



**LENT**  
**2021**

– DEVOTIONAL BOOKLET –

Observing Lent each year offers us a fresh perspective on Jesus' sacrifice and the unique opportunity to go deeper in his love. We invite you to join us in this 40-day season of reflection as we prepare our hearts and minds for Good Friday and Easter.

Traditionally Lent is a time of repentance and fasting, a humble reminder of Jesus' journey in the wilderness. He was confronted with temptation, but did not give in to darkness. We follow his example, by denying the things that distract and separate us from growing in God's love.

There is somberness as we reflect on Jesus death, but there is also joy to be experienced as well. Sundays are not included in the forty days of Lent because they represent our hopeful anticipation of the Resurrection.

As we focus on Jesus' life, ministry, sacrifice and resurrection, we can narrow in on simplicity, release and prayer.

- **Simplicity:** Making space for fellowship with God and others.
- **Release:** Surrendering anything that negatively fills our life and interferes with our relationship with Jesus and others.
- **Prayer:** Sharing our concerns and celebrations with God.

These tools help us to be rightly-related with God and enable us to depend on him fully.

In Scripture we get powerful reminders of Jesus' purpose on the Cross and his overwhelming love for us. That is why this weekly devotional highlights specific verses on God's love. Before you dive in feel free to quiet your heart and minds with prayer.

*Spirit of God, who led Jesus into the desert to fast and pray,*

*Lead us as we enter this time of Lent.*

*Give us courage to examine our hearts with honesty;*

*Give us strength to deal with what we find;*

*Give us love to forgive ourselves and each other,*

*So that, in peace and joy, we may celebrate at Easter*

*The death and resurrection of Jesus*

*And all that it means for each of us.*

*Amen.*

## OTHER RESOURCES

On our website you can access other resources that accompany this devotional:

- A Spotify playlist with contemplative music you can use while you're engaging with the weekly devotions
- A coloring book for kids

**Just go to [whchurch.org/lent-2021](https://www.whchurch.org/lent-2021)**

# LENT – WEEK OF FEBRUARY 21

**READ:** 1 John 4:16

*And so, we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. (NIV)*

## REFLECT

- **How are you relying on God's love this week?**

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- **How have you seen God's love in your life?**

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- **What can you do to ensure that you are living fully in God's love?**

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- **What are some ways you can show Christlike love to coworkers, acquaintances, classmates or even strangers?**

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# KINDNESS CHAIN ACTIVITY

We invite you to count down the days until Easter with acts of kindness.

1. You'll need 38 strips of paper with acts of kindness on them. If you're brainstorming your own and you can't think of enough, you can either repeat or use some of our ideas.
2. Circle the two ends of each paper strip together and tape, staple or glue.
3. For the next strip, place it inside of the first circle, then repeat.
4. Do this for all the remaining strips to create a paper chain filled with acts of kindness.

Each morning remove one of the strips from your chain and complete the act of kindness listed.

## WHAT YOU'LL NEED

- Feel free to use our Kindness Chain PDF on [whchurch.org/lent-2021](https://whchurch.org/lent-2021).
- Or, you can cut out 38 strips of paper and write your own acts of kindness.

# LENT – WEEK OF FEBRUARY 28

**READ:** John 14:23

*Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.” (NIV)*

## REFLECT

- **What does Jesus mean when he says, “obey my teaching?”**

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- **What does “obeying” Jesus look like in your life?**

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- **Spending intentional time reading God’s Word is a great way to start a new habit during Lent. You can start by reading a chapter a day in the book of Luke.**

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- **Take a few minutes and invite Jesus to come and spend time with you. What did you experience after trying this?**

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# HYGIENE PRODUCTS ACTIVITY

We invite you to collect personal hygiene products for the Woodland Hills food shelf, or a homeless shelter in your area.

Buy or collect new unopened travel or full-size personal hygiene items.

Take a moment to pray for the people that will receive these products to be filled with the fullness of God's love and peace.

## **Suggested list:**

- shampoo
- toothpaste
- body wash/soap
- toothbrushes
- diapers (size 3, 4 or 5)
- baby wipes
- deodorant
- feminine products
- hand sanitizer
- chapstick/lip balm
- shaving gel
- laundry soap
- toilet paper

# LENT – WEEK OF MARCH 7

**READ:** 1 Peter 4:8

*Above all, love each other deeply, because love covers over a multitude of sins. (NIV)*

## REFLECT

- **Is there anything you feel the need to confess to Jesus? ”**

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- **Is there anything you feel the need to confess to someone?**

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- **How has love helped you in your closest relationships?**

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- **Is there someone in your life who’s demonstrated a strong ability to love others despite a multitude of sins? What does that look like? How can you love others despite their sins or mistakes?**

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# CARD MAKING ACTIVITY

We invite you to think of someone you love with genuine affection and honor that person by writing an encouraging message to them. Let this person know that you care and delight in him or her. Be sure to build them up and spur them on in their faith journey as well.

Then, address the envelope and mail it (or drop it off). In the meantime, be sure to pray for your friend or send cards to others or reach out with a phone call.

# LENT – WEEK OF MARCH 28

**READ:** 1 John 4:9-11

*This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. (NIV)*

## REFLECT

- **What stands out to you the most from this scripture and why?**

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- **What does it look like for us to “live through” Jesus?**

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- **What are some ways you can receive God’s love for you?**

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- **How does God’s love motivate you to love others?**

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