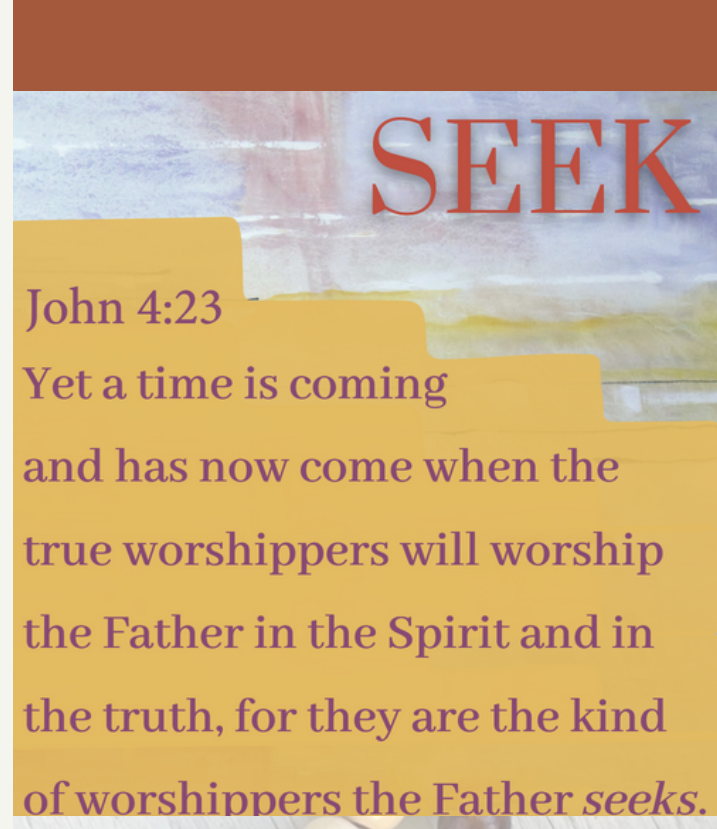


For the Son of
 Man came to
seek and save
 the lost.
 ~ Luke 19:10

LENT 2024

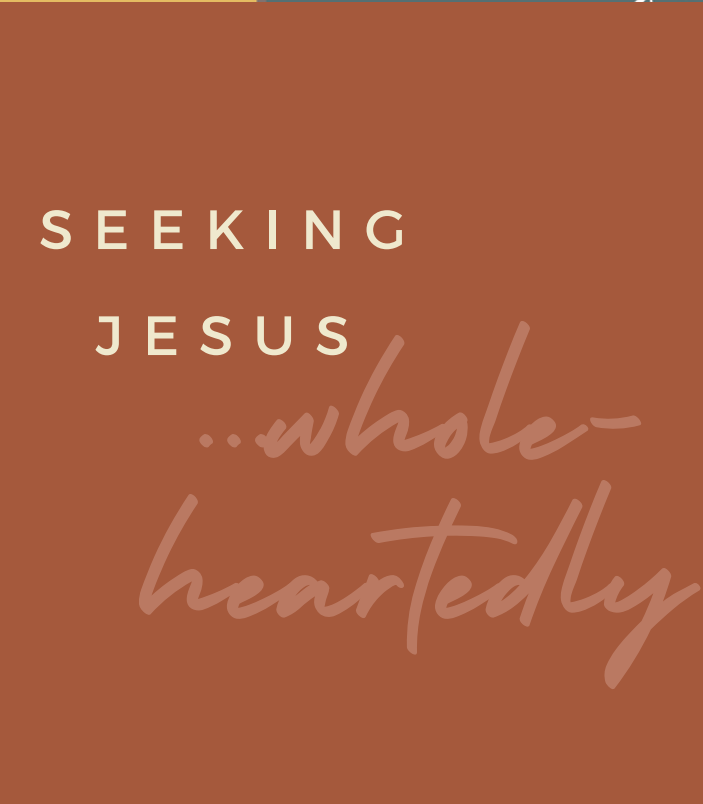
An intentional 40-day journey to seek, understand, and fully receive the gift of the Cross on Easter. ✓



SEEK

John 4:23

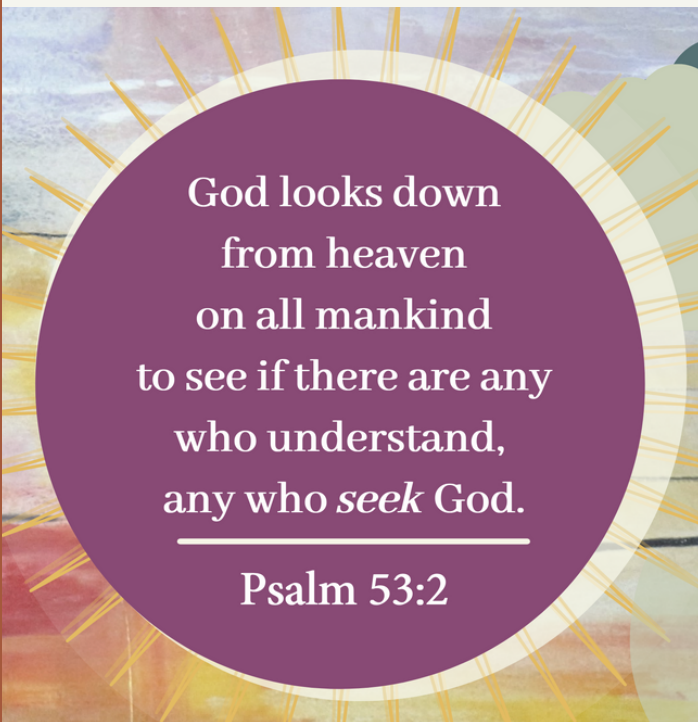
Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in the truth, for they are the kind of worshippers the Father *seeks*.



SEEKING

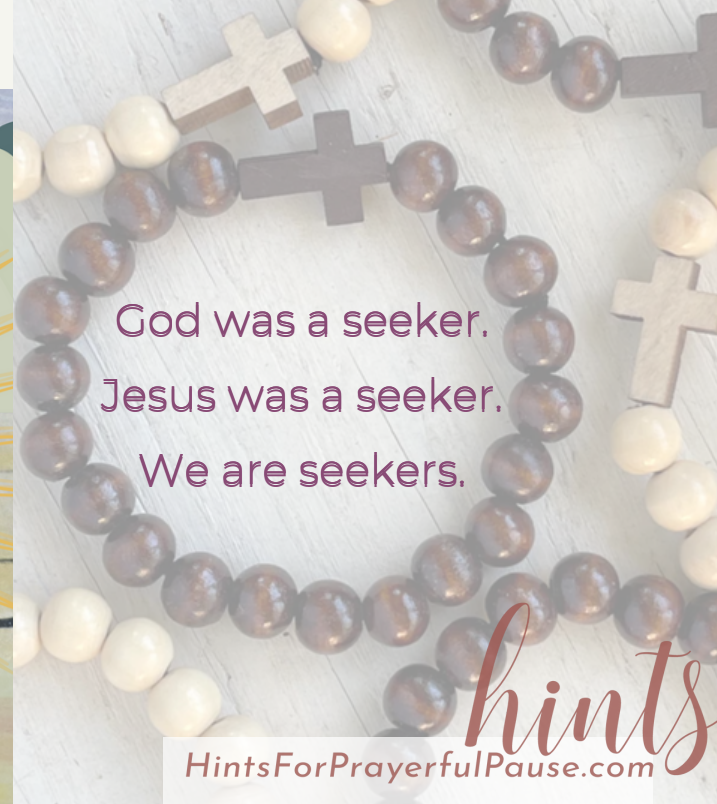
JESUS

...wholeheartedly



God looks down from heaven on all mankind to see if there are any who understand, any who *seek* God.

Psalm 53:2



God was a seeker.
 Jesus was a seeker.
 We are seekers.

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

You will seek me and find me when you seek me with all your heart. I will be found by you.—Jeremiah 29:13-14

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.—John 6:35

Draw near to God, and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. Humble yourselves in the sight of the Lord, and He will lift you up.
—James 4:8-10

I seek you with all my heart; do not let me stray from your commands.
—Psalm 119:10

Continued:

Create Space & Time Daily for Jesus in your Life (continued):

- Transform your daily walk into a "space" walk. Use it as an opportunity to pray, reflect, and clear your mind. Before your walk, read and repeat scripture verses on seeking. Let God know you are seeking Him, and ask Him to let you find Him throughout the day and be open to his guidance when you feel prompted.

Seek to better understand His Will & His Workings in Your Life

- Journal your 40-Day walk of Seeking: 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,

I wrote down daily thoughts in a journal, searching for instances of God's presence in my life, big or small. I reflected on answered prayers and sought inspiration from others' experiences. Through this practice, my journal became a testament to my faith and a source of comfort during moments of struggle.

- 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.
- Wear the "Seek" prayer bracelet each day to remind you of the Lenten Season. 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

O God, You are my God; I shall seek You earnestly; My soul thirsts for You, my flesh yearns for You, In a dry and weary land where there is no water.
—Psalm 63:1

For the Son of Man came to seek and save the lost—Luke 19:10

God looks down from heaven on all mankind to see if there are any who understand, any who seek God.
—Psalm 53:2

Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in the truth, for they are the kind of worshippers the Father seeks.
—John 4:23

But seek first the kingdom of God, and his righteousness, and all these things shall be added unto you
—Matthew 6:33

QUESTIONS TO CONSIDER

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

4. IDENTIFY A SCRIPTURE VERSE TO HELP ANCHOR YOU.

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

5. WHAT PART OF MY CHARACTER IS GOD ACTIVELY WORKING ON?

3. WHAT WOULD YOU NEED TO START DOING?

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



*Seeking Whole-
heartedly*
hints
HintsForPrayerfulPause.com

2024 LENT

Lent tracker

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

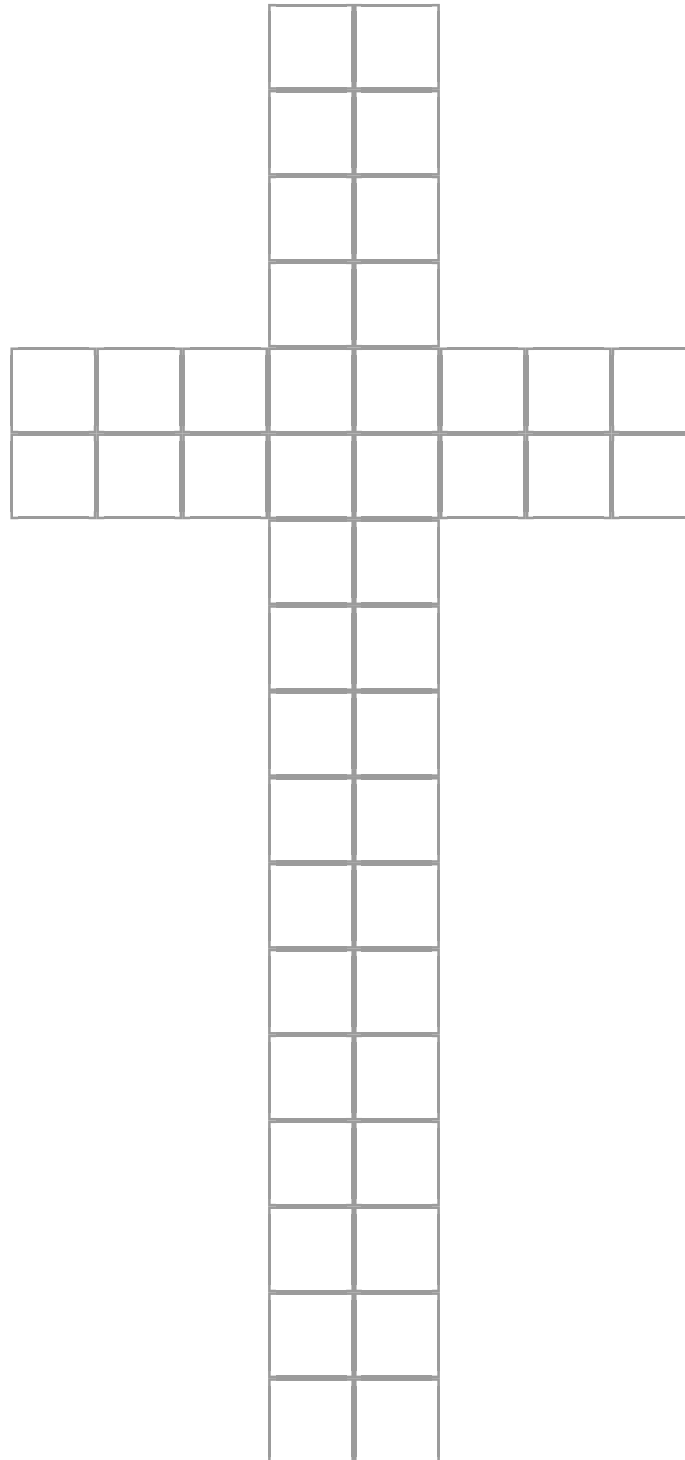
Color in a square for each day.

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.