

LENTEN WALK:
NOT MY WILL,
BUT THINE

The 'Not Mine, but Thine' Walk emphasizes introspection through prayer, journaling, and intentional silence to strengthen and hear the inner voice. It offers scripture verses, daily practices, and central questions to create a meaningful Lenten experience.

2024
LENT



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



Surrounded by olive trees in the Garden of Gethsemane the long night before his crucifixion, as Jesus desperately prayed with petition and submission, "Father, if thou be willing, remove this cup from me: nevertheless, *not my will, but Thine, be done.*"
—Luke 22:42



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

~1 Peter 5:6

hints
HintsForPrayerfulPause.com

Key Practices for Seeking & Being Sought

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

Seek His will in all you do, and he will show you which path to take.
—Proverbs 3:6

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven."
—Matthew 6:9-10

Trust in the Lord with all your heart
and lean not on your own
understanding;
in all your ways submit to him,
and he will make your paths straight
.—Proverbs 3:5-6

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
—Romans 12:2

Key Practices for 'Not my Will, But Thine'

Journal

- Journal your 40-Day walk of Seeking His Will: It will become a place for times of quiet questioning—to seek, reflect, and reject those things that have taken us away from Christ and an opportunity to refocus our lives with Christ as the Center, This exercise often reveals His Will. If you begin to notice patterns in your life take time to explore if it reveals moments of being in alignment with His Will or Out of alignment most likely instances of following Your Own Will. When finding patterns of Your Own Will, pray and ask God what is His Will,

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 'Not my Will, But Thine' 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

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

~Proverbs 19:21

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

~ Jeremiah 29:11-13

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 HIS WILL?

3. WHAT WOULD YOU NEED TO START DOING?

5. WHAT AREAS OF YOUR LIFE ARE SCARY WHEN TRUSTING 'HIS WILL' WITH?

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 LENT COMMITMENT.

2024 LENT

Lent tracker

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

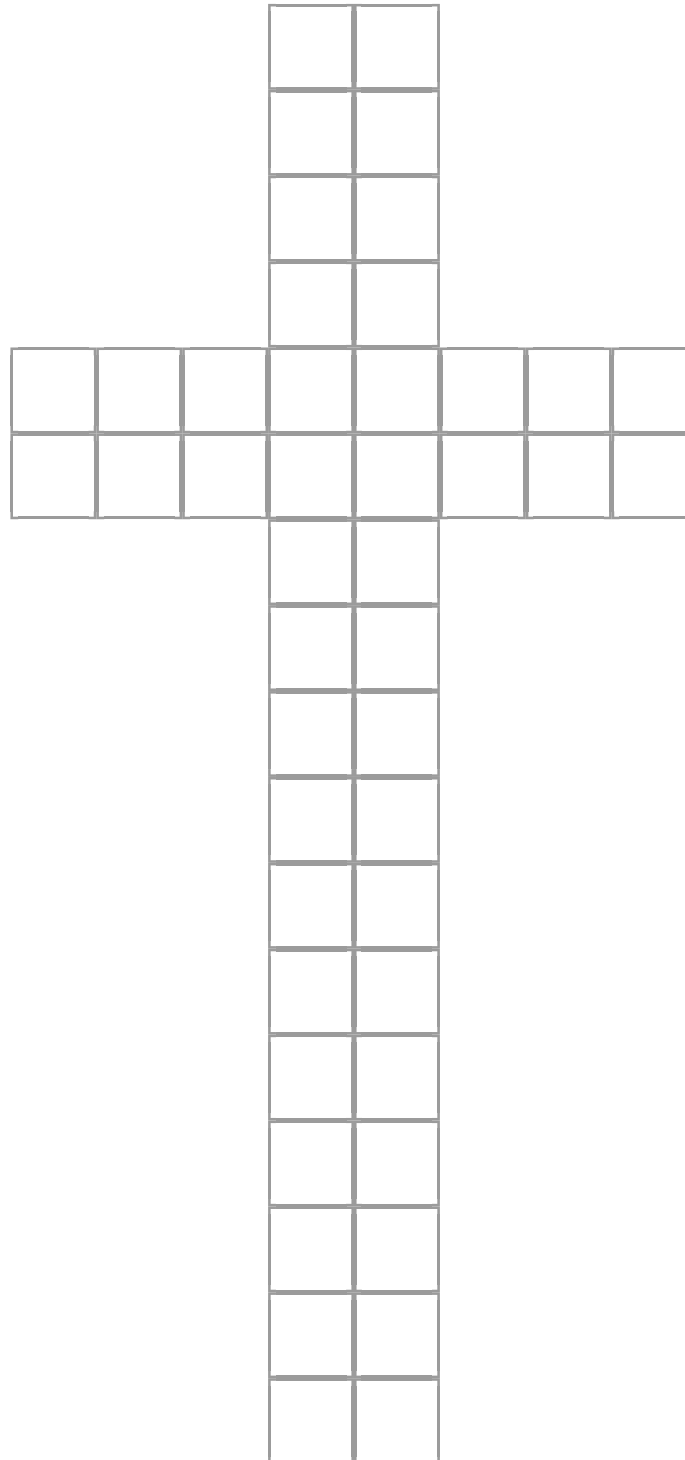
Color in a square for each day.

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.