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# Journey Through Lent A Path of Reflection and Renewal



**2024 Devotional Booklet**

by  
Rev. Dr. Tércio B. Junker

## Introduction

“Journey Through Lent: A Path of Reflection and Renewal” is a 40-day devotional guide designed to deepen the spiritual experience of Lent. This devotional booklet is a companion for the Lenten journey through daily scripture, reflection, prayer, and an inspiring thought for the day.

Each day’s devotional starts with a scripture passage from the Bible (NRSV) relevant to the themes of Lent – repentance, self-examination, sacrifice, and spiritual growth. The scriptures present a range of books from the Bible, providing an exploration of the Lenten narrative.

Following the scripture reading is a reflection, a brief commentary on the passage. These reflections offer perspectives on familiar biblical themes. The reflections provide theological perspectives with practical application. They invite readers to ponder the significance of Christ’s journey to the cross and its implications for personal faith and daily living.

The prayer section is designed to facilitate a connection with the divine. They express desires for guidance, strength, forgiveness, and the grace to live out the teachings of Christ.

Each devotional concludes with a “Thought for the Day.” These thoughts are crafted to stay in the mind, providing spiritual nourishment throughout the day. They are meant to be meditated upon as reminders of God’s presence and faith journey.

“Journey Through Lent” invites readers to embark on a spiritual journey, grow in faith, and live out our beliefs more fully, offering a flexible framework for Lenten observance.

In sum, “Journey Through Lent: A Path of Reflection and Renewal” provides spiritual sustenance, encourages personal growth, and offers a path toward a deeper and more meaningful relationship with God.



## Day 1

### **Scripture Reading:** Matthew 4:1-4

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterward, he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

### **Reflection**

This passage reminds us of the importance of spiritual nourishment. Just as Jesus rejected the tempter's offer, focusing instead on God's word, we are called to rely on physical nourishment and the spiritual food provided by God's word.

### **Prayer**

Merciful God, as we begin our Lenten journey, guide us to find strength in your Word. Help us resist temptations and focus on nurturing our spirit through your holy scripture. In Christ's name, we pray. Amen.

### **Thought for the Day**

Feed not just your body but also your soul.

## Day 2

### **Scripture Reading:** Psalm 51:1-2

"Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin!"

### **Reflection**

Psalm 51 is a cry for forgiveness and cleansing. As we continue our Lenten journey, we are reminded of our need for God's mercy and the importance of a contrite heart.

### **Prayer**

Gracious God, in your mercy, cleanse us from our sins and renew a right spirit within us. Help us walk in your ways and live a pleasing life in your sight. In Christ's name, we pray. Amen.

### **Thought for the Day**

Forgiveness is a gift of God's love.

## Day 3

### **Scripture Reading:** Romans 5:8

“But God proves his love for us in that while we still were sinners Christ died for us.”

### **Reflection**

This verse from Romans reminds us of the profound nature of God’s love, a love so deep it reaches us even in our imperfections.

### **Prayer**

Lord Jesus, thank you for your unconditional love and sacrifice. May we live each day in gratitude for your grace. In Christ’s name, we pray. Amen.

### **Thought for the Day**

God’s love is unconditional.

## Day 4

### **Scripture Reading:** Isaiah 40:31

“But those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

### **Reflection**

Isaiah speaks to the enduring strength granted to those who trust the Lord. In our busy lives, this verse calls us to find renewed energy and purpose in divine trust.

### **Prayer**

Gracious God, give us the patience to wait on your timing and the strength to endure our journey with faith and hope. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Strength comes from faith in the Lord.

## Day 5

### **Scripture Reading:** Matthew 6:21

“For where your treasure is, there your heart will be also.”

### **Reflection**

This passage encourages us to examine where we place our values and affections. Lent is a time to realign our hearts toward the spiritual treasures of faith, hope, and love.

### **Prayer**

O God, guide us to store up heavenly treasures. Help us to prioritize our lives in a way that honors you and reflects your love. In Christ’s name, we pray. Amen.

### **Thought for the Day**

What we value most controls us.

## Day 6

### **Scripture Reading:** Philippians 4:6-7

“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

### **Reflection**

In a world filled with anxiety and uncertainty, these words from Philippians offer a reassuring promise of peace through prayer and gratitude.

### **Prayer**

Almighty God, we lay our worries at your feet. Fill us with your peace, and help us to trust in your providence. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Peace comes when we trust God with our worries.



## Day 7

### **Scripture Reading:** John 15:5

"I am the vine, you are the branches. Those who abide in Me, and I in them, bear much fruit, because apart from Me you can do nothing."

### **Reflection**

Jesus' words remind us of our need to remain connected to him. In our spiritual lives, abiding in Christ is the source of our strength and fruitfulness.

### **Prayer**

Jesus, keep us close to you. Let our lives be fruitful as we abide in your love and grace. In Christ's name, we pray. Amen.

### **Thought for the Day**

Connection to Christ is our lifeline.

## Day 8

### **Scripture Reading:** Psalm 46:10

"Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth."

### **Reflection**

In the busyness of life, this verse calls us to pause, be still, and recognize the sovereignty and greatness of God.

### **Prayer**

God, in the stillness of this moment, we acknowledge you as our God. Help us to find rest and assurance in your presence. In Christ's name, we pray. Amen.

### **Thought for the Day**

Stillness is the doorway to knowing God.

## Day 9

### **Scripture Reading:** Ephesians 4:32

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.”

### **Reflection**

This verse calls us to embody the spirit of kindness, compassion, and forgiveness, reflecting the grace we have received in Christ.

### **Prayer**

Gracious God, help us to be kind, tenderhearted, and forgiving, mirroring the love and grace you have shown us. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Live a life of grace and forgiveness.

## Day 10

### **Scripture Reading:** Matthew 5:16

“In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.”

### **Reflection**

Our actions and words have the power to illuminate the love of God. This Lent, consider how you can be a light in your community.

### **Prayer**

Lord, help us to shine your light through our actions and words, bringing glory to your name. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Be a sign of God’s love.

## Day 11

### **Scripture Reading:** James 1:12

“Blessed is anyone who endures temptation. Such a one has stood the test and will receive the crown of life that the Lord has promised to those who love him.”

### **Reflection**

Enduring temptation strengthens our faith and character. This Lent, find strength in God’s promise and persevere with hope.

### **Prayer**

Almighty God, give us the strength to resist temptation and to remain steadfast in our faith. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Endurance in faith leads to spiritual rewards.

## Day 12

### **Scripture Reading:** Psalm 139:23-24

“Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting.”

### **Reflection**

This Psalm invites God’s examination of our hearts and minds, seeking God’s guidance towards righteousness and truth.

### **Prayer**

Search us, O God, and reveal anything not pleasing to you. Guide us on your path of everlasting life. In Christ’s name, we pray. Amen.

### **Thought for the Day**

God’s guidance leads to the path of life.



## Day 13

### **Scripture Reading:** Galatians 5:22-23

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.”

### **Reflection**

The fruits of the Spirit are markers of a life lived in harmony with God’s will. This Lent, strive to cultivate these qualities in your life.

### **Prayer**

O God, cultivate in us the fruits of your Spirit. May our lives reflect your love, joy, peace, and all the virtues of your Spirit. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Cultivate the fruits of the Spirit.

## Day 14

### **Scripture Reading:** 2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.”

### **Reflection**

This verse reminds us of the transformative power of faith in Christ. During Lent, reflect on the new life and beginnings offered through Christ.

### **Prayer**

Lord, thank you for making us a new creation in Christ. Help us to live fully in the new life you have given us. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Embrace the new life in Christ.

## Day 15

### **Scripture Reading:** Matthew 11:28

“Come to me, all who labor and are heavy laden, and I will give you rest.”

### **Reflection**

Jesus invites us to find rest in him. This is a call to seek spiritual rest and peace in our busiest moments in his presence.

### **Prayer**

Jesus, we come to you weary and burdened. Grant us your rest and peace. In Christ’s name, we pray. Amen.

### **Thought for the Day**

True rest is found in Jesus.

## Day 16

### **Scripture Reading:** Proverbs 3:5-6

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

### **Reflection**

This proverb encourages complete trust in God. During Lent, challenge yourself to rely more on God’s guidance than your understanding.

### **Prayer**

Gracious God, we place our trust in you. Lead us in your ways and direct our paths. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Trust in God guides our journey.



## Day 17

### **Scripture Reading:** Romans 8:28

"We know that all things work together for good for those who love God, who are called according to his purpose."

### **Reflection**

This verse reassures us that God orchestrates everything for our good. Whatever challenges we face, God is working on them for our benefit.

### **Prayer**

Lord, help us see your hand in everything and trust in your purpose for our lives. In Christ's name, we pray. Amen.

### **Thought for the Day**

God works in all things for our good.

## Day 18

### **Scripture Reading:** 1 Peter 5:7

"Cast all your anxiety on him, because he cares for you."

### **Reflection**

God invites us to release our worries to God, reassuring us of God's care and concern for every aspect of our lives.

### **Prayer**

We lay our worries before God, knowing God cares for us. Provide us peace and clarity. In Christ's name, we pray. Amen.

### **Thought for the Day**

God cares for every aspect of our lives.

## Day 19

### **Scripture Reading:** Psalm 121:1-2

I lift up my eyes to the hills—from where will my help come? My help comes from the Lord, who made heaven and earth.”

### **Reflection**

This Psalm directs our gaze and hope upwards, reminding us that our help and strength come from God.

### **Prayer**

O God, we look to you for help and strength. Thank you for being our ever-present aid. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Our help comes from the Lord.

## Day 20

### **Scripture Reading:** Micah 6:8

“He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

### **Reflection**

Micah outlines a simple yet profound way to live out our faith: act justly, love mercy, and walk humbly with God.

### **Prayer**

God, help us live justly, love mercy, and walk humbly with you daily. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Justice, kindness, and humility are essential.



## Day 21

### **Scripture Reading:** Isaiah 41:10

“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.”

### **Reflection**

God promises God’s presence and support, assuring us that we need not fear or be dismayed.

### **Prayer**

O God, in times of fear and uncertainty, remind us of your presence and strength. In Christ’s name, we pray. Amen.

### **Thought for the Day**

God’s presence dispels fear.

## Day 22

### **Scripture Reading:** Philippians 2:3-4

“Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.”

### **Reflection**

This passage calls us to a selfless way of life, valuing others and their needs above our own.

### **Prayer**

Jesus, teach us to live selflessly, considering others above ourselves in love and humility. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Selflessness reflects Christ’s love.

## Day 23

### **Scripture Reading:** John 14:27

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.”

### **Reflection**

Jesus offers a peace unlike any found in the world, a peace that calms our hearts and minds in times of trouble.

### **Prayer**

O Jesus, grant us the peace that only you can give. Calm our troubled hearts and dispel our fears. In your name, we pray. Amen.

### **Thought for the Day**

Jesus’ peace is unlike any other.

## Day 24

### **Scripture Reading:** Psalm 23:4

“Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me.”

### **Reflection**

In life’s darkest moments, the Psalmist reminds us that we are not alone; God is with us, providing comfort and guidance.

### **Prayer**

God, in our obscure moments, reminds us of your presence and comfort. Guide us through every trial. In Christ’s name, we pray. Amen.

### **Thought for the Day**

God’s presence brings comfort in the darkness.



## Day 25

### **Scripture Reading:** Hebrews 11:1

“Now faith is the assurance of things hoped for, the conviction of things not seen.”

### **Reflection**

Faith calls us to trust God’s promises and unseen work, assuring us of our hopes.

### **Prayer**

Almighty God, strengthen our faith to trust your unseen hand at work. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Faith is trusting in the unseen.

## Day 26

### **Scripture Reading:** 1 Corinthians 13:4-7

“Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.”

### **Reflection**

This well-known passage defines the true nature of love. As we walk through Lent, let’s reflect on how we can embody this love in our lives.

### **Prayer**

O God, help us to love as you love, with patience, kindness, and selflessness. May our lives be a reflection of your love. In Christ’s name, we pray. Amen.

### **Thought for the Day**

True love reflects the heart of God.

## Day 27

### **Scripture Reading:** Matthew 7:7-8

“Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened.”

### **Reflection**

Jesus encourages us to actively seek and engage with God through prayer, promising our sincere efforts will be appreciated.

### **Prayer**

Gracious God, we come seeking your wisdom, guidance, and presence. Open for us the doors of understanding and blessing. In Christ’s name, we pray. Amen.

### **Thought for the Day**

In seeking God, we find His treasures.

## Day 28

### **Scripture Reading:** Psalm 100:4-5

“Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.”

### **Reflection**

This Psalm invites us to approach God with gratitude and praise, recognizing God’s enduring goodness and love.

### **Prayer**

Thank you, God, for your unending love and faithfulness. We enter your presence with gratitude and praise. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Gratitude opens the gates to God’s presence.



## Day 29

### **Scripture Reading:** Isaiah 58:6-7

“Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?”

### **Reflection**

Isaiah challenges us to rethink our understanding of fasting. True fasting is action-oriented and focused on justice, liberation, and compassion.

### **Prayer**

God, help us to engage in the true spirit of fasting, focusing on justice, kindness, and compassion towards others. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Fasting calls for action and compassion.

## Day 30

### **Scripture Reading:** Romans 12:2

“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.”

### **Reflection**

Paul urges us to resist worldly influences and be transformed through a renewed mind, aligning ourselves with God’s will.

### **Prayer**

O God, renew our minds and transform our lives. Help us to discern and follow your perfect will. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Transformation begins in the mind.

## Day 31

### **Scripture Reading:** Psalm 46:1

"God is our refuge and strength, a very present help in trouble."

### **Reflection**

This Psalm assures us of God's unwavering presence and support, especially in times of difficulty and uncertainty.

### **Prayer**

God, you are our refuge and strength. In every trouble, we turn to you for help and reassurance. In Christ's name, we pray. Amen.

### **Thought for the Day**

God is a steadfast protector in our troubles.

## Day 32

### **Scripture Reading:** Matthew 6:33

"But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well."

### **Reflection**

Jesus teaches us to prioritize seeking God's kingdom and righteousness with the promise that our needs will be met.

### **Prayer**

Merciful God, help us to seek your kingdom and righteousness above all else. We trust that you will provide for all our needs. In Christ's name, we pray. Amen.

### **Thought for the Day**

Seek God's kingdom first in all things.

## Day 33

### **Scripture Reading:** James 4:8

“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.”

### **Reflection**

James encourages us to actively pursue a closer relationship with God, promising that God will reciprocate our efforts.

### **Prayer**

O God, we seek to draw nearer to you. Cleanse and purify our hearts and deepen our relationship with you. In Christ’s name, we pray. Amen.

### **Thought for the Day**

God responds to our efforts to draw close.

## Day 34

### **Scripture Reading:** Philippians 4:13

“I can do all things through him who strengthens me.”

### **Reflection**

This verse reminds us of the empowering presence of Christ in our lives, granting us the strength to overcome any challenge.

### **Prayer**

Gracious God, thank you for the strength you provide. Help us to rely on your presence in every aspect of our lives. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Christ strengthens us to face all challenges.



## Day 35

### **Scripture Reading:** 1 John 4:18

“There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love.”

### **Reflection**

John teaches that true love, embodied by God, dispels fear, encouraging us to live in the freedom of this perfect love.

### **Prayer**

God of love, cast out all fear from our hearts with your perfect love. Help us to live freely and confidently in your love. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Perfect love overcomes fear.

## Day 36

### **Scripture Reading:** Psalm 51:10

“Create in me a clean heart, O God, and put a new and right spirit within me.”

### **Reflection**

This heartfelt plea for inner renewal is a powerful prayer for Lent, seeking a heart and spirit aligned with God.

### **Prayer**

Create in us a clean heart, O God. Renew our spirit and guide us in your ways. In Christ’s name, we pray. Amen.

### **Thought for the Day**

A clean heart is a gift from God.

## Day 37

### **Scripture Reading:** Matthew 5:9

“Blessed are the peacemakers, for they will be called children of God.”

### **Reflection**

This beatitude calls us to be agents of peace in a world often filled with conflict, embodying the character of God’s children.

### **Prayer**

Merciful God, make us an instrument of your peace. Where there is conflict, let us sow peace. In Christ’s name, we pray. Amen.

### **Thought for the Day**

Peacemakers reflect God’s character.

## Day 38

### **Scripture Reading:** Jeremiah 29:11

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.”

### **Reflection**

This verse reassures us of God’s benevolent plans for our lives, offering hope and a future under God’s care.

### **Prayer**

O God, thank you for your plans, which are full of hope and promise a bright future. Help us to trust in your path for our lives. In Christ’s name, we pray. Amen.

### **Thought for the Day**

God’s plans are filled with hope.

## Day 39

### **Scripture Reading:** Isaiah 40:29

"He gives power to the faint, and strengthens the powerless."

### **Reflection**

Isaiah speaks of God's ability to strengthen the weak and weary, reminding us of God's sufficiency in our moments of weakness.

### **Prayer**

Gracious God, when we are weak, we seek your strength. Help and sustain us with your strength. In Christ's name, we pray. Amen.

### **Thought for the Day**

God's strength is perfect in our weakness.

## Day 40

### **Scripture Reading:** Luke 23:34

"Then Jesus said, 'Father, forgive them; for they do not know what they are doing.' And they cast lots to divide his clothing."

### **Reflection**

As we conclude Lent and approach Easter, we reflect on Jesus' words of forgiveness on the cross, a profound example of grace and mercy.

### **Prayer**

Jesus, thank you for your forgiveness and sacrifice. Help us to extend forgiveness to others as you have forgiven us. In your name, we pray. Amen.

### **Thought for the Day**

Forgiveness is the heart of the Gospel.