

LENTEN WALK:  
THIS DO...  
IN REMEMBRANCE

By the end of the "This do... In Remembrance" Walk, you will have revisited Jesus' life and teachings so as to more fully appreciate the sacrifice He made on the cross for us. ...includes scripture recommendations, simple daily practices to consider, and central questions to explore about yourself to create a meaningful and lasting Lenten experience.

2024  
LENT

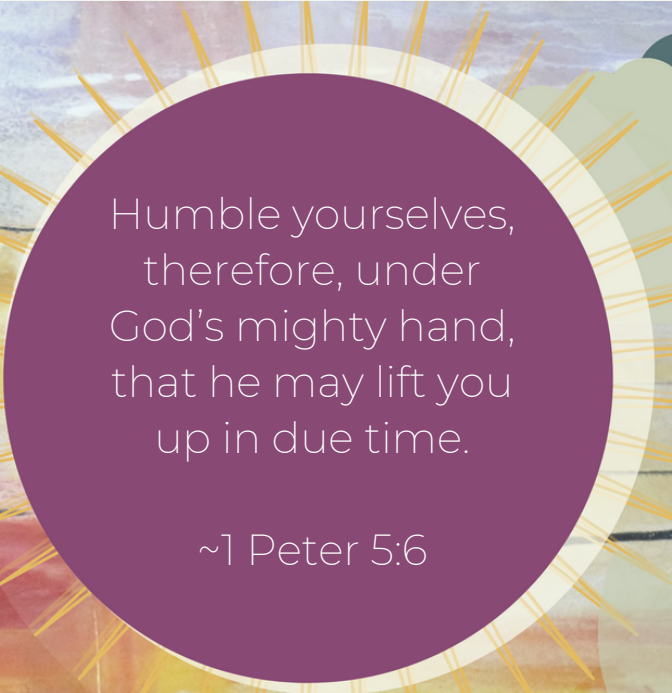


An intentional 40-day journey to seek, understand, and fully receive the gift of the Cross on Easter.



And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. *This do in remembrance of me.*"

And likewise, the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood."  
~LUKE 22:19-20



Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

~1 Peter 5:6



## Key Practices for 'This Do... In Remembrance'

Select a couple of the options that speak to you and really try to commit to those practices daily over the next 40 Days of Lent.

### Create Space & Time Daily for Jesus in your Life:

If you want to observe and participate in the Lent Season, you must create space in your life. This may involve adjusting your schedule or sacrificing some of your regular activities. Simply adding Lent to your already busy life will not lead to a meaningful 40-day experience. Review our options, and/or include some of your own, and take a few minutes to decide which practices you will commit to. Then, schedule them into your daily calendar or to-do list

- Digital Detox: Give up social media or digital distractions for the duration of Lent to focus on building more meaningful connections with Jesus and family and friends.

Typically our Digital World tends to take a lot of our free time, so it's often an area one can find "space" in their day. We also like that it's an act of "fasting" (fasting from the screen) which is a traditional practice in the Lenten season to sacrifice something as Jesus sacrificed.

- Spend Time in Silence Every Day: Intentionally spend time in silence every day. It doesn't have to be long, just consistent. Keep your heart and mind open to receive, even if your thoughts wander. With practice, you can recognize the still small voice. Investing time in silence shows your commitment to your relationship with Him and He will reward you.

Adding just 2 minutes of silence before and after my morning prayer has been transformative. Previously, my prayers were filled with words and requests, leaving no room for God to communicate. Silence centers my time on Him and creates space for His communication.

## Scripture Verses

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.  
~1 Peter 2:24

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.  
~James 1:2-4

I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.  
~Philippians 3:10-11

# Key Practices for 'This Do... In Remembrance'

## Read about Jesus' Life and teachings

- We recommend reading The Gospel of Luke. It tells the entire story of Jesus and includes many of His teachings, and so you can fully appreciate the sacrifice He made on the cross. Luke is only 24 chapters long, so you can be intentional and read small sections each of the 40 days of Lent. You can pray about that chapter and reflect on how that chapter may have application in your life.

## Prayer & Almsgiving

- Seek out a volunteer opportunity at least once during the Season of Lent. The opportunities that cross your path are often His Will and giving your time aligns with Lent's practice of giving alms.
- Seek out opportunities for Random Acts of Kindness: Challenge yourself to perform one random act of kindness each day during Lent. This could be anything from holding the door open for someone to buying coffee for a stranger. Be His Light here on Earth.
- Wear the 'This Do,,, In Remembrance' prayer bracelet each day to remind you that you are in your 40 Days Walk through Lent. This simple bracelet made of wooden beads will be a great daily reminder that I am in an intentional season: a time for introspection—to seek Jesus and reflect on His ultimate sacrifice on a wooden cross; for times of quiet questioning—to reflect and reject those things that have taken us away from Christ and refocus our lives with Christ as the Center.



# Scripture Verses

My sheep hear my voice, and I know them, and they follow me  
~John 10:27.

And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. This do in remembrance of me." And likewise, the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood."  
~LUKE 22:19-20

And he withdrew from them about a stone's throw, and knelt down and prayed, saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." And there appeared to him an angel from heaven, strengthening him. And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground  
~Luke 22:41-44.

# QUESTIONS TO CONSIDER

*Seeking Whole-  
heartedly*

1. WHAT AREAS OF YOUR LIFE CAN YOU IDENTIFY AS NOT BEING FULLY ALIGNED WITH JESUS?

3. WHAT WOULD YOU NEED TO START DOING?

5. WHAT STORIES OF JESUS OR HIS TEACHINGS DO YOU RELATE TO?

2. WHAT WOULD YOU NEED TO STOP DOING TO DO THIS?

4. IDENTIFY A SCRIPTURE VERSE TO HELP ANCHOR YOU.

6. WRITE A PRAYER THAT YOU CAN PRAY IF YOU STRUGGLE TO KEEP THIS NEW COMMITMENT.

# 2024 LENT

## Lent tracker

There is one square of the cross for every day from Ash Wednesday up to Easter.

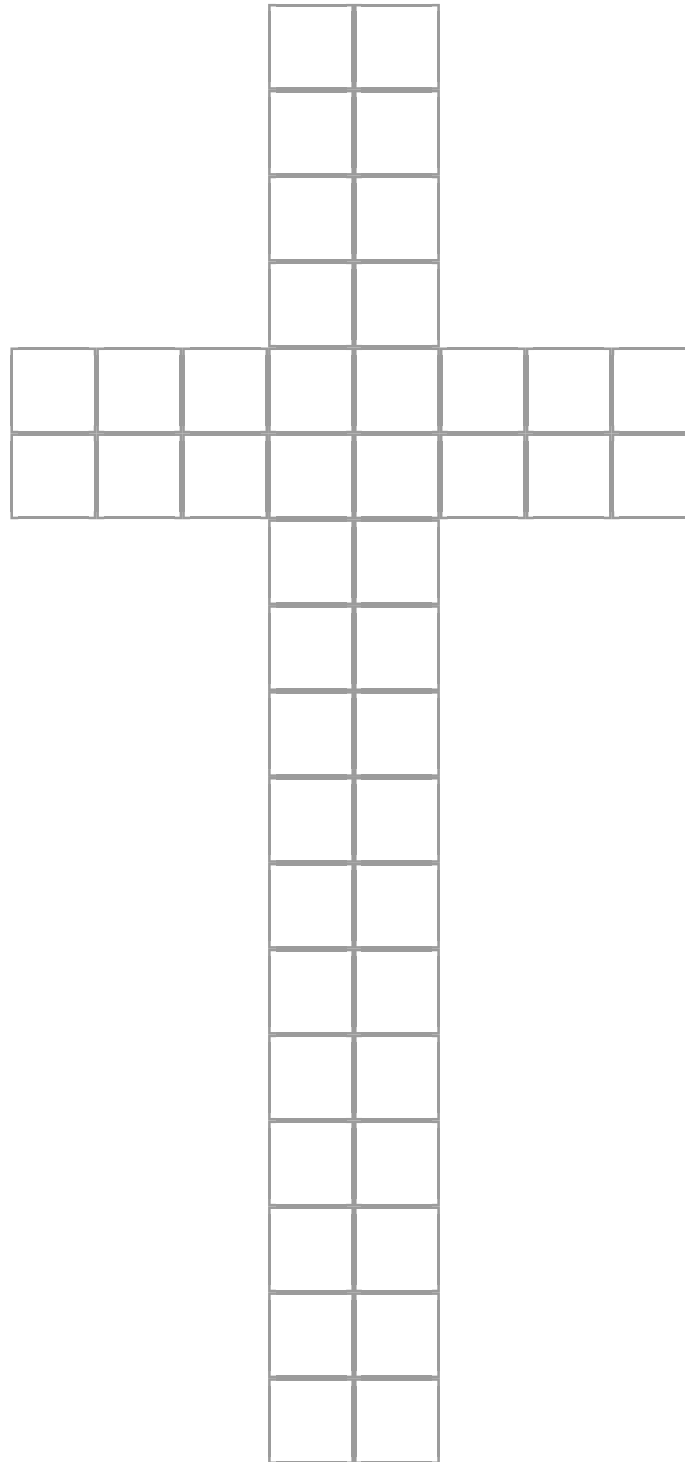
Color in a square for each day.

It will become a visible reminder of the solid foundation you are building on this journey to the Cross.

## 40 days of Lent

Lent is often referred to as a 40-day journey, but there are more than 40 days between Ash Wednesday and Easter, why?

Lent mirrors Jesus' 40-day fast in the desert. But the practice of keeping the Sabbath didn't allow fasting, so Lent is 40 days excluding Sundays before Easter.



## Did you know?

There are numerous references to the number 40 throughout the bible. It is often present when describing times of struggle, testing, & growth.

Most people know that God flooded the earth for 40 days and nights. Moses was on the mountain with the Lord for 40 days, & Jesus fasted the wilderness for 40 days.

Other instances are:

-Moses and the Israelites wandered in the desert for 40 years before finding the Promised Land, subsisting only on manna for all those years!

-Goliath terrorized the Israelites for 40 days before a young boy named David came forth and defeated him with only a sling and stone.

-Jesus remained on Earth 40 days after the resurrection, before His ascension.

When reading the scripture, if you see a reference to "40" stay alert as it may indicate a period of struggle, testing, or spiritual growth.