



Transformation – A Lenten Journey

Spiritual Practices have been a large part of the Christian faith. These spiritual practices open us up for the Holy Spirit to *TRANSFORM* our lives. Anything in life calls for some sort of discipline whether in a sport, a job, a relationship, and especially our faith journey. As people of faith, we are called to run the race with endurance. Hebrews 12:1-3 says, "So then, with endurance, let's also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let's throw off any extra baggage, get rid of the sin that trips us up, and fix our eyes on Jesus, faith's pioneer and perfecter. He endured the cross, ignoring the shame, for the sake of the joy that was laid out in front of him, and sat down at the right side of God's throne. Think about the one who endured such opposition from sinners so that you won't be discouraged, and you won't give up."

During this Lenten season, would you consider the call of Christ to deepen your faith through these spiritual practices? Some of these practices might be new to you and some might be challenging.

STUDY --- March 23rd – March 29th

"Some people like to read so many [Bible] chapters every day. I would not dissuade them from the practice, but I would rather lay my soul and soak in half a dozen verses all day than rinse my hand in several chapters. Oh, to be bathed in a text of Scripture, and to let it be sucked up in your very soul, till it saturates your heart!"
– Charles Spurgeon

March 23rd

Scripture: *"For the word of God is alive and active. Sharper than any double-edged sword..."* - Hebrews 4:12

When you open the Bible, you're not reading just ancient texts. You're engaging with a living Word that speaks directly to your heart, transforming you from the inside out. Study it with expectation, knowing that God desires to reveal Himself to you in fresh, personal ways.

Reflection: How has God's Word spoken to you recently in ways that feel personal or unique?

March 24th

"Blessed is the one who... delights in the law of the Lord, and who meditates on his law, day and night." - Psalm 1:1-2

True study of God's Word is not a chore or a task to check off; it's a joy! When you delight in it, you approach the Bible with a heart full of gratitude and curiosity. Allow the truths you find there to stir your affections for God.

Reflection: What specific truths from Scripture bring you joy and peace?

March 25th

"Your word is a lamp for my feet, a light on my path." - Psalm 119:105

The Bible is not just a book of ancient wisdom; it's a practical guide for your daily life. When we immerse ourselves in God's Word, it illuminates the right paths, helping us navigate challenges and decisions with clarity and confidence.

Reflection: In what areas of your life do you need God's light to guide you?

March 26th

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." - Romans 12:2

Studying the Word isn't just about acquiring knowledge; it's about transformation. The more you fill your mind with God's truth, the more you're reshaped by it. As you meditate on Scripture, your perspective, values, and desires begin to align with God's will.

Reflection: How has studying the Bible transformed your thinking in the past?

March 27th

"Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom." - Colossians 3:16

Studying God's Word helps us grow in knowledge and wisdom—not only for our own benefit but also so we can encourage others. As you study, share the insights and truths you learn, building up the body of Christ.

Reflection: Who can you encourage with the truths God has revealed to you?

March 28th

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach." - James 1:5

Studying God's Word requires not only reading but seeking understanding. Ask God for wisdom as you study, and He will guide you into deeper insight. Sometimes the answers come slowly, but God promises to teach those who earnestly seek.

Reflection: What areas of Scripture are you currently seeking understanding in?

March 29th

"So, faith comes from hearing, and hearing through the word of Christ." - Romans 10:17

Studying the Word is one of the most powerful ways to strengthen your faith. As you encounter the stories of God's faithfulness, you are reminded that He is trustworthy in all circumstances.

Reflection: What passage has recently built your faith or trust in God?