

# 2019 *Lent Journal*



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# 2019 Lent Journal



Volume 01, Intro

Pioneer Memorial Presbyterian Church

Solon, OH

## What is Lent?

Lent is a season of the Christian year where we are invited to simplify our life in order to focus on our relationship with God in Jesus Christ. It lasts for 40 days before Easter (not counting Sundays) and it begins with Ash Wednesday.

Lent is also a time of the year where Christians will fast, or give something up for 40 days. Most people when they hear the word "fast" automatically think of FOOD. When you "fast" you do not necessarily have to give up food. You can "fast" from anything...television, music, movies, computer, junk food and sweets, soft drinks, coffee, smoking, etc. Some people even try to quit a "bad habit." You do not have to "fast" the entire 40 days, you can select certain days or meals to "fast" and spend that time in prayer and meditation with God.

You can even **DO** something or try something new for Lent. For example, you could commit to helping your family around the house with chores, or spend two or three hours a week doing a service project, or you could go visit shut-ins. If you're in school, or at work, maybe you could even make it a goal to meet new friends or socialize with those people that you may not do so with on a regular basis. You get the idea? Great!

Whatever you do, when you are tempted to drink that coke, or eat that candy bar, or when you are visiting a "new" friend, remember why you are doing it and allow it to turn your **FOCUS** to Christ.

## Where do we find in scripture why we celebrate Lent?

Although you will not actually find Lent referenced in scripture, one place that Lent is derived from is found in Matthew 4:1-11 (we can also read of this account in the gospels of Mark and Luke). After Jesus was baptized, the Holy Spirit led him into the wilderness. He was there for 40 days to fast and pray. While there, Jesus was tempted by Satan and found the strength to make some tough decisions. He also found clarity about God and what kind of person God was calling him to be.

## What does Lent have to do with you and me?

It is pretty easy for us to get caught up in all that we do - school, work, friends, relationships, and family. Our lives can get filled with too much stuff and too many distractions. This is a time for us to set those distractions aside and strengthen our relationship with God. We try to fill our emptiness inside with all sorts of things. We run from silence because we are afraid to be alone with God. So, like Jesus, we need to take some serious time to pray and meditate with God and figure out where God is in our lives and where God is calling us to serve. This is a time for us to re-focus our lives to be more in line with God.

## Some helpful hints you might find useful

**Lent is 40 days.** This Lent Journal does include the 6 Sundays. I've included a space for you write the sermon text and theme/topic for that particular Sunday. Use this as a time to take notes and further reflect on the scripture text for that week.

**30 minutes a day.** Preferably in the morning before you start your day....but whatever works best for you.

**FIND yourself a quiet place.** Make sure there is time for "SILENCE."

**READ the scripture first.** Read the scripture before the rest of the page so that you will not be limited by what is written there on the page.

**WRITE in the journal.** Write whatever you want about what you read or feel...there is also space provided on each page for notes.

**LISTEN – not just TALKING.** Make sure to take time to LISTEN to what God may have to say to you, don't just talk to God.

**Maybe listen to some music.** It could be a praise and worship CD, some type of meditative type music, or some other type of music that helps you be more open to your surroundings...whatever works for you

**Read More.** Don't feel like you only have to read the assigned passage...read more, read the whole chapter if you feel led to do so.

# 2019 *Lent Journal*



Volume 01, Day 01

Pioneer Memorial Presbyterian Church

Solon, OH

## **Day 01 – March 6, 2019** **Ash Wednesday**

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**Scripture Reading:** Genesis 3:1-19

Sin! This is exactly the way you wanted to start out this journey, right? Well, we need to take a good and honest look at our sin. Looking at our own sin is definitely not fun. Why? Because we are ashamed of our sin. Just as Adam and Eve were ashamed when they sinned. They tried to hide their sin from God, but God knew what had happened. Ever since then, “sinful” human beings have been hiding - we’ve been hiding from one another and we’ve been hiding from God. During Lent we are reminded that we come from the earth (dirt) and that we will return to the dirt. A good reminder that we are human, that we are mortal, and that our future lies in the hands of God, our CREATOR.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### *Personal Thoughts & Notes*

### ***Daily Prayer***

God, forgive me for hiding from you and hiding who we really are to others. Forgive me for not hearing or seeing you. Train my ears and heart to hear you and follow you. Amen.

# 2019 *Lent Journal*



Volume 01, Day 02

Pioneer Memorial Presbyterian Church

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## Day 02 – March 7, 2019

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### Scripture Reading: Psalm 25:1-10

What a great way to start off this season of Lent with this psalm, with this prayer. What a great way to call out to God and seek guidance and protection during this season where we remember the struggle and testing of Christ out in the wilderness. Use this psalm as a reminder of your need and dependence upon the Creator. God is the Lord of all creation and God keeps the promises that have been laid out before us. Ask for and seek out God's guidance during this season of Lent. Where do you need guidance and direction? Who can you pray for this day and this season who may need some guidance and direction?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, forgive me for hiding from you and hiding who we really are to others. Forgive me for not hearing or seeing you. Train my ears and heart to hear you and follow you. Amen.

# 2019 *Lent Journal*



Volume 01, Day 03

Pioneer Memorial Presbyterian Church

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## Day 03 – March 8, 2019

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### Scripture Reading: Mark 2:1-12

How cool is this? What does this say about the importance of our need for forgiveness? The paralytic's four friends brought him to Jesus to be healed. Correct? The first thing that comes from Jesus' mouth is "Son, your sins are forgiven." Because of the rather drastic means to get their friend to Jesus, he found favor and healed the paralytic. He got up, grabbed his mat, and walked out. Could it be that our need for forgiveness of our sin is more important than any other healing we can experience? Think about it.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, forgive me for hiding from you and hiding who we really are to others. Forgive me for not hearing or seeing you. Train my ears and heart to hear you and follow you. Amen.

# 2019 *Lent Journal*



Volume 01, Day 04

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 04 – March 9, 2019

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### Scripture Reading: Matthew 6:31-34

There is something about putting everything aside, all of your worries, and placing your trust in God. By placing our trust in God we are able not to worry about tomorrow, about our food, our shelter, or what we should wear. Are you seeking out God's kingdom and plan for you "first?" If we seek out God's kingdom first, we will find an unbelievable freedom in Jesus.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, forgive me for not being all in with you and trusting you with everything that I am. I pray today to trust that you will decorate and cover me with the essentials I need for today. Amen.

2019  
**Lent Journal**



Volume 01, 1st Sunday of Lent

Pioneer Memorial Presbyterian Church

Solon, OH

**1st Sunday of Lent  
March 10, 2019**

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**Scripture Reading:**

**Worship Focus/Sermon Title:**

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**Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

Personal Thoughts & Notes

**Daily Prayer**

(Write your own prayer to God today...)

# 2019 *Lent Journal*



Volume 01, Day 05

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 05 – March 11, 2019

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**Scripture Reading:** Matthew 18:21-22

Get the point? Forgive, forgive, forgive, forgive...not seven times, but seventy-seven times. This is not a math problem. Think about how many times that you have messed up and had to say you're sorry. Think about how many times you have had to ask for forgiveness. If this was a math problem and if there was a limit to how many times we could be forgiven, then we'd be in deep trouble. God puts no limits on forgiveness. Neither should we. Will you forgive like this today?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, forgive me for being so unforgiving at times. Help me to be one who forgives - one who forgives others, but one who forgives myself. In my forgiveness help me to never forget your grace and mercy. Amen.

# 2019 *Lent Journal*



Volume 01, Day 06

Pioneer Memorial Presbyterian Church

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## Day 06 – March 12, 2019

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### Scripture Reading: John 8:1-11

How do you think Jesus responds to you after you sin? How do you respond to other people's sin? When others are caught in sin, are you quick to judge? By saying that only a "sinless" person could throw the first stone, Jesus highlights the importance of forgiveness and compassion. (Remember, a key belief for us is that we believe Jesus is the only sinless person to walk the earth.) How quick are we to want to cast the first stone?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, forgive me for being so unforgiving at times. Help me to be one who forgives - one who forgives others, but one who forgives myself. In my forgiveness help me to never forget your grace and mercy. Amen.

# 2019 *Lent Journal*



Volume 01, Day 07

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## Day 07 – March 13, 2019

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### Scripture Reading: Luke 6:41-42

Think about this image... “logs” in our own eyes? Ouch, kind of painful to think about. Jesus doesn’t mean we should ignore wrong doings. We should not be so worried about others’ sins that we overlook our own. We are so quick to rationalize our own sin by pointing out the faults of others. Remember your own “logs” when you feel like criticizing others. You may have less to say. Do you know of any “logs” in your own eye?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, forgive me for being so unforgiving at times. Help me to be one who forgives - one who forgives others, but one who forgives myself. In my forgiveness help me to never forget your grace and mercy. Amen.

# 2019 *Lent Journal*



Volume 01, Day 08

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## Day 08 – March 14, 2019

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### Scripture Reading: Luke 6:37-38

OK...we backed up a few verses from yesterday. This passage is about how we treat others. How would it be if everyone treated you just the way you treated him or her? Would that be an improvement in your life? If we are critical of others, then we will also receive criticism. If we treat others with compassion and generosity then these qualities will come back to us. We are to love others, not judge them. Are there people that we are more critical of than others? Are there people that it is easy for us to forgive and offer compassion? What's that picture look like to you?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, help me to be a person of compassion and generosity, rather than one who offers criticism. When I am quick to criticize and be negative, stop me, slow me down, and help me offer love to your child. Amen.

# 2019 *Lent Journal*



Volume 01, Day 09

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## Day 09 – March 15, 2019

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**Scripture Reading:** Matthew 5:23-26

During Lent, we should ask ourselves: Is there anyone that I have hurt? Do I need to ask for their forgiveness? Is there anyone that I need to forgive? When we ask for forgiveness and forgive those who have hurt us, we strengthen our relationships...we also open a door to worship God with a new heart.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

#### **Daily Prayer**

God, help me to be a person who admits when I've done wrong and lead me in ways to heal and strengthen those relationships. In our forgiveness, let us offer forgiveness, never forgetting your grace. Amen.

# 2019 *Lent Journal*



Volume 01, Day 10

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## Day 10 – March 16, 2019

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### Scripture Reading: John 6:1-15

One of my favorite passages. Here again, this is not a math problem...but it could be...  $5 + 2 = 5000$ ?

How in the world is that possible? A boy offered up his lunch, 5 loaves of bread and 2 fish, and when they got in the hand of Jesus and 5,000 (plus) people were fed. Guess what? There were leftovers. The boy offered all that he had to Jesus. You may think that you may not have that much to offer Jesus...it's all good. Offer everything that you have and sit back and watch. WOW! It is amazing what can happen when you turn things over to Jesus and let him work with it all.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, with you all things are possible. When things are in your hands, they become greater. Help me to be a person who admits that I need you and see what happens when I turn it all over to you. Amen.

# 2019 *Lent Journal*



Volume 01, 2nd Sunday of Lent

Pioneer Memorial Presbyterian Church

Solon, OH

## **2nd Sunday of Lent March 17, 2019**

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**Scripture Reading:**

**Worship Focus/Sermon Title:**

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### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

Personal Thoughts & Notes

### ***Daily Prayer***

(Write your own prayer to God today...)

# 2019 *Lent Journal*



Volume 01, Day 11

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## Day 11 – March 18, 2019

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**Scripture Reading:** Matthew 20:25-28

Who's the greatest? Our definition and the world's definition of what it means to be "great" is a little different from that of what Jesus said it means to be "great." It is easy for us to measure greatness by status, wealth, possessions, careers, and education. It sounds a little crazy here, but we become great by taking care of others and serving others, not ourselves. We become great when we love our enemies, serve others, and become the "least." How are you doing at becoming "great"?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, help me to look out for and to pray for others, putting them first. Help them to see your movement in their lives. As I pray for what I need, God, give me what I need even if it's not what I want. Amen.

# 2019 *Lent Journal*



Volume 01, Day 12

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## Day 12 – March 19, 2019

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**Scripture Reading:** Matthew 14:22-36

“If you don’t get out of the boat, you’ll never know what it’s like to walk on water.” Many of us never step out of the boat...we never step out in our faith in Jesus to see what may happen. If we do not step in faith, then we may never experience the life that God desires us to have. It is a drastic difference between what it is like to sit in a boat or to experience how crazy and awesome it would be to walk on water. If you are always playing it safe in the “boat,” you are missing it. What is God calling you to do that you might be unsure of today?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, help me to have the same faith and belief in myself, as you do for me. Challenge me and push me beyond my comfort zone, so that I may experience life as you desire me to. Amen.

# 2019 *Lent Journal*



Volume 01, Day 13

Pioneer Memorial Presbyterian Church

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## Day 13 – March 20, 2019

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### Scripture Reading: Ecclesiastes 3:1-8

There is a time for everything, and a season for everything, every activity, under the heavens. There's a time for joy. There's a time for play. There's a time for laughter. There's a time to mourn. There's a time for sadness.

There are times where we like to complain and fuss about certain situations...like your flight is late and you're close to miss a connecting flight. Or when time just won't pass fast enough because we are anticipating something we are really, really excited about.

We are reminded that every season of life is purposeful and that there is something we can learn from that season. We will learn more about ourselves and we will learn more about who God is. We will never be able to wrap our brains about what God is doing, or had done, but we must learn to trust the Creator of all things known and unknown.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, help me to give over control of my life to you. Help me to sing, dance, and play because you're full of joy. Help me to cry, mourn and heal, because you're full of compassion. Guide me through life. Amen.

# 2019 *Lent Journal*



Volume 01, Day 14

Pioneer Memorial Presbyterian Church

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## Day 14 – March 21, 2019

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### Scripture Reading: Genesis 39

Potiphar's wife saw a young man she wanted to be with and wouldn't stop until he was hers. That's a lot of temptation she put before him. Day after day she was after Joseph. Look at all the things that Joseph does to combat the temptation. Are you facing any temptations today? TURN and RUN. Giving into temptation is the sin, not the temptation itself. Giving into temptation can lead to more and more sin and consequences can get pretty ugly. TURN and RUN from sin!

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, help me to not give into temptations, even if they seem way too good to be true. God give me the strength to continually fight and resist, even in the face of temptations. Amen.

# 2019 *Lent Journal*



Volume 01, Day 15

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## Day 15 – March 22, 2019

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**Scripture Reading:** Matthew 19:13-15  
(Mark 10:13-16)

Back in their day, children were not valued and were not worth much. They were at the bottom of the totem pole or at the bottom rung of the ladder. Do you ever feel that way? Tired of being looked down upon or second-guessed? Even the disciples tried to keep the children from Jesus. There is hope in this passage. Jesus lets everyone know quickly that the Kingdom is for **ALL** people... no matter your age or look. Does the way you live show this truth to all people?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, we've seen too many people neglected and looked down upon. Forgive me when I've done the same and not welcomed all as one of your children. Help me live a life that shows your love to all people. Amen.

# 2019 *Lent Journal*



Volume 01, Day 16

Pioneer Memorial Presbyterian Church

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## Day 16 – March 23, 2019

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**Scripture Reading:** James 3:3-12

Have you ever thought about this before? The tongue that you may have said something mean to a friend with, and then praised God with is the same tongue. Something about this just doesn't sound right. Jesus wants us to tame our tongues and make sure that everything that comes out would satisfy him. Do you have a tamed tongue?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, too often we've got loose lips and we don't think about the words we use and say. Help me to build others up and not tear them down. May the words of our mouths and the meditations of our hearts be pleasing to you. Amen.

# 2019 *Lent Journal*



Volume 01, 3rd Sunday of Lent

Pioneer Memorial Presbyterian Church

Solon, OH

## **3rd Sunday of Lent March 24, 2019**

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**Scripture Reading:**

**Worship Focus/Sermon Title:**

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### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

Personal Thoughts & Notes

### **Daily Prayer**

(Write your own prayer to God today...)

# 2019 *Lent Journal*



Volume 01, Day 17

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 17 – March 25, 2019

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**Scripture Reading:** 1 Thessalonians 5:16-18

I think that this is a pretty familiar scripture for us...we've heard it a few times before. When bad things happen usually our first reaction isn't to rejoice or praise God...no matter what the situation. "Why me?" or "Why is God letting this happen to me?" These few, short verses are very inspiring in the fact that God wants us to rejoice, give thanks, and PRAY continually. Have a joyful day...all day long.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

#### **Daily Prayer**

God, it's easy to forget to keep you at the center of our lives. Help me to communicate with you better. It's easy for me to complain about life or ask for something when I'm in a tight spot. Help me to give you thanks for the joy you bring to life too. Amen.

# 2019 *Lent Journal*



Volume 01, Day 18

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 18 – March 26, 2019

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### Scripture Reading: Luke 5:1-11

Calling all fisherman. Drop your nets because you will no longer catch fish, instead you are going to fish for people. How awesome and crazy is this? How do you think these guys felt right then? Kind of cool to think that these guys really had no clue what was going on, OR DID THEY? Nonetheless, they dropped everything they had and decided to follow Jesus. These guys were probably not the greatest Bible scholars and teachers, they were hard working guys. Often think that you aren't qualified? I believe we all have that problem at times as well. Take courage and know that God qualifies the called, instead of calling the qualified.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, there are many times when I don't feel like I'm even able to represent you. But you've called me, so help me to believe in myself and get out of the way so you can work through me. Amen.

# 2019 *Lent Journal*



Volume 01, Day 19

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 19 – March 27, 2019

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**Scripture Reading:** Exodus 3:1 - 4:17

It seems that Moses had problems with trusting God. He doubted God for a couple of different reasons. Do you feel like you trust God enough? What are some of the excuses you use to get out of something God may be calling you to do?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

#### **Daily Prayer**

God, there are too many times when I make excuses instead of just trusting you to lead the way; trusting you that you have my best interest at heart. Help me to know that I don't have all the answers. Amen.

# 2019 *Lent Journal*



Volume 01, Day 20

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 20 – March 28, 2019

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**Scripture Reading:** Luke 10:38-42

An interesting question that Martha asks Jesus. Hmmm. I think that it is a good question. She has a right to ask it, right? Is there about to be a little sisterly fight? Well, the point seems to be this: Where are your priorities? Mary's was spending time with Jesus. Martha was all about cleaning house. Are you too distracted by all of your "stuff" around you or too busy to spend time with your Savior? Lent is all about being a "Mary" for 40 days...and hopefully beyond this time.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, we are half-way into this journey of Lent. It is easy to be distracted with things going on in our lives. Help me to wait, listen, and hear your words as we continue on this journey together. Amen.

# 2019 *Lent Journal*



Volume 01, Day 21

Pioneer Memorial Presbyterian Church

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## Day 21 – March 29, 2019

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### **Scripture Reading:** Mark 12:41-44

Giving...Jesus blew them all away with this one. The poorest lady in the room gave more than all the rich people put together. What? Why? This was probably worth about a penny. Hmmm. She gave out of her poverty everything that she had. Jesus has a way of turning what we see upside down so that we can really see what is right.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### **Daily Prayer**

God, all that we have and all that we are, are gifts from you. It is easy to be distracted and think we don't have enough to give, and so we sit on our gifts. Help me to see all that I have is a gift, and a gift worth sharing - to you and to others. Amen.

# 2019 *Lent Journal*



Volume 01, Day 22

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 22 – March 30, 2019

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### **Scripture Reading:** Ephesians 2:1-10

Just in case you have forgotten that you can't be good enough or earn your way to heaven...it is by GRACE and MERCY that we are saved. It is not from us, but it is the GIFT of God. This is GOOD NEWS! GOOD NEWS that frees us to love and be loved. Gifts are free to us and are meant to be opened...or it wouldn't be called a gift. It is not a gift with a price tag though...don't forget that. You can't buy this gift.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### **Daily Prayer**

God, there are not enough words, so it's easiest to say thank you. Help me to be as gracious and merciful as you are to me. Remind me of your grace when I may not be as gracious. Amen.

# 2019 *Lent Journal*



Volume 01, 4th Sunday of Lent

Pioneer Memorial Presbyterian Church

Solon, OH

## **4th Sunday of Lent March 31, 2019**

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**Scripture Reading:**

**Worship Focus/Sermon Title:**

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### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

Personal Thoughts & Notes

### ***Daily Prayer***

(Write your own prayer to God today...)

# 2019 *Lent Journal*



Volume 01, Day 23

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 23 – April 1, 2019

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### Scripture Reading: Acts 8:26-45

Evangelism. Witness to someone. What images come to mind? Honestly today, these words “witness” and “evangelism” bring up some pretty negative images to people. In today’s passage, we see how Phillip shares his faith with the Ethiopian. Notice he followed the Spirit’s lead first. That surely helps when it comes to sharing Christ with someone...ask God to lead you, and then trust in the Spirit’s leading. Are you willing to go when you feel a nudge or a tug from the Spirit? Know that it is not you anyways. It is God using you. That makes all the difference.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, there are times when I find it difficult to share my about my faith in you. Sometimes we feel we don’t even have all the answers. Help me and guide me to share my story of faith and how you are leading me. Amen.

# 2019 *Lent Journal*



Volume 01, Day 24

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## Day 24 – April 2, 2019

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### Scripture Reading: 1 Corinthians 10:6-13

Learning from past experiences is a very valuable lesson. Most of us may remember being told as a child not to touch the stove because it's hot and can burn you. Or maybe as a parent or grandparent, you have shared that advice to your children to see it come to bite them in the end. There is something beneficial about learning from our experiences; it helps put the puzzle together for us. However, there are times when we can and might be just a little too stubborn at times and think that we might just get away with that decision a second, third, or fourth time. The same holds true for our sin – why can't we learn from our past mishaps? Why is it so easy to go back to those bad habits? What a great time and season to re-evaluate our relationship with Christ.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, thank you for your patience. Help me not to return to my old or bad habits. It's way too easy to fall into that trap, but I want to be better. As you are with me, help me to be as patient and gracious to others. Help me to be a clearer and truer reflection of you in my life and actions. Amen.

# 2019 *Lent Journal*



Volume 01, Day 25

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 25 – April 3, 2019

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### Scripture Reading: John 8:12-20

Birth status is something that is very significant in this first century Jewish culture. The eldest son is the one who would follow in the footsteps of their father, so shouldn't Jesus be a carpenter? The Pharisees have status because they are born into these positions. So there's the question about Jesus not judging by human standards and stating that since they do not know Jesus' Father, then they do not know who he is either and what he is teaching.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, help us to see and hear you are calling us to be. We can be led in many different directions by different voices, but help us to tune in to your still, small voice. Help us see to your guiding presence in the lives of others. Amen.

# 2019 *Lent Journal*



Volume 01, Day 26

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 26 – April 4, 2019

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### Scripture Reading: Psalm 51:1-17

Oops...another one about sin! But like I said before, staring at and acknowledging your sin is not fun. It's definitely not easy. It's hard, very hard, to look at our sin. But we can't leave it at that. We are to repent. "Repent" means to "turn." It is a change of heart. We are to turn away from our sin, we ask for forgiveness, and we look toward Easter. Why Easter? Easter is all about the resurrection of our Savior Jesus, and the forgiveness and new life that he offers.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, help me to remember turn from my sins. It's easy to forget about asking for forgiveness, especially when we feel we're doing just fine. Help me not to slip up and help me to continue to live in my new life in Jesus' resurrection. Amen.

# 2019 *Lent Journal*



Volume 01, Day 27

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 27 – April 5, 2019

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**Scripture Reading:** Hebrews 4:14 - 5:4

Take it to the Lord in prayer. We are being told, called, and reminded to “approach the throne of grace with boldness.” Calling out and coming to God in prayer with boldness is all about us staking, claiming and holding to the fact about what we wholeheartedly believe about God and God’s relationship to God’s people. This is not a wish-list type of prayer where we ask God for “this and that” but prayer for ourselves and others that demonstrates we know we can approach God with our needs and concerns. We are able to do this, not because what we have done but because what Jesus has done on our behalf.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

#### **Daily Prayer**

God, sometimes it feels like I am just unloading on you a bunch of garbage that doesn’t make sense. It’s easy to pray in this fashion, but help and remind me to pray in thanksgiving too, especially when joy is abounding in my life. Amen.

# 2019 *Lent Journal*



Volume 01, Day 28

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 28 – April 6, 2019

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### Scripture Reading: John 12:1-11

Try to picture yourself in the room with Jesus and his friends. Can you smell the beautiful aroma as it fills the room? This has to be an important act. One, all four gospels record this event. And two, we are witnessing one of the few people who actually know what is about to take place. This anointing was a prophetic and symbolic act because we see Mary understanding who Jesus is and she gets what is coming. This act is embedded in our memories because it is significant and normally this is something that is performed by the chief priests, not a woman.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, we see those less likely get on their knees and anoint the feet of Jesus. Your message is for everyone & the messengers come from all walks of life. Help us to bear witness to your saving grace and merciful acts each and every day. Amen.

# 2019 *Lent Journal*



Volume 01, 5th Sunday of Lent

Pioneer Memorial Presbyterian Church

Solon, OH

## **5th Sunday of Lent April 7, 2019**

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**Scripture Reading:**

**Worship Focus/Sermon Title:**

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### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

Personal Thoughts & Notes

### **Daily Prayer**

(Write your own prayer to God today...)

# 2019 *Lent Journal*



Volume 01, Day 29

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 29 – April 8, 2019

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### Scripture Reading: Isaiah 43:8-13

The scene is set. The trial has begun and the teams have their witnesses ready to give testimony. Doesn't it seem strange that God is calling the blind and deaf to give testimony? What a powerful testimony coming from unlikely witnesses who can proclaim that their God is the one who has been there from the beginning, is still with them, and is holding true to the promise of always being there. A testimony that claims that God loves us and that God is with us.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, there are times when I live my life when I am not a living testimony to your goodness. Help me today to be a clearer and truer reflection of your love and your light. Help me to daily bear witness to your greatness. Amen.

# 2019 *Lent Journal*



Volume 01, Day 30

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 30 – April 9, 2019

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### **Scripture Reading:** Acts 2:14-24

Can you picture this happening? What would it sound like today? What languages would we be hearing and could we understand them all? I am sure that we all would be just as confused and perplexed by this scene. The Spirit got a hold of them and they speaking in different languages and seeing visions and prophesying. And then what happens next...Peter begins to tell them about Jesus – his life, his crucifixion, his death, and his resurrection. What an amazing day!

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### **Daily Prayer**

God, there are times when I live my life when I am not a living testimony to your goodness. Help me today to be a clearer and truer reflection of your love and your light. Help me to daily bear witness to your greatness. Amen.

# 2019 *Lent Journal*



Volume 01, Day 31

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 31 – April 10, 2019

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### Scripture Reading: John 12:34-50

What a testimony here in the words of Jesus. “Whoever believes in me believes not in me but in him who sent me. And whoever sees me sees him who sent me.” Jesus, the revelation of God’s unconditional love, put on display for all to see. What a witness and a great reminder that we are called as well to be witnesses and to bear witness to this unconditional and unfailing love of God. It will be a challenge, but may we bear witness and speak the words of love and faithfulness of God to all of humanity.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, there are times when I live my life when I am not a living testimony to your goodness. Help me today to be a clearer and truer reflection of your love and your light. Help me to daily bear witness to your greatness. Amen.

# 2019 *Lent Journal*



Volume 01, Day 32

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 32 – April 11, 2019

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### **Scripture Reading:** Acts 9:1-22

The beginning of this chapter shows Saul being one who loved to have Christians beaten up and put in jail, even put to death. He was going around with orders to try and put a stop to this movement of “the Way.” He is the last one you would think would become a follower of Christ. Guess what? His writings make up a majority of the New Testament. His name is now Paul. Look around you. See someone you think is beyond help or change? Someone you know that you think would never become a follower of Christ? Take a look at them with new eyes of faith today. It is possible...anything is possible.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### **Daily Prayer**

God, there are times when we think that some things are just not possible. There are times when we wonder why you have called us to do your work. Remind us we are yours, encourage us, and strengthen us along this journey. Amen.

# 2019 *Lent Journal*



Volume 01, Day 33

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 33 – April 12, 2019

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### Scripture Reading: John 4:1-42

There is a lot of stuff in these 42 verses. They “really” believe that he is the “Savior of the World” because they have spent time with Jesus, not just because of what the woman talked about. Do you believe because that is what others around you have said and that is just kind of how you have been living...living off of other people’s words about Jesus? Or do you believe because you have spent time seeking out Jesus on your own? Why do you believe what you believe?

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, there are times when I’ve found it difficult to believe, but then you go do something great in my life. Help me to remain faithful to you, so that others can see your impact on my life and may it make a difference in theirs. Amen.

# 2019 *Lent Journal*



Volume 01, Day 34

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 34 – April 13, 2019

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### Scripture Reading: Matthew 16:24-25

Think about what the cross meant to them back then. Now let's fast forward to 2019 and think about capital punishment. It is kind of scary to think like this. It's tough. It's hard. It's difficult. And it goes against everything in us. But we are called to die to our self (our own selfishness, pride, and destructive desires) in order that Christ may live within us. The truth is this...the more we die to our self, the more we actually live...the more we discover who we are truly created to be. We are being called to "die" daily to ourselves.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, there are times when I put way too many things before you in my life. Help me God to refocus on you and guide me in this journey to grow closer to you, thus knowing more about myself. Help me get my priorities straight. Amen.

2019  
**Lent Journal**



Volume 01, Palm Sunday

Pioneer Memorial Presbyterian Church

Solon, OH

**Palm Sunday**  
**April 14, 2019**

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**Scripture Reading:**

**Worship Focus/Sermon Title:**

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**Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

Personal Thoughts & Notes

**Daily Prayer**

(Write your own prayer to God today...)

# 2019 *Lent Journal*



Volume 01, Day 35

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 35 – April 15, 2019

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### Scripture Reading: Mark 14:32-41

We get to see how human Jesus is here. Jesus was tired. Jesus was distressed. But he prayed...3 times. The cool thing to about this is that Jesus prayed not his will be done, but that God's will be done. What a model for us to pray in our lives. Even at the most dark, trying, and toughest times in our lives we need to focus and pray for God's will in our life. How would your life be different if you prayed that prayer daily? Also, we get to see in this passage that the disciples are human and mess up to. They fell asleep on Jesus. But they did not give up...these guys were still in the process of being who God wanted them to be. We're in that process to... let's not let our mistakes keep us from moving forward in serving God.

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

## Personal Thoughts & Notes

### Daily Prayer

God, there are times when I put way too much emphasis on what I want with my life. Help me to pray for your will to be done in my life, and help me to hear your voice and feel your guidance. Even when I mess up, help me to keep moving forward. Help me get my priorities straight. Amen.

# 2019 *Lent Journal*



Volume 01, Day 36

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 36 – April 16, 2019

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### Scripture Reading: John 14:15-31

This is a very inspiring and motivational passage. Listen to these amazing words... “I will not leave you as orphans.” How awesome is that? It is a tough one though because this group of guys...the disciples...are about to lose everything. They are getting ready to see their leader, teacher, friend, and Lord be taken away and nailed to a cross. They gave up everything they had to follow him. Now what? There is hope. Jesus promises us that he is not leaving us abandoned and alone. Look and see that Christ has not left us alone as orphans either. He has brought us into a loving relationship with God because of his death. This is why we are called “children of God.”

### Time of Reflection

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### Daily Prayer

God, there are times when I feel like I am running solo and there is no one on my side, and things just do not seem to be going my way. Help me to hang in there and remind me that you are with me and that there are others with me too. Amen.

# 2019 *Lent Journal*



Volume 01, Day 37

Pioneer Memorial Presbyterian Church

Solon, OH

## Day 37 – April 17, 2019

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### **Scripture Reading:** John 13:21-32

One of the things that I find beautiful and intriguing about the gospel of John is the use of symbolism, imagery and allusion throughout the entire gospel. A second thing that attracts me to this gospel is that “knowing” and “to know” to Jesus in John’s gospel, is more than a mental state or exercise; it is also a living, breathing and doing thing.

It’s hard not to reflect back to earlier in John’s gospel when Nicodemus comes at night and tells Jesus that they “know” who he is. Really? Then why come at night, under the cover of darkness? Is there something to hide? Fast-forwarding now, we see where Jesus prompts Judas to do what he needs to do, and we hear, “It was night.” Darkness. Evil. Secrecy. Shame. All under the cover of night.

Things have been set into motion. Yet, the disciples did not know what was going on. Jesus has them confused and bewildered. But he tells them this, so that when everything plays out, they’ll know and believe. I don’t think we fully know, understand, or grasp what God has done, is doing and will continue to do. There are times we just cannot put it together or believe it until we actually see it all happen. Hang in there – the light is coming.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### Personal Thoughts & Notes

### **Daily Prayer**

O God, hold us and comfort us as we wait for Easter’s resurrection. Remind us of your promise that nothing can separate us from your love. Strengthen us with your presence, as we wait in our darkness to see you revealed in glorious light. Amen.

# 2019 *Lent Journal*



Volume 01, Day 38

Pioneer Memorial Presbyterian Church

Solon, OH

## **Maundy Thursday Day 38 – April 18, 2019**

**Scripture Reading:** John 13:1-17, 31-35

Having worked in churches where there are pre-school programs for children, I have seen in many bathrooms reminders about washing your hands. Instructions placed on mirrors above the sink. Rinse with clean water. Lather up with soap and rinse again. There are the teachings where they want you to say the A, B, C's or sing a certain song while washing. Health experts recommend washing your hands for at least 20 seconds. 20 seconds doesn't seem long, but I bet we do the quick and easy washing of our hands, I'd say that it's way less than 20 seconds.

Jesus has set for us an example. If we believe that Jesus is fully human and fully divine, then we do not have an excuse. It is important that we as disciples take up the "loving" that Jesus did and put God's presence on display. Jesus was not about the quick and easy, so neither should we. May we do better at loving, caring for and nurturing one another, yes even washing one another's feet – fully participating in and aiding in the healing and cleansing of our souls. And may we invest in loving one another, instead of taking the quick and easy route.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### *Personal Thoughts & Notes*

#### **Daily Prayer**

O God, in the gathering around the table and the washing of the feet, you've showed us humility and service. As you have invested in our lives, calling us forth as your children, guide us with your Holy Spirit, and help us invest in, love and care for the lives of our neighbors. Gracious God, speak to us and move us, grant us nourishment, cleanse and refresh us. Amen.

# 2019 *Lent Journal*



Volume 01, Day 39

Pioneer Memorial Presbyterian Church

Solon, OH

## **Good Friday Day 39 – April 19, 2019**

**Scripture Reading:** John 18:1 - 19:42

“I Am.” Many of you may be aware, and many may not. Over the years I have been a part of planning several youth conferences for the universal church. For one in particular, the theme for the 2013 Presbyterian Youth Triennium was “I Am.” It was a time for young people and leaders of young people to gather together in study, worship, fellowship, community and play as we explore the “I Am” statements we find in both the Old and New Testaments. When asked for name by Moses, God says “I Am who I Am.” We hear Jesus say, “I am the good shepherd” and “I am the bread of life” and “I am the light of the world” and “I am the resurrection and the life” and there are a handful more. When we hear of Jesus’ betrayal, questioning and arrest, we hear Jesus say, “I am he.”

During a time of testing, scandal, trial and betrayal, Jesus answers, “I am” when he could’ve easily said “I am not.” On this dark night, Peter is the one who answers, “I am not.” Peter has a chance to answer, “I am.” Why not? I wonder if he feared for his? Embarrassed to be associated with Jesus? Did he not believe in himself enough as a disciple of Jesus? I don’t know, but I know this, I hope and pray that in my dark and trying times, that I will answer, “I am.”

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### *Personal Thoughts & Notes*

### ***Daily Prayer***

O God, in the midst of trial and betrayal, Jesus answered, “I am.” Just as Jesus endured death and opened up the way to eternal life on the cross, help us as your children to endure those dark days, looking forward in hope to when light will break through. God help us and give us the courage to hold firmly to our faith in times of darkness and help us feel your grace and mercy in our times of need. Amen.

# 2019 *Lent Journal*



Volume 01, Day 40

Pioneer Memorial Presbyterian Church

Solon, OH

## **Holy Saturday** **Day 40 – April 20, 2019**

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**Scripture Reading:** John 19:38-42

Here these words from the Mumford & Sons song, "I Will Wait"

**Well I came home, like a stone  
And I fell heavy into your arms  
These days of dust, which we've known  
Will blow away with this new sun  
But I'll kneel down, wait for now  
And I'll kneel down, know my ground  
And I will wait, I will wait for you  
I will wait, I will wait for you**

It's a dark day. Jesus has been crucified. Tears are falling, hearts are breaking. Nicodemus who first came to Jesus at night is now out in broad daylight helping Joseph of Arimathea prepare Jesus' body for burial. In a near by garden there's a new tomb and Jesus' body is laid to rest and the tomb sealed.

I can see it, friends and family who were there are mourning. They've made their way home with heavy hearts, falling into one another's arms. Surely someone has remembered his words and his talking about being raised in three days. Did they hear those words? Did they understand? Is their grief too great to understand and anticipate resurrection?

And so.....we wait. We wait for the light of the world to break through the darkness.

I will wait you. We will wait for you.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### *Personal Thoughts & Notes*

### ***Daily Prayer***

O God, you are our strength and our refuge. In our times of darkness, sorrow, and confusion, wait with us until we see the light. Release us from our times of trial and oppression so that we may be a witness to your eternal hope and your glorious light. Merciful God, sustain us by your word and spirit, so that we may not lose heart and we may have new life in the glorious light of the resurrection. Amen.

# 2019 *Lent Journal*



Volume 01, *EASTER SUNDAY*

*Pioneer Memorial Presbyterian Church*

*Solon, OH*

## **EASTER SUNDAY** **April 21, 2019**

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### **Scripture Reading:** John 20:1-18

Being a father, there was nothing more exciting to me than to see my son and daughter respond for the first time to their name. A turn of the head, opening of the eyes, a smile or now stopping and turning around. I can remember as a child hearing my parents' voice and knowing how I was called by name determined how I was going to approach them. Yeah, you know those times when you're in trouble – your entire name is called out.

An upset and heartbroken Mary is at the tomb and Jesus' body is not there. We read in her distress she has a brief conversation with a man whom she thinks is the gardener until she hears, "Mary!" Instantly she knows and turns to see that it is Jesus and they're in a garden – it's hard not to think back to the creation story. Mary's response to hearing her name – it's hard not to think back to Jesus saying "I am the good shepherd." The shepherd knows the sheep and the sheep know the shepherd's voice. Many people have been looking for the Christ all throughout the gospel of John, yet none find him in the way that Mary does.

Christ the Lord is risen.  
The Lord is risen indeed.

### **Time of Reflection**

What does this passage say about who I am?

What does this passage say about God?

What is God saying to me through this passage?

### *Personal Thoughts & Notes*

### ***Daily Prayer***

O God, a long time ago faithful women shared and proclaimed the good news of Jesus' resurrection. May our love run deep for one another, so that everyone can see and experience your great love, poured out to us in Christ Jesus. Help us to keep the faith, encouraging us and reminding us to be joyful witnesses to this good news so that all humanity may know of your great love and gather together in the kingdom where you reign forever and ever. Amen.

## ***Notes***

## ***Notes***



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