



# Renewal in the Lenten Season



A 5-day study exploring spiritual renewal and reflection during Lent, drawing on Scripture to deepen faith and embrace transformation.

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## Introduction

**Welcome to your Lenten journey of renewal!** This season of Lent is traditionally a time of reflection, repentance, and spiritual renewal as we prepare our hearts for the joy of Easter. It invites us to pause from the busyness of life, look inward, and turn back to God with renewed commitment and faith.

During these 40 days, many Christians engage in practices such as fasting, prayer, and almsgiving, symbolizing a purposeful stripping away of distractions to focus on what truly matters. This study will guide you through Scripture passages and devotions that highlight God's mercy, the call to repentance, and the hope of transformation through Jesus Christ.

*Whether you are new to observing Lent or have walked this path many times before, this plan offers an opportunity to experience God's grace afresh, allowing His Spirit to renew your mind, heal your heart, and guide your steps.* Each day's study contains a primary Scripture, supporting verses, a devotional reflection, and thoughtful questions to encourage deep personal reflection. Through diligent engagement, we aim not only to prepare our hearts but to embrace the lasting renewal that Christ provides.

**Let's embark on this season of spiritual growth together, inviting God's presence to transform us from within and shine through our lives.**





## Day 1: Embracing Repentance



Day 1: 🌿 Embracing Repentance

## Your Verse

*Joel 2:12-13 – “Even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning.”*

## Supporting Scriptures

- *Psalm 51:10 – “Create in me a clean heart, O God, and renew a right spirit within me.”*
- *Isaiah 58:6 – “Is not this the fast that I choose: to loose the bonds of wickedness...”*



Day 1: 🌿 Embracing Repentance

## Devotional: Return to God Wholeheartedly

**The heart of Lent is repentance — turning back to God wholeheartedly.** Joel's call reminds us that no matter where we are in life, we can always return to God with a sincere heart. Repentance is not about guilt alone but about renewal, a deep realignment of our desires to God's purposes.

*Lent challenges us to examine our hearts honestly, confessing where we have strayed and choosing to walk anew in God's grace. When we fast or pray during Lent, it's an outward sign of that inward return. As Psalm 51 expresses, we ask God to create in us a clean heart and renew a right spirit. This renewal is both a gift and a process where God's mercy transforms us from the inside out.*

Today, invite the Lord to reveal areas of your life needing renewal and respond to His loving invitation to come back to Him fully.



Day 1: 🌿 Embracing Repentance

## Reflect and Apply

1. What areas of my life need turning back to God?

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2. How can I practice sincere repentance during Lent?

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3. What does renewal in God's Spirit feel like to me?

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Day 1: 🌿 Embracing Repentance

## Journaling Prompts

1. Write about a time you experienced God's forgiveness deeply.

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2. List ways you can make your heart receptive to God this Lent.

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3. Reflect on what "returning with all your heart" means for your daily life.

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Day 1: 🌿 Embracing Repentance

## Prayer for Today


*Heavenly Father, thank You for Your patience and endless mercy. Help me to turn to You sincerely with all my heart this Lent. Create in me a clean heart and renew a right spirit within me. Guide me in repentance that leads to true renewal so I may walk closer with You daily. In Jesus' name, Amen.* 🙏🌿❤️





## Day 2: Reflecting on Christ's Sacrifice



Day 2:  Reflecting on Christ's Sacrifice


## Your Verse

*Isaiah 53:4-5 – Surely he took up our pain and bore our suffering... by his wounds we are healed.*

## Supporting Scriptures

- *Romans 5:8 – "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."*
- *1 Peter 2:24 – "...he himself bore our sins in his body on the cross..."*



Day 2:  Reflecting on Christ's Sacrifice


## Devotional: The Healing Power of Christ's Sacrifice

**Lent centers on the sacrifice of Jesus Christ—our ultimate source of renewal.** Isaiah prophesied the suffering Servant who would bear our sins and bring healing through His wounds. Reflecting on His passion calls us to understand the depth of God's love and the cost of our salvation.

During Lent, we focus on Jesus' journey to the cross, which not only secured forgiveness but also opened the way for us to be made new. His suffering shows us the gravity of sin but also the hope of restoration. As believers, reflecting on this sacrifice can deepen our gratitude and fuel our desire to live transformed lives.

*Let this day be one of reverent reflection on Christ's love poured out for you.* Meditate on what His sacrifice means personally and how it empowers you to walk in newness of life.



Day 2:  Reflecting on Christ's Sacrifice

## Reflect and Apply

1. How does Jesus' sacrifice inspire my faith journey this Lent?

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2. What healing do I need to receive from His wounds today?

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3. In what ways can I live in the freedom His death has won for me?

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Day 2:  Reflecting on Christ's Sacrifice

## Journaling Prompts

1. Describe what Christ's sacrifice means to you in your own words.

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2. Write about a challenge you want to surrender to Jesus this Lent.

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3. Reflect on how gratitude for the cross changes your attitude or actions.

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Day 2: 🏛️ Reflecting on Christ's Sacrifice

## Prayer for Today

*Lord Jesus, thank You for bearing my sins on the cross and healing my brokenness. As I reflect on Your sacrifice this Lent, help me to fully grasp Your love and allow it to transform my heart. May Your wounds bring me true renewal and strength to live in Your grace. Amen.* 🏛️ ❤️ 🌿 🙏





## Day 3: ✨ Living in Newness





## Your Verse

*Romans 6:4 – We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead... we too may live a new life.*

## Supporting Scriptures

- *2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*
- *Ephesians 4:22-24 – "...to put on the new self, created to be like God in true righteousness and holiness."*



Day 3: ✨ Living in Newness

## Devotional: Walking in the New Life Christ Gives

**Lent is a journey toward living the new life Christ offers—one marked by holiness and renewal.** Romans reminds us that through Jesus' resurrection, we have the power to live anew. This change is not simply external behavior but a profound inner transformation.

*As we embrace this newness, we leave behind old habits, sins, and mindsets that hinder our walk with God.* The Apostle Paul calls us to 'put on the new self,' reflecting God's righteousness and holiness. This Lent invites us to actively participate in this transformation through spiritual disciplines and dependence on the Holy Spirit.

Choose today to walk confidently in this new life, knowing that God's grace continually renews you and molds you into Christ's image.



Day 3: ✨ Living in Newness

## Reflect and Apply

1. What old patterns am I called to let go of this Lent?

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2. How can I practically 'put on the new self' day by day?

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3. What does living 'newness of life' mean in my relationships and work?

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Day 3: ✨ Living in Newness

## Journaling Prompts

1. List what 'new life' in Christ looks like for you personally.

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2. Write about a recent experience where you felt God's renewing power.

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3. Describe areas where you desire greater holiness and transformation.

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Day 3: ✨ Living in Newness

## Prayer for Today

**Gracious God,** *thank You for the new life You offer through Jesus Christ. Help me shed the old ways and embrace Your transforming power fully. Guide me to live in righteousness and holiness, renewed each day by Your Spirit. May this Lenten season draw me closer to You. Amen.* ✨ 🙏 🌿 ☩





## Day 4: Embracing Stillness and Prayer



Day 4: 🕊 Embracing Stillness and Prayer

## Your Verse

*Psalm 46:10 – Be still, and know that I am God.*

## Supporting Scriptures

- *Mark 1:35 – "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."*
- *Matthew 6:6 – "But when you pray, go into your room, close the door and pray to your Father, who is unseen."*



Day 4: 🕊 Embracing Stillness and Prayer

## Devotional: Finding Renewal in Quiet Prayer

**Lent invites us into spiritual discipline, especially stillness and prayer, cultivating intimacy with God.** In the midst of life's demands, setting aside time for quiet reflection helps us hear God's voice and receive His peace.

Psalm 46:10 calls us to 'be still and know that I am God,' a gentle invitation to cease striving and trust His sovereignty. Jesus modeled this by seeking solitude to pray early in the morning, renewing His strength and purpose.

*During Lent, take deliberate time daily to embrace stillness, allowing God to speak into your heart. Through prayer, we open ourselves to God's renewing power and guidance.* These moments fuel our spiritual renewal as we allow God's presence to transform us deeply.





## Reflect and Apply

1. How do I currently practice stillness and prayer?

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2. What distractions keep me from deeper intimacy with God?

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3. How can stillness during Lent foster my spiritual renewal?

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# Journaling Prompts

1. Describe your ideal quiet time with God and what it means to you.

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2. Write about a time when God spoke to you in silence or prayer.

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3. List practical ways you can build more stillness into your daily routine.

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Day 4: 🕊 Embracing Stillness and Prayer

## Prayer for Today

*Dear Lord, help me to be still before You and know Your presence deeply. Teach me to prioritize quiet moments and prayer that draw me closer to You. Renew my spirit through these encounters and calm my anxious heart. May my Lenten journey be marked by peaceful communion with You. Amen.* 🕊





## Day 5: 🌞 Celebrating Resurrection Hope



Day 5: 🌻 Celebrating Resurrection Hope

## Your Verse

*1 Peter 1:3 – Give praise to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.*

## Supporting Scriptures

- *John 11:25 – "I am the resurrection and the life. The one who believes in me will live..."*
- *Romans 8:11 – "...the Spirit who raised Jesus from the dead lives in you."*



Day 5: 🌞 Celebrating Resurrection Hope

## Devotional: Rejoicing in the Living Hope of Easter

**As Lent culminates in Easter, we rejoice in the living hope born from Jesus' resurrection.** This truth transforms our lives, providing eternal hope and continual renewal.

Peter praises God for the new birth into hope that is alive because Christ conquered death. No longer bound by sin or despair, we can confidently face life's challenges knowing our future is secure in Him.

*Let this day be a celebration of all that Christ's resurrection means for you personally.* Reflect on God's mercy that restores and the hope that empowers you to live boldly with joy and purpose.



Day 5: 🌻 Celebrating Resurrection Hope

## Reflect and Apply

1. How does the resurrection hope impact my approach to life and struggles?

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2. What new birth or transformation have I experienced through Christ?

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3. How can I share this hope with others around me?

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Day 5: ☀ Celebrating Resurrection Hope

## Journaling Prompts

1. Write a prayer of praise for God's mercy and the gift of new life.

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2. Describe how resurrection hope gives you strength in daily life.

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3. List ways to celebrate and live out Easter hope beyond Lent.

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Day 5: 🌞 Celebrating Resurrection Hope

## Prayer for Today

**Almighty God,** *thank You for the gift of resurrection hope that fills my heart with joy and peace. May Your mercy continue to renew my spirit as I live in the newness of life You provide. Help me to share this hope boldly and rejoice always in Your faithfulness. Amen.* 🌞 ☦️ 🎉 🙏





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