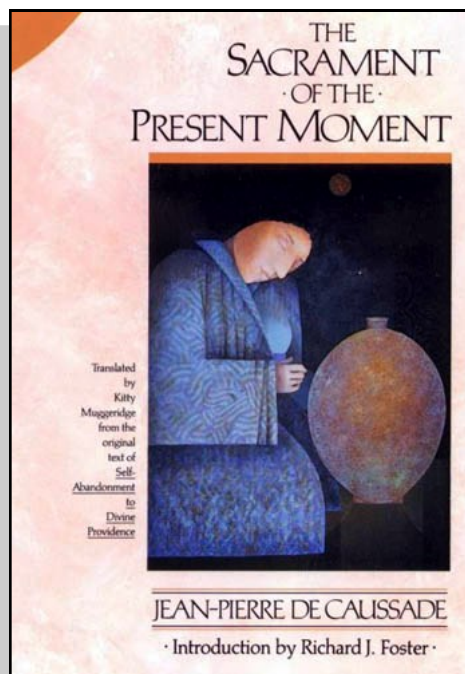


Preparing for the celebration  
of Christ's Resurrection

Lenten Devotional: 2016

## Father de Caussade's Prayer for the Blessed State of Self-Abandonment

O my God! When will it please thee to grant me the favour of living always in that union of my will with thy heavenly will? Where saying nothing all is said and all is done by leaving all to thee; where we achieve much by surrendering ever more to thy will and yet are relieved of all toil since we place everything in thy care and are concerned only to trust wholly in thee. Blessed state, which, even in the absence of any conscious faith, offers the soul an inward and entirely spiritual disposition. So that, by the habitual inclination of my heart, I may constantly repeat: 'Thy will be done!' Yes, my God, yes to whatever may please thee. May all thy holy wishes be fulfilled. I renounce mine which are blind, perverse and corrupted by that despicable ego, the mortal enemy of thy grace, thy perfect love, thy glory and my sanctification.



## *A Very Short Description of Lent*

Christians began to practice Lent over 1,800 years ago. This season of preparation for Easter often included practices such as prayer, fasting and confession as well as sacrificial acts of service to others. In the 4th century the Council of Nicea formalized this time as a 40 day preparation for the celebration of the resurrection of Christ.

The forty day season begins with Ash Wednesday and concludes with Easter week; Maundy Thursday, Good Friday and Easter Sunday.

The image of Ash Wednesday, the ash cross on the forehead, invites us to begin the season with humility. The ashes recall God's word to Adam in Genesis 3:19 "...you are dust and to dust you will return." It reminds us of our dependence upon the God who gave us life. The cross reminds us of our need for confession and the forgiveness that is ours through Christ's death and resurrection.

A strange thing happens when we honestly look at our life, release control and confess our dependence. Instead of losing power as we fear, we find new strength. The resurrection of Christ becomes a source of new life; a new identity, a new sense of self, a new sense of belonging.

This is the Lenten journey.

The Lenten Devotional 2016

*Keeping in step with the Spirit*

*Pray that we might all prepare for Easter by taking steps towards intentionally listening to God and following his lead in our daily lives. This devotional can help us do this.*

Each day....

READ: take time to read one chapter from the book of Proverbs in the Bible. Read it once all the way through, noting which proverbs catch your attention. Then, choose one or two proverbs in the chapter and focus on them.

RE-READ: read through these Proverbs while asking the Lord why he wants you to focus on those scriptures that have caught your attention. Then, write a prayer expressing my willingness to follow him.

At the beginning of the next devotional, reflect on how God has used those Proverbs in your day. Many times it was very clear with hindsight why he had brought those proverbs to my attention. They had helped me follow Him during the course of the day.

May God bless you and his church during this Lenten Season.

**February 11**

**Thursday**

Read Proverbs 1

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God your are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**February 12**

**Friday**

Read Proverbs 2

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

## **February 13**

**Saturday**

Reflect 1: Reflect on Proverbs that have caught your attention this week. Do you see any common themes?

Reflect 2: Reflect on what God has said to you through the Proverbs this week. Do you see any common themes?

A Prayer: Write a prayer telling God you are ready to follow Him today.

## **February 14**

**Sunday**

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A Prayer: Write a prayer telling God you are ready to follow Him today.

**February 15**

**Monday**

Read Proverbs 3

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?



**February 16**

**Tuesday**

Read Proverbs 4

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**February 17**

**Wednesday**

Read Proverbs 5

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**February 18**

**Thursday**

Read Proverbs 6

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**February 19**

**Friday**

Read Proverbs 7

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

## **February 20**

**Saturday**

Reflect 1: Reflect on Proverbs that have caught your attention this week. Do you see any common themes?

Reflect 2: Reflect on what God has said to you through the Proverbs this week. Do you see any common themes?

A Prayer: Write a prayer telling God you are ready to follow Him today.

## **February 21**

**Sunday**

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A Prayer: Write a prayer telling God you are ready to follow Him today.

**February 22**

**Monday**

Read Proverbs 8

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**February 23**

**Tuesday**

Read Proverbs 9

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**February 24**

**Wednesday**

Read Proverbs 10

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?



**February 25**

**Thursday**

Read Proverbs 11

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**February 26**

**Friday**

Read Proverbs 12

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

## **February 27**

**Saturday**

Reflect 1: Reflect on Proverbs that have caught your attention this week. Do you see any common themes?

Reflect 2: Reflect on what God has said to you through the Proverbs this week. Do you see any common themes?

A Prayer: Write a prayer telling God you are ready to follow Him today.

## **February 28**

**Sunday**

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A Prayer: Write a prayer telling God you are ready to follow Him today.

**February 29**

**Monday**

Read Proverbs 13

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 1**

**Tuesday**

Read Proverbs 14

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 2**

**Wednesday**

Read Proverbs 15

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 3**

**Thursday**

Read Proverbs 16

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 4**

**Friday**

Read Proverbs 17

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?



## **March 5**

## **Saturday**

Reflect 1: Reflect on Proverbs that have caught your attention this week. Do you see any common themes?

Reflect 2: Reflect on what God has said to you through the Proverbs this week. Do you see any common themes?

A prayer: Write a prayer telling God you are ready to follow Him today.

## **March 6**

## **Sunday**

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A prayer: Write a prayer telling God you are ready to follow Him today.

**March 7**

**Monday**

Read Proverbs 18

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 8**

**Tuesday**

Read Proverbs 19

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 9**

**Wednesday**

Read Proverbs 20

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 10**

**Thursday**

Read Proverbs 21

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 11**

**Friday**

Read Proverbs 22

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

## **March 12**

## **Saturday**

Reflect 1: Reflect on Proverbs that have caught your attention this week. Do you see any common themes?

Reflect 2: Reflect on what God has said to you through the Proverbs this week. Do you see any common themes?

A prayer: Write a prayer telling God you are ready to follow Him today.

## **March 13**

## **Sunday**

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A prayer: Write a prayer telling God you are ready to follow Him today.

**March 14**

**Monday**

Read Proverbs 23

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?



**March 15**

**Tuesday**

Read Proverbs 24

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 16**

**Wednesday**

Read Proverbs 25

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 17**

**Thursday**

Read Proverbs 26

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 18**

**Friday**

Read Proverbs 27

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

## **March 19**

## **Saturday**

Reflect 1: Reflect on Proverbs that have caught your attention this week. Do you see any common themes?

Reflect 2: Reflect on what God has said to you through the Proverbs this week. Do you see any common themes?

A prayer: Write a prayer telling God you are ready to follow Him today.

## **March 20**

## **Palm Sunday**

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A prayer: Write a prayer telling God you are ready to follow Him today.

**March 21**

**Monday**

Read Proverbs 28

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 22**

**Tuesday**

Read Proverbs 29

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 23**

**Wednesday**

Read Proverbs 30

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?



**March 24**

**Maundy Thursday**

Read Proverbs 31

1st Reading: Which one or two Proverbs stood out to you?

2nd Reading: What is God saying to you through these Proverbs?

A prayer: Write a prayer telling God you are ready to follow Him today.

Follow Up: How did God use the Proverb in your life?

**March 25**

**Good Friday**

Read Proverbs 32

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A prayer: Write a prayer telling God you are ready to follow Him today.

## **March 26**

## **Saturday**

Reflect 1: Reflect on Proverbs that have caught your attention this week. Do you see any common themes?

Reflect 2: Reflect on what God has said to you through the Proverbs this week. Do you see any common themes?

A prayer: Write a prayer telling God you are ready to follow Him today.

## **March 27**

## **Easter Sunday**

Action: Listen for God at church through music, Scripture, sermon, and fellowship.

Reflection: What did God say to you at church today?

A prayer: Write a prayer telling God you are ready to follow Him today.

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.

They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them.

“Men of Galilee,” they said,

“why do you stand here looking into the sky?

This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven.”

ACTS 1:8-11

