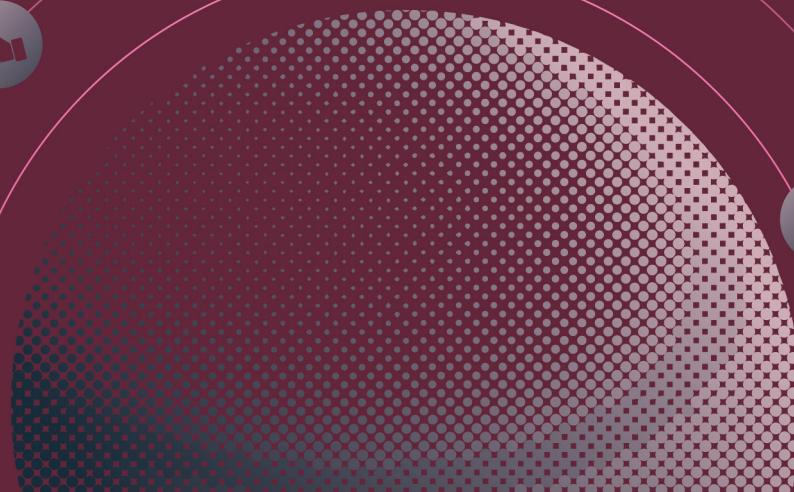


2026 DAILY DEVOTIONAL



LIVING IN RHYTHM WITH GOD

Discipleship is not a destination to be reached, but a rhythm to be lived. Our goal is simple yet profound: to make, mature and mobilize disciples who magnify Jesus Christ. We believe this happens best when followers of Christ learn to live intentionally, keeping in step with the Spirit in every area of life. As Paul reminds us in Galatians 5:25, “Since we live by the Spirit, let us keep in step with the Spirit.”

This year-long devotional is an invitation into that rhythm. Each day, you will engage a short devotional centered on one of five discipleship rhythms that describe a Spirit-led follower of Jesus: Faithfully, Communally, Generously, Humbly and Missionally. These rhythms are rooted in the church’s historic call to live out our prayers, presence, gifts, service and witness. Together, they form a holistic picture of what it means to follow Jesus with our whole lives.

Alongside Scripture and reflection, each day includes a prayer to help you begin your morning aligned with God’s heart and purposes. This devotional is not about perfection, but practice—not about information alone, but formation. As you commit to this daily rhythm, may God shape you into a disciple who lives faithfully, engages communally, gives generously, serves humbly and makes an impact missionally.

Let us step into the rhythm—together.

2026 DAILY DEVOTIONAL

JANUARY 1 - MARCH 31

JANUARY 1

THE POWER OF SECRET PRAYER

But when you pray, go into your room, close the door and pray to your Father, who is unseen; then your Father, who sees what is done in secret, will reward you.

MATTHEW 6:6

Imagine a child who knows their parent is always there to listen. I remember when my children were younger, they would sneak into my room, climb into bed and whisper their little secrets in my ear. Those moments were just between us, so sweet and precious. Whatever was on my mind at the time, would fade and the noise of the world would disappear.

In a world filled with noise and distractions, it's easy to forget the power of quiet prayer. But the secret place is where God's presence is most profoundly felt. In that stillness, He speaks, guides and fills our hearts with peace. Jesus teaches us that prayer isn't about public recognition or outward displays of faith, it's about an intimate connection with God. When we pray in secret, our focus is solely on Him, not on the approval of others. It's in these quiet, private moments that our relationship with God grows the strongest.

PRAYER

Lord, thank You for the invitation to come to You in secret prayer. Help me to seek You in the quiet moments, away from distractions, and to find peace in Your presence. Teach me to draw closer to You, not for the approval of others, but because You are worthy. In Jesus' name, Amen.

WRITTEN BY SENTA HINZMAN

JANUARY 2

WHAT SHOULD WE DO?

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

ACTS 2:42

In Acts 2, we encounter the infamous Pentecost scene when the disciples, gathered in a house together experience the Spirit rushing into the room, allowing them to speak in languages not their own and, yet, to understand all who are speaking. In the confusion, a crowd gathers outside accusing them of being drunk, and Peter preaches a sermon in response, explaining all that God has done and is doing. At the end of that speech, the crowd asks, "What, then, should we do?" His first answer is to repent and be baptized and, then, he encourages them to join in the church community, participating in teaching, fellowship, eating and praying together. At this moment, the first Christian small groups are born!

Small groups tend to be one of the best ways for us to be in community with other Christians, getting to know one another intimately and holding one another accountable in the journey of faith. Incorporating the four components that Peter outlines keeps small group communities well-balanced, making sure that they don't gear fully toward fellowship creating a social club that is not faith related and insuring that they don't shift totally toward teaching with no room for getting to know, and support, one another personally. If you are not currently part of a small group community, I would encourage you to ask about joining one that you might find your people who will help you to stay in rhythm with God over the course of a season or even your lifetime.

PRAYER

Triune God, we thank you that just as you yourself exist in community, you have called us to be in community with one another. Open our eyes to opportunities to step into a small group that we might go deeper in our faith and love of you. Amen.

WRITTEN BY RACHEL CAROSIELLO

REFLECTION

JANUARY 3

REFLECTION

It is good to have moments to breathe, look back and prepare our hearts for what God wants to do next. In Scripture, moments of pause were not wasted, they were spaces where God invited His people to reflect, remember and refocus. As you step into the weekend, take time to slow down, notice where God has been present and allow humility to shape your heart for the days ahead. God often speaks most clearly when we finally become still enough to listen.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

JANUARY 4

NOTES

JANUARY 5

THANKFUL IN ALL THINGS

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 THESSALONIANS 5:16-18

One day, I was stuck in traffic, running late for an important meeting I was trying to make. First, I had to drop my son off at home after he had gotten out of school and had spent some time at grandma's house. There was no end to the line of cars in front of me as I drove home, and frustration was rising up within me when my son, sitting in the backseat, suddenly pointed out the sunset ahead of us. "Look at the sky, Dad! It's so bright!" At that moment, I realized I was too focused on my inconvenience and frustration to notice the beauty around me. The Bible reminds us that gratitude isn't about perfect circumstances; it's about seeing God's goodness in every situation all around us. You see, joy, prayer and thanksgiving are choices we can make daily. Even in our trials, we can thank God for His presence, His promises and His faithfulness. A thankful heart shifts our focus from what's wrong to the One who makes all things right. What if we cultivated a habit of gratitude, seeing God's blessings in both the big moments and the small ones, like a beautiful sunset on a stressful day. The more we notice God's generosity, the more we choose to do the same.

PRAYER

Lord, thank You for Your goodness in every season. Help me to rejoice always, pray continually and give thanks in all circumstances. Teach me to see Your blessings all around me. Amen.

JANUARY 6

FAITH IN ACTION

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

MICAH 6:8

Our family was in NYC for Thanksgiving one year and we had made our way to Central Park.

A homeless man had all of his belongings around him with a violin case open in front of him. The violin was propped on his shoulder, and he was playing an indistinguishable song.

We all glanced over and just kept walking.

Our daughter slipped her hand from mine and ran over to stand in front of him and listen. She then proceeded to put all her money for the trip in the violin case. The homeless man stopped his playing and thanked her. He then asked if she wanted to hold the bow and make some music. She saw him and he saw her and the music they made together was beautiful.

Micah 6:8 connects our faith with our actions, our care for those in need with our walk with God. If we are not careful, there is a certain pride that can sneak into the Christian life.

Pride that might cause us to walk right by someone who needs us. Micah reminds us that God is in heaven, and we are on Earth. We do not live and exist solely for our own glory, but rather we live to glorify God. Part of the way we do that is to love His children well. We need to humbly understand that we are not the center of the universe, but we have the tremendous opportunity to share and love the people God puts in our path.

PRAYER

God, may my heart reveal Your kindness, my actions uphold justice and my steps follow Your truth. Strengthen me to live out Your will daily. In Jesus' name, Amen.

JANUARY 7

SHORT OF THE GOAL

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you..."

MATTHEW 28:19-20

Author Napoleon Hill tells the story of a gentleman who desperately wanted to strike it rich in the Colorado gold rush. Day after day, with great fervor, the man dug until finally he struck gold, subsequently returning home to acquire enough money to buy a machine to extract what he'd found. At first in the extraction, he was able to pull out gold and he was ecstatic, but soon after, the gold stopped coming and, eventually, the man called it quits. He sold his machinery to a junk yard and went back home. Meanwhile, the man to whom he'd sold it at the junkyard took the equipment back out there and, as it turned out, the path to the gold had simply shifted. It was three feet over from where the other man had given up.

So often, in our Christian walk, we stop just short of what Christ has commanded of us. We assume that our ultimate goal as Christians is to be disciples but, actually, what Jesus says here is that the ultimate goal is for us to be disciple makers. We are called to go forth into the world and share about the life-changing power of a relationship with Jesus, not simply to convert others but, then, to bring them into the church through baptism and teach them the ways of Jesus as well so that they, too, can go and make more disciples of Jesus. Let us not stop short of Jesus' goal for us!

PRAYER

Dear Jesus, you have commanded us not simply to be disciples but disciple makers, guiding others into life with you. Grow us that we might be able to do this faithfully and not stop short of your goal. Amen.

WRITTEN BY RACHEL CAROSIELLO

JANUARY 8

A HEART OF GRATITUDE

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 THESSALONIANS 5:16-18

One morning, as I sat on the beach with a warm cup of coffee, I watched a group of children attempting to fly a kite. It was bright and new, and their excitement was contagious. However, the wind refused to cooperate. They took turns running across the sand, trying to launch it into the sky, but each time, the kite barely lifted before tumbling back down. Yet, instead of getting frustrated, they laughed, picked it up and tried again. Their joy wasn't in the kite's success but in the experience itself.

Life often mirrors this moment. Some days, no matter how hard we try, things don't go as planned. The winds of life may not lift our dreams, and challenges may threaten to bring us down. But Scripture reminds us to rejoice always, pray continually and give thanks in all circumstances. When we choose gratitude, we shift our focus from our struggles to God's faithfulness. True joy isn't found in perfect conditions—it's found in a heart that trusts Him.

PRAYER

Lord, help me to find joy in every moment. Teach me to turn to You in prayer and to cultivate a heart of gratitude. No matter what comes my way, remind me that You are always good and faithful. May I learn to rejoice, pray and give thanks in all things. Amen.

WRITTEN BY SENTA HINZMAN

JANUARY 9

BE ENCOURAGED

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...

HEBREWS 10:24-25A

If ever I needed a word of encouragement, the first person that I would call is my mom. She is the kind of person who no matter what I have done or how I have acted in a particular season of my life, she will go to bat for me, encourage me and remind me of all that is good about who I am. Just like each of us need people in our lives to hold us accountable and remind us of our shortcomings or sins, we also need people who are encouragers. These are people who see us at our worst and will do everything in their power to encourage us, lift us up, remind us of all that we are capable of through Christ Jesus our Lord. Encouragers are people who walk alongside us in our darkest seasons and point toward the light that we are having trouble seeing at any given moment.

They are people who remind us of our faith when we aren't able to believe fully for ourselves in the trials and tribulations of this life. Who is the person in your life that you know, beyond a shadow of a doubt, that you could call and they would offer a strong word of encouragement to lift your spirit? How can you be that person for someone else in your life today?

PRAYER

God of Hope, today we give you thanks for the people in our lives who so effortlessly offer us encouragement in our walk with you.

Just as the author of Hebrews suggests, let us do the same for others whom we see struggling along the way that they might be strengthened in their faith. Amen.

JANUARY 10

REFLECTION

Sometimes the most spiritual thing we can do is slow down. Scripture shows us that God often met His people in the in-between spaces, after the work was done and before the next step began. As you enter the weekend, create room to breathe, reflect and let God re-center your heart. Humility grows when we stop striving long enough to recognize God's steady presence. Give Him space, and He will speak.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

JANUARY 11

NOTES

LIVING GENEROUSLY

JANUARY 12

WORSHIP ALL WEEK

“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.”

JOHN 4:23-24

Can you imagine if a musician only played their instrument at concerts but never practiced in the between times? Their music would be incomplete, basic and lacking depth. The same can be said of a Christian who limits their expression of worship to Sundays only. If our worship is limited to one morning a week, we're missing the full melody of what it means to be a disciple. Jesus tells the Samaritan woman in the book of John that true worship isn't about a location, it's about a life surrendered. Worship is more than singing; it's about how we live every day. When we give generously of our time, resources and love, we reflect a heart that worships in spirit and truth. Living generously as a disciple means offering our whole lives, our energy, kindness and service, as an act of worship, day in and day out. It's not confined to church but spills over into how we care for others, how we give without expecting in return and how we love with open hands.

PRAYER

Father, I want my worship to be more than words. Help me to live generously, giving all I am to You in spirit and in truth. Let my life reflect Your love. Amen.

WRITTEN BY TREVOR MILLER

JANUARY 13

RESURRECTION CHANGE

*Humble yourselves before the Lord,
and He will lift you up.*

JAMES 4:10

My sibling is not the Son of God, the long-awaited Messiah. Nothing she says or does could convince me otherwise. Most of the trouble I got into as a kid I did with her by my side! I had a front row seat to all of her mistakes.

James, the brother of Jesus, felt the same way for most of his life. When it came to Jesus' bold claims, James was a skeptic. James thought Jesus had "lost his senses" and arrived once when he was teaching "to take custody" of Him (Mark 3:21). Another time, James was told to go to Judea, where the Jews were seeking to kill Jesus (John 7:1-4) since "not even His brothers were believing in Him" (John 7:5).

But then James becomes one of the earliest witnesses of Jesus' resurrection. Two things transformed James from a skeptic to a humble believer: Jesus' resurrection and the valid reality of being in the best position as Jesus' brother to bear witness to His sinless life.

James chooses to humble himself by acknowledging that he was wrong about Jesus. He shows us his humility by: acknowledging his error, serving the Lord and teaching humility.

In James 4:10, James teaches believers to experience revival by turning back to God, submitting to His authority, confessing our sins and trusting in His timing.

PRAYER

God, I humbly come before You, surrendering my pride and desires. Teach me to walk in true humility, trusting in Your perfect will. Lift me up in Your grace, that I may glorify You in all I do. Amen.

WRITTEN BY JESSICA COATES

JANUARY 14

HAVE I TOLD YOU?

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

ACTS 1:8

Recently, my husband and I were in the market for a new alarm clock. We did all sorts of research and tried out different models. Finally, we discovered a clock that doesn't just play an abrasive tone. Thirty minutes before your scheduled wake up time, this clock causes the light in the room to gradually get brighter and simultaneously plays a beautiful melody.

For someone who hates mornings, it is an incredibly positive way to wake up! For weeks after we got this clock, I couldn't stop telling everyone about it. Did I tell you that it gradually gets lighter... that the melody is so pleasant... that it's so effective it causes me to wake up before my official alarm time? My friends were sick of hearing about it, but I couldn't stop!

In Acts 1, Jesus tells us that when he ascends into heaven to go and be with his Father that our job is now to go and tell the world about him in Jerusalem (the town where they are located), Judea (the larger region), Samaria (the place where no one wanted to go) and even to the ends of the earth. He invites us to be as excited about sharing his truth and his gospel as we are about telling about our favorite restaurant, sports team, clothing or alarm clock. He wants us not to be able to stop talking about him until the whole world has had the opportunity to receive him and are sick of hearing about it!

PRAYER

Dear Jesus, cultivate within us such an excitement and a fervor for you that we can't help but tell everyone with whom we come into contact. May the whole world learn of your goodness and your love. Amen.

WRITTEN BY RACHEL CAROSIELLO

JANUARY 15

THE PEACE OF GENEROSITY

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

As a young man was walking home from work, an elderly woman struggling to carry several bags of groceries caught his eye. Without giving it a second thought, he offered to help. As they walked, the woman told him how she was struggling financially. When they reached her house, the man felt prompted to give her a portion of the money he had. Even though he wasn't sure how it would affect his own needs, he felt a peace in doing so. That peace lingered long after he left.

What a beautiful reflection on the peace that comes with living faithfully through generosity! It's so easy to let fear of not having enough hold us back, but Philippians 4:6-7 reminds us that when we place our trust in God, He provides what we need and guards our hearts with His peace. As we step out in faith, God fills us with His peace, reminding us that we can never outgive Him.

Have you experienced a moment of generosity where you felt that peace?

PRAYER

Lord, help me to give generously, trusting that You will provide for all my needs. Fill me with Your peace as I step out in faith and generosity. Amen.

WRITTEN BY SENTA HINZMAN

JANUARY 16

BE HUMBLE OR BE HUMBLED

Be devoted to one another in love. Honor one another above yourselves.

ROMANS 12:10

When I was in high school, I attended a mission trip to Appalachia where we served families who were held tightly in the grip of extreme poverty.

Throughout that week, I was overwhelmed with all that I had to be grateful for that I had simply never noticed and, in fact, had taken for granted—a solid roof over my head, air conditioning in my home, food whenever I was hungry and a well-resourced school where I could learn. It was a joy to love, serve and honor those in need. One night that week, our mission team was worshiping together, and we were asked to wash one another's feet. When it was my turn and I looked behind me, I saw none other than my big brother standing there.

He was the one with whom I loved to argue and fight, to roll my eyes and act annoyed, to complain against for being in my space. As I knelt down and washed his feet, I realized that while it had been easy for me to serve those in need in Appalachia, it was very difficult to humble myself and, as this text from Romans says, to love and honor someone above myself whose faults I knew and whom I felt was less deserving. And, yet, that is exactly the kind of love, humility and service that Christ calls us towards, for it is a witness to the world of the greatness of his love for all people.

PRAYER

Serving God, you modeled for us in your son Jesus Christ the way that you would stop short of nothing to serve and save us who were least deserving of your love. Cultivate within us hearts that love like you do, that the whole world may come into relationship with you. Amen.

WRITTEN BY RACHEL CAROSIELLO

REFLECTION

JANUARY 17

REFLECTION

The rhythm of rest is woven into God's design for us. Before moving into what's next, He often invites us to pause and pay attention to His goodness. This weekend, choose to be intentional: look back with gratitude, sit quietly with the Lord and let Him soften and prepare your heart. When we slow down, we begin to see how God has been at work all along.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

JANUARY 18

NOTES

JANUARY 19

BOWING LOW, GIVING MUCH

*Come, let us bow down in worship,
let us kneel before the Lord our Maker.*

PSALM 95:6

Worship is like farming – plant, grow, harvest. When a farmer with a sack full of seeds kneels down and places each one gently into the soil, he trusts that they will grow into something greater. In the same way, when we bow before God in worship, we're not just lowering ourselves physically, we're burying ourselves under His grace, surrendering our lives generously to Him, trusting that He will use us for His glory. Psalm 95:6 invites us to bow and kneel before our Maker. God is our maker and that means he knows us and our circumstances better than we do. This is more than a posture; it's a lifestyle of worship and surrender. True worship isn't just about singing songs; it's about giving our lives fully to God. Living generously as a disciple means giving without hesitation, loving without limits and serving with joy. Just like the farmer's seeds, our generosity may seem small at first, but when planted in faith, it can grow into something life-changing for ourselves and others.

PRAYER

Lord, I bow before You, not just with my body, but with my life. Help me to live generously, holding nothing back. May my worship be more than words; let it be the way I love and give each day. Amen.

JANUARY 20

HIKE NIGHT

*Your word is a lamp for my feet,
a light on my path.*

PSALM 119:105

One of my favorite nights at summer camp was "Hike Night". Groups would walk out of camp after dinner and head for the trail that led to Eagle Rock. We hiked up the steep trail, full of roots and trees and twists and turns until we came to the opening of the rock face that looked out for miles. Everyone found a seat and watched the most beautiful sunset. We sat and talked and sang camp songs until it was good and dark. The counselors then shouted out and had everyone line up with their hands on the shoulders of the person in front of them. The only light we had to light our path out was one flashlight, held by the very first person leading the way. Slowly, and with lots of verbal communication, we hiked back down that steep trail, full of roots and trees and twists and turns, until we all came out to loud cheers into the streetlight at the bottom.

Life can often feel like a journey through darkness, filled with uncertainty and obstacles. But God's Word is our guiding light, illuminating the way forward. Just as a lamp provides enough light for each step, Scripture gives us the wisdom and direction we need daily. When we trust in God's Word, we walk in confidence, knowing He leads us on the right path. No matter how unclear the road ahead seems, put your hands on His shoulders so He can guide you out. His truth never fails.

PRAYER

Lord, thank you for Your Word that lights my path. Help me to trust and follow it daily. Amen.

JANUARY 21

BEAUTIFUL, DIRTY FEET

How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent?

As it is written: "How beautiful are the feet of those who bring good news!"

ROMANS 10:14-15

When I was a kid, one of my favorite things about summertime was the way that the sun warmed up the earth enough that I could walk around outside without my shoes on. There was just something about seeing how long the soles of my feet could stand the intense warmth of the concrete or the grass tickling the spaces between my toes that felt deeply carefree and adventurous. At the end of a long day spent outside, I would come back into the house with feet that were filthy—covered in earth and sludge, grass and mud, daydreams and hopes—feet that were filthy but feet that had been well-played and well-used.

I have long loved this passage out of Romans that describes to us how we are meant to go and share the gospel. It reminds us that others won't be able to believe in Jesus if they've never heard about him and they won't be able to hear about him without someone preaching the good news to them and we won't be able to go and preach the good news to them if we are never sent. And, then, in one of the strangest, most captivating verses in the whole bible, the Apostle Paul proclaims that if we go with the good news, not our mouths, not our faces, not our lives, but our feet will be beautiful. Why feet? Because they will be covered in earth and sludge, grass and mud, daydreams and hopes, because we were faithful and we went!

PRAYER

Dear Heavenly Father, today we pray that we would be so faithful in doing what you've asked of us to go and tell the world your good news that our feet would not be pristinely clean but covered in the dirt of hard work. Help us to be faithful in following your sending charge. Amen.

WRITTEN BY RACHEL CAROSIELLO

JANUARY 22

THE GENEROSITY OF PERSISTENT PRAYER

Then Jesus told his disciples a parable to show them that they should always pray and not give up.

LUKE 18:1

A woman stood in line at a food bank, holding her empty basket. When it was her turn, she hesitated before approaching the counter.

"I don't want to take more than I need," she thought. Seeing her uncertainty, the volunteer behind the counter smiled and gently said, "Please, take what you need."

There is plenty, and we're here to help." Her heart filled with gratitude as she realized that there was no judgment, only a generous offer to meet her needs.

Just as the volunteer wanted to ensure the woman received what she needed, God's generosity toward us is limitless. Unlike the unjust judge in the parable, God never grows weary of our requests. He eagerly invites us to ask, knowing that our persistent prayers show our trust in Him. The more we ask, the more we deepen our relationship with Him, knowing He will always provide according to His perfect will.

Persistent prayer reminds us of God's abundant generosity. He is never hesitant to give, whether in small ways or in big answers, and He is always faithful to provide what we need.

PRAYER

Generous Father, thank You for Your endless generosity. Help me to trust in Your timing and continue to seek You in prayer, knowing that You will always provide what is best for me. In Jesus' name, Amen.

WRITTEN BY SENTA HINZMAN

JANUARY 23

PIVOT!

Carry each other's burdens, and in this way, you will fulfill the law of Christ.

GALATIANS 6:2

In the 90s sitcom, Friends, there is a well-known episode where Ross decides to upgrade his apartment furniture. However, when he orders his brand-new couch, he refuses to pay the price of delivery. Sitting at the bottom of the steps that lead up to his apartment, his friends Rachel and Chandler come to help him carry the couch upstairs. What ensues is that iconic scene where Ross yells “pivot” repeatedly as the three friends attempt to maneuver the couch up the winding stairwell. While it doesn’t work out the way that they had planned, what is also true is that Ross never would have been able to carry that couch up the stairs on his own.

Often, when we have burdens in our own lives, we don’t want to bother anyone else with what we are carrying. We don’t want to wait for them to come to our aid. We don’t want to admit that we can’t face whatever it is alone. Galatians 6 reminds us that God created us for community with one another, not merely for show, but so that we might walk this journey of faith together and help one another with the burdens and sin-struggles that we carry. Like maneuvering that couch up the stairs, carrying each other’s burdens and walking together in our hardships might not solve them or make them disappear, but it will make the weight lighter and maybe even more enjoyable as we pivot along the way.

PRAYER

God of community—Father, Son and Holy Spirit—place within our lives people with whom we can share our burdens and theirs as well. Remind us that you have not called us to do this life alone but with one another that we might be held up in your strength and power by their very presence with us. Amen.

JANUARY 24

REFLECTION

Life doesn’t slow down on its own, we have to choose it. In Scripture, moments of pause became turning points where God reminded His people who He was and who they were called to be. As you step into the weekend, take time to breathe deeply and seek God’s presence. Humility grows when we release the rush and make room for Him. In the quiet, you may find that God’s voice is closer than you thought.

Take time to pray for God’s Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

JANUARY 25

NOTES

JANUARY 26

JESUS, OUR GREATEST OFFERING

Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.

HEBREWS 13:15

My daughter recently brought home a picture she made at school for my wife and me. There were stick figure people with smiling faces holding the hands of a little stick figure girl. I was a little more round than I would have drawn myself, but I let that slide. The gift itself may not be worth much, but the love behind it makes it priceless. In the same way, our praise, our words, our worship, our lives, are a gift to God, made valuable because they come through Jesus. Hebrews 13:15 reminds us that our ability to offer anything to God starts with Christ. He is our perfect sacrifice, the One who gave everything so we could be reconciled to God. Because of Him, we can approach the Father boldly and pour out our praise. Living generously as a disciple means recognizing that everything we have, our salvation, our hope, our very breath, is a gift from Jesus. In response, we give Him our worship, not just in song but in how we live. We praise Him by sharing the gospel, serving others and surrendering our lives daily. Jesus held nothing back in giving Himself for us.

PRAYER

Jesus, You gave everything for me. Help me to live generously, offering my words, my worship and my life as a sacrifice of praise to You. May my lips always proclaim Your name. Amen.

JANUARY 27

RING THE BELL

*The righteous cry out, and the Lord hears them;
He delivers them from all their troubles.*

PSALM 34:17

There is a story of a hedge maze in Scotland that is considered to be the best in the country.

It is so good, in fact, that it is common for visitors to lose their way. So, the groundskeeper installed bells strategically along the paths so if lost, you could simply ring the bell and help would come. Not everyone had the humility to admit they were lost. One man spent two nights alone in the maze in the cold and dark because he wouldn't ring the bell!

When we're lost in life's maze, pride can keep us trapped. Pride can keep us lost longer than we need to be. Humility opens the door to rescue.

Just like the maze's bell, God's help is ready and waiting. Don't struggle alone in the dark—call out, and He will come. I believe there is grace and mercy and help around us all the time if we can only have the humility to admit we need it. When we cannot find the way out on our own, we just need to 'ring the bell' and help will come.

PRAYER

God, thank you for always being near, ready to hear our cries for help. Give us the humility to admit when we are lost and the faith to call upon You in our time of need. Remind us that Your grace and mercy surround us, waiting to guide us back to the path You have set before us. Help us to ring the bell, to surrender our pride and to trust in Your unfailing love.

In Jesus' name, Amen.

WRITTEN BY JESSICA COATES

JANUARY 28

THE HARD TRUTH

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to divide soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

HEBREWS 4:12

I remember the advice that an older pastor shared with me on the day of my ordination. He was talking to me about how all of us need encouragement on the hard days and so it would be imperative that I keep a stack of kind notes that people had written to me over the years in the top lefthand drawer of my desk to be able to pull out and read when I got discouraged. Then, he shared that I also needed to keep a stack of notes in the top righthand drawer of my desk that were honest about missteps that I had made along the way and full of hard-earned truth. These notes were to be pulled out and read on days that I was feeling prideful to bring me back down to earth.

Often, when we think about the Word of God, we consider it to be a book simply of encouragement to pat us on the back and cheer us on for all the good that we are doing in the name of Jesus. But, the Bible is also meant to hold us accountable and speak to us the hard words of truth that cut deep and may hurt but, ultimately, bring us back to God's good purposes for our lives. When we read Scripture, we shouldn't just throw out the passages that get under our skin. We should let those passages read our lives, judge our actions and intentions and realign us with God's perfect will.

PRAYER

Holy God, we live in a culture that is afraid of the pain that the truth can bring. May we let the truth of your Scriptures speak over our lives that we might receive correction and draw closer to you. Amen.

WRITTEN BY RACHEL CAROSIELLO

JANUARY 29

A LIFE DEVOTED TO PRAYER

*Devote yourselves to prayer,
being watchful and thankful.*

COLOSSIANS 4:2

Whenever I read this verse, I picture a lighthouse standing tall at the edge of a rocky coastline. Its light cuts sharply through the darkness, guiding ships safely through stormy nights. The keeper of the lighthouse must tend to the light, making sure it's always shining brightly. Without constant attention, the ships would be lost in the darkness.

In the same way, prayer serves as the steady light in our lives. Just as a lighthouse needs consistent care, we must devote ourselves to growing our relationship with God through prayer. It isn't a one-time event or a passing conversation—it's a continual practice, a habit that connects us to God and leads us through life's trials and triumphs.

Being "watchful" in prayer means paying attention to God's work in our lives, staying alert for His guidance and being ready to respond to His call. Being "thankful" reminds us to keep a heart of gratitude, acknowledging God's faithfulness and love in both the easy and difficult moments. Devoting ourselves to prayer strengthens our faith and brings us closer to the heart of God.

PRAYER

Father, thank You for the gift of prayer. Help me stay devoted to You, watching for Your work and giving thanks in every season. May my prayers be a steady light that guides me closer to You.

In Jesus' name, Amen.

WRITTEN BY SENTA HINZMAN

JANUARY 30

INFLUENCERS

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom...

COLOSSIANS 3:16A

Once our son started talking, it didn't take us long to realize that we had to be careful about what we said around him. Whether it was a word that shouldn't have slipped out of our mouths or a story that was too embarrassing to be told outside our home, we noticed that he was becoming like us and learning his words and behavior based on what we said and did in his presence.

Even as adults, we are shaped by the people around us. There is a reason that it is often said that we become like the five people with whom we spend the most time. Who would those people be for you? Are they people who, as the author of Colossians says, are richly steeped in Christ's message, individuals who are admonishing you with God's wisdom? While this verse doesn't mean that we can't ever spend time with nonbelievers, what it does mean is that if our intention is to become more like Christ, then the people closest to us, who are speaking into our lives and giving us guidance should be people who are deeply rooted in Christ. Spend time today praying for the people in your inner circle who already model the Word for you and for others, for whom God might ask you to do the same. Pray for guidance from the Spirit on how to shift those, without their center in Christ, away from being a primary influence in your life.

PRAYER

Holy God, who calls us to be holy as you are, help us to do this hard work. Place people in our lives who can model your way before us such that it naturally infiltrates into our own way of life, and graciously show us how not to be swayed by those who don't yet know and love you well. Amen.

WRITTEN BY RACHEL CAROSIELLO

REFLECTION

JANUARY 31

REFLECTION

It is good to have moments to breathe, look back and prepare our hearts for what God wants to do next. In Scripture, moments of pause were not wasted, they were spaces where God invited His people to reflect, remember and refocus. As you step into the weekend, take time to slow down, notice where God has been present and allow humility to shape your heart for the days ahead. God often speaks most clearly when we finally become still enough to listen.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

FEBRUARY 1

NOTES

FEBRUARY 2

A LIFE ON THE ALTAR

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

ROMANS 12:1

When I was a kid, I had a classic ceramic piggy bank. Every day, I tried to drop in a few coins, hoping that one day it will be full enough to buy something meaningful. Maybe a remote-controlled car or a new video game.

The problem was that I would always find myself dipping into the pot before I could reach my goal. I find that Christians can share my mentality when it comes to generosity.

We are content to share a few coins with God, while dipping into all he has generously provided for us for temporary things.

But what if God isn't asking for just a few coins of your life? What if He's asking for the whole piggy bank? Paul challenges us in Romans 12:1 to offer our entire selves: our time, talents and treasures, as a living sacrifice to God. This isn't about giving a little here and there; it's about living generously with all that we are. Because of His mercy, we don't hold back parts of our lives but place everything on the altar for Him to use. This kind of generosity isn't just about money, it's about serving others, using our gifts and being fully available to God.

Living this way isn't a burden; it's worship! When we surrender all we have, we reflect the heart of Jesus, who gave everything for us.

PRAYER

Lord, You have given me everything. Help me to live generously, offering all that I am as a living sacrifice for Your glory. May my life be an act of worship to You. Amen.

FEBRUARY 3

BE HUMBLE AND BE POWERFUL

Now Moses was a very humble man, more humble than anyone else on the face of the earth.

NUMBERS 12:3

Years ago I was at a leadership conference when the speaker shared a quote from C.S. Lewis: “True humility is not thinking less of yourself, it’s thinking of yourself less.” He went on to share that humility in leadership isn’t about diminishing yourself—it’s about prioritizing others. A humble leader listens, serves and uplifts, seeking the good of the team over personal gain. His tagline for the message was: Be humble AND be powerful.

True humility is not weakness but strength under God’s control. Moses, the man God chose to lead Israel, did not exalt himself. He continually pleads for God’s people, even at his own expense! Moses relied on God’s wisdom and timing. When criticized, he did not retaliate but trusted the Lord to defend him. In a world that promotes self-importance, we are called to follow Moses’ example—leading with humility, depending on God and responding to opposition with grace. Humility allows us to serve effectively and points others to God, not ourselves. How can you embrace humility in whoever you might lead today?

PRAYER

God, thank you for the example of humility in Moses. Teach me to walk in true humility, to trust You in all situations and to respond with grace rather than pride. When I face criticism or opposition, help me to keep my heart soft, to seek peace and to rely on You as my defender. May I reflect Your love and humility in my words, actions and attitude. In Jesus’ name, Amen.

FEBRUARY 4

REMINDERS

...but whose delight is in the law of the LORD, and who meditates on his law day and night.

PSALM 1:2

Since ancient times, orthodox Jews have kept the heart of the law at the forefront of their lives. On the doorframes of the main doors in their homes, they hang little rectangles called mezuzahs that contain a tiny scroll with the core of God's law written on it. Each time they enter or leave the room, they touch it and remember the law. Some Jews even wear little boxes tied to their foreheads called phylacteries that contain a paper with that same rendering of the law on it. No matter where they go or what they do, God's law is right before them.

Scripture calls us to be people whose whole lives are centered on God's Word day and night, when we get up and when we lie down, when we go out and when we stay home, in every moment of every day, every joy and every trial. Part of what it means to live missionally is not simply to say that we love Jesus and follow him but to actually exhibit that we love Jesus and follow him in the way that we live with him at the forefront of our day-to-day lives. Maybe this week as you dive into God's Scriptures, as you come across a verse that sticks out, encourages or challenges you, you write it down and put it on post-its throughout your house, your vehicle, your office, reminding you of the Lord constantly and centering yourself on Him.

PRAYER

God of love, you call us not merely to say that we love you but to exhibit it in our lives. Show us ways to keep your Word ever before us that it may constantly be our guide. Amen.

WRITTEN BY RACHEL CAROSIELLO

FEBRUARY 5

THE POWER OF PRAYER

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

JAMES 5:16

On the farm, we often deal with broken fences. Every time you try to lean on them, they wobble or collapse. To restore them, each plank is carefully replaced, and the fence is made strong again. In the same way, when we bring our brokenness and our confessions to one another in prayer, God works to restore and strengthen us.

This verse reminds us of the immeasurable power of prayer. Confession and prayer are not just personal acts; they are a way to invite healing in every area of our lives—physically, emotionally and spiritually. When we share our struggles and pray for one another, we create a support system through which God's power can work, restoring what's broken and healing what's hurt.

The prayer of a righteous person is powerful because it comes from a heart that is in tune with God's will. It's not about having the right words or a perfect prayer; it's about coming before God with sincerity and faith, trusting that He has the power to heal and restore.

As we pray for others, we participate in God's redemptive work in their lives.

PRAYER

Father, thank You for the healing power of prayer. Help me to be faithful in praying for others, confessing my struggles and trusting in Your ability to heal and restore. In Jesus' name, Amen.

WRITTEN BY SENTA HINZMAN

FEBRUARY 6

INTO THE LIGHT

*But if we walk in the light, as he is in the light,
we have fellowship with one another...*

1 JOHN 1:7

When my brother was in high school, he took a physics class where at the end of the semester they got to go to Disney World. Much of the trip was about learning how the physics of each of the rides operated. However, the highlight was getting to ride Space Mountain, a ride normally in complete darkness except for neon and glow-in-the dark effects, with the lights on. I remember him coming home from that trip talking about how much different Space Mountain was when you could see exactly what was happening in the light.

When we accept Jesus as our Lord and Savior and step into our new life with him, all of a sudden, we are choosing to live in the light. That light of Christ not only brings joy and hope to our existence, it also reveals what has been hiding in the darkness. Suddenly, we can see our sin that we've been ignoring or may not have even realized we were living. This revelation can be overwhelming and, yet, we are promised in this Scripture from 1 John that we do not do this revealing work alone. By stepping into the light with Jesus, we are also stepping into fellowship with other believers. Through transparency, we can hold one another accountable through our triumphs, our struggles and our joys. Reminding each other that through Christ, we are forgiven of our sins, given a clean slate and freed to walk in the light in obedience to Him.

PRAYER

Revealing God, sometimes we are embarrassed when we step into your light and get a good look at the lives we've been living. Remind us that through your death, you have wiped that sin away and given us community with one another that we might together walk in your ways. Amen.

FEBRUARY 7

REFLECTION

Sometimes the most spiritual thing we can do is slow down. Scripture shows us that God often met His people in the in-between spaces, after the work was done and before the next step began. As you enter the weekend, create room to breathe, reflect and let God re-center your heart. Humility grows when we stop striving long enough to recognize God's steady presence. Give Him space, and He will speak.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

FEBRUARY 8

NOTES

FEBRUARY 9

THE QUIET BLESSING

“...so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.”

MATTHEW 6:4

Not long ago, there was a family in the community whose child was involved in a severe accident. They were overwhelmed from the beginning with medical bills, painful recovery and their situation felt very stressful. A friend of mine, hearing about their need, reached out and quietly gave me money to pass along to the family. I wasn't told how much or why, just that it was to bless them in this difficult time. I then had the privilege of delivering that gift to the family without revealing who it came from. Their gratitude was overwhelming, but they never knew who had helped them. This act of anonymous generosity reminds me of what Jesus teaches in the Gospels. True giving isn't about recognition; it's about blessing others with a pure heart. The gift wasn't for my friend's glory, and it wasn't for the family to thank anyone. It was simply about meeting a need in secret, knowing that God sees and rewards those who give with love and humility. Imagine what God could do with a church full of generous people who were not interested in receiving anything in return.

PRAYER

Lord, thank You for the example of hidden generosity. Help me to give in secret, without seeking praise or recognition, but instead with a heart that desires to bless others in Your name. May my giving reflect Your love and care for those in need. Amen.

FEBRUARY 10

BOASTING IN CHRIST

May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.

GALATIANS 6:14

Chariots of Fire is one of my favorite movies. The main character, Eric Liddell, wants to use his running to show others Jesus, to boast about all that Jesus has done for him. He is a man who is seeking to run with a purpose, and not just to win a race. After winning a gold medal in the Olympics, he used his platform to point to Jesus and said this, *"It has been a wonderful experience to compete in the Olympic Games and to bring home a gold medal. But since I have been a young lad, I have had my eyes on a different prize. You see, each one of us is in a greater race than any I have run in Paris, and this race ends when God gives out the medals."*

In Galatians 6:14, Paul reminds us that our only boast should be in the cross of Christ. The world offers many things to take pride in—achievements, wealth, status, sports—but none of these compare to the life-changing power of the cross. Through Jesus' sacrifice, we are no longer bound by the world's values or its fleeting rewards. Instead, we live for Christ, crucifying worldly desires and embracing His grace. When we boast in the cross, we acknowledge that our salvation and identity come solely from Him. May we daily use everything we do to point to the love and mercy of Jesus.

PRAYER

Lord Jesus, help me to humbly boast only in Your cross. Free me from worldly desires and align my heart with Yours. May my life reflect Your grace and love. Amen.

WRITTEN BY JESSICA COATES

FEBRUARY 11

LIGHT IN THE DARKNESS

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 THESSALONIANS 5:16-18

A few years ago, my husband and I suffered a miscarriage of what would have been our second child. In the days that followed, we were deep in our grief, trying to make sense of why this had happened and wracked with the uncertainty of whether or not we'd be able to have more children. In that season, we were not ready to live into this passage from 1 Thessalonians. We did not feel very celebratory, ready to pray and certainly did not want to give thanks. Over the months that followed, however, our friends, family and churches came around us, grieved with us, prayed for us, cooked for us, sent us kind messages and spoke God's truth over our lives. We began to see actively God's good hand in all that He was doing to care for us through them. Later, when we started to look back on one of the hardest seasons of our lives, it wasn't just filled with sadness. It was also filled with prayers of thanksgiving, gratitude and even joy for how God had shown up for us during that time. Living out our faith for the world, or even our loved ones, to see isn't merely to prove that we really do love Jesus like we say that we do. By living out our faith, we also help others to move back into a space where they can rejoice, pray and give thanks because, through us, they have experienced the goodness of the Father even in the darkest of times.

PRAYER

God of light, you have filled us with your presence that we might be a beacon of hope in the darkness of our world. Inspire us to live missionally, on fire for you in all that we do that others might see and be able to rejoice. Amen.

WRITTEN BY RACHEL CAROSIELLO

FEBRUARY 12

ANKLE BURN

How good and pleasant it is when God's people live together in unity!

PSALM 133:1

Have you ever done a three-legged race? Typically, your ankle is tied to someone else's ankle so that you and your partner each have one leg free and one leg tied to the other, for a total of three legs between you. Your goal is to make it across the finish line before the other teams. While most of the time, it seems like it shouldn't take too much planning, when you don't work together, you end up straining your ankles against that rope as you try to do your own thing and nearly always someone ends up falling and taking the other person down with them.

In Psalm 133, the writer reminds us that God has called us as Christians to live in unity with one another. When we hear that word, "unity," often our minds go to having to think, act and agree the exact same way which really is uniformity. Unity, instead, isn't about us all being exactly alike but about us all working toward the same goal together. If our goal, in Christ, is to become more like Him, when we try to go a different route, we will feel that rub like the rope on our ankles and, unfortunately, we might lead others astray.

But, when we work together, even in our differences, toward that same goal of becoming more like Christ, He is glorified, we are sanctified and the watching world is transformed!

PRAYER

Holy God, help us not lose sight of the goal that you have placed before us to become more like your Son, Jesus Christ. Like that discomfort at our ankles, make our hearts unsettled until we come into clearer unity with other believers toward that goal. Amen.

WRITTEN BY RACHEL CAROSIELLO

FEBRUARY 13

SHARING LOVE THAT LASTS

How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?

ROMANS 10:14

Think about receiving a handwritten Valentine in the mail. Even in a world of texts, emojis and instant messages, that one small, personal note carries meaning. It shows someone took the time to express their love, and it can leave a lasting impact. Our faith works in a similar way. Love isn't just felt; it's shared.

Valentine's Day reminds us that love is not just for feeling, it's for giving. God's love isn't meant to stay hidden in our hearts; it's meant to be shared with the world.

In today's culture, love can feel fleeting or conditional, measured by likes, approval or reciprocation. But God calls us to a deeper, more enduring love: sharing His truth, hope and grace with those around us. Like that handwritten Valentine, our actions, words and faith-filled conversations can plant seeds that last far longer than a single day.

This Valentine's Day, let your love reflect God's love intentionally, sacrificially and authentically. When we share His love, we help others know Him and experience the joy He offers.

PRAYER

Lord, fill my heart with Your love and help me share it with those around me. Use my words and actions to point others to You, so Your love can be known and felt. Amen.

WRITTEN BY SENTA HINZMAN

REFLECTION

FEBRUARY 14

REFLECTION

The rhythm of rest is woven into God's design for us. Before moving into what's next, He often invites us to pause and pay attention to His goodness. This weekend, choose to be intentional: look back with gratitude, sit quietly with the Lord and let Him soften and prepare your heart. When we slow down, we begin to see how God has been at work all along.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

FEBRUARY 15

NOTES

FEBRUARY 16

TRUST IN GOD

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

PHILIPPIANS 4:6

During the winter of 1947, in the aftermath of World War II, Europe was in ruins. Countries were struggling to rebuild, and many people were starving. In Germany, a group of Christian relief workers, led by a man named Dr. Carl D. A. Ogg, was trying to support families devastated by the war. They had very few resources to offer, and their work seemed nearly impossible, but they had faith in a generous God. One day, Dr. Ogg and his team were praying for provisions, specifically for food, when they received an unexpected letter. It was from a Christian organization in the United States, which had heard of their work and wanted to help. The letter included a donation of \$500, a generous sum at the time, enough to purchase food and supplies for many of the families in need. Dr. Ogg was overwhelmed with gratitude, knowing that this was God's provision at just the right moment. Philippians 4 teaches us to bring our anxieties and needs to God in prayer, trusting that He will provide.

The relief workers in Germany experienced this firsthand. They presented their requests to God with thanksgiving, and He responded by moving others to generously provide. God's generosity met their needs when they trusted Him completely, showing that we can always rely on His faithfulness.

PRAYER

Lord, thank You for Your generous provision. When I feel anxious or uncertain, help me to bring my requests to You with thanksgiving, trusting that You will provide what I need. May I always find peace in Your faithfulness. Amen.

WRITTEN BY TREVOR MILLER

FEBRUARY 17

THE 3-3-3 RULE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

PHILIPPIANS 4:6

Have you heard of the 3-3-3 rule?

It is a technique that psychologists use to help with anxiety by shifting your focus. Name three things you can see, name three sounds you can hear, move three parts of your body.

The 3-3-3 rule can help you become more aware of what's happening in the present moment, rather than fixating on what's making you anxious.

Philippians 4:6 is a lot like the 3-3-3 rule. It's a model for how to pray when you're worried or anxious. It helps you shift your worry and anxiety into worship, and it helps you remember that God is sovereign and in control.

Philippians 4:6 is a call to action to trust in God and pray instead of worrying.

Reject worry and try not to be anxious about anything. Pray to God about what you need.

Thank God for all He has done, recognizing every good and perfect gift is from Him. Humbly surrender your struggles, desires and anxious thoughts to God. Trust that God works for your good in His timing.

Just as the 3-3-3 rule helps to rewire the brain to shift focus, this way of humbly praying can help us surrender, trust and reject worry. May we remember to open our hands and humbly sit before God and submit EVERYTHING to Him.

PRAYER

God, thank You for Your peace. Help me not to be anxious but to bring everything to You in prayer. Fill my heart with trust, gratitude and confidence in Your perfect will. In Jesus' name, Amen.

WRITTEN BY JESSICA COATES

FEBRUARY 18

SPEAKING WITH GRACE IN A BUSY WORLD

Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

COLOSSIANS 4:5-6

Imagine walking through a crowded airport.

People are rushing, some stressed, others distracted and conversations overlap everywhere. You realize that even a simple smile or a kind word can cut through the noise and make someone's day brighter. Our words carry power, especially in a culture that often values speed over thoughtfulness and impact over intention.

As we enter Ash Wednesday, a day reminding us of our mortality and need for repentance, this passage challenges us to consider not only our actions but also our words. How we speak reflects the condition of our hearts.

In today's world, conversations can be rushed, blunt or harsh. But grace, thoughtful, kind and measured speech has the power to point others toward God, even in the midst of ordinary interactions. Speaking with intention allows God's love to shine through, making our words not just heard but felt.

As we reflect this Ash Wednesday on our need for God, let us also reflect His grace in how we communicate. Words can build bridges, offer hope and invite others into the life-transforming love of Christ.

PRAYER

Lord, help me to speak with grace and wisdom in every conversation. Teach me to reflect Your love in my words and actions, so that others may see You through me. Amen.

WRITTEN BY SENTA HINZMAN

FEBRUARY 19

CATERPILLARS TO BUTTERFLIES

...to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

EPHESIANS 4:22-24

I worked at a church in NC where we had the idea of setting butterflies free at the end of the Easter service. Weeks in advance I ordered baby caterpillars. I set up their environment with sticks and leaves, I fed them and watered them every day and made sure the room was an ideal temperature. I had to do a lot that Lenten season to prepare these caterpillars for Easter.

Some of the caterpillars died, but most eventually changed into chrysalises. It was exciting to come into my office every morning and see the transformation!

As I watched over the chrysalises, I prayed that they would change into butterflies by Easter Sunday. Most of them emerged as butterflies on time and at the end of the service we released the Monarchs into the air. For the people attending church that day the butterflies were a beautiful event. But for me, the caterpillars emerging as butterflies was a long process that I had to commit to in order for transformation.

We tend to want Easter Sunday to come so we can celebrate the beautiful worship service and be with family. But, if we want true transformation, we need to commit to the process of Lent. Christians observe the season of Lent by imitating Jesus' 40 days in the desert through fasting, prayer and self-discipline, focusing on repentance for sins, strengthening their relationship with God and preparing their hearts for the joyful resurrection at Easter.

Ephesians 4:22-24 reminds us to put off our old selves and be renewed in Christ. God calls us to transformed lives. This means leaving behind selfishness and pride, and embracing kindness, humility and truth. Renewal is not a one-time event but a daily choice to let Christ transform us.

PRAYER

Lord, help me lay aside my old ways and walk in Your holiness. Renew my heart daily. Amen.

WRITTEN BY JESSICA COATES

FEBRUARY 20

FROM STAINED PAGES TO CLEAN SLATE

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me.

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

PSALM 51:10-12

Think about the feel of a brand-new journal with its crisp, clean pages waiting to be filled. But after months of using, the edges are torn and some have coffee stains, it doesn't look or feel the same. Sometimes we wish we could just start fresh with a blank page again.

David's prayer reflects that same desire for a fresh start. After his failure with Bathsheba, David doesn't ask for a quick cover-up or a lighter punishment. He asks for renewal.

He longs for God to scrub away the stains of sin and write something new on the pages of his heart.

We live in a culture of "resets". We restart our phones, refresh a webpage, re-download an app. But the kind of renewal David sought can't be achieved by pressing a button. It's God's work in us. Only He can create purity where brokenness has lived. Only He can breathe fresh joy into weary souls.

When we've messed up, the temptation is to run, hide or pretend. But David shows us a better way: run toward God, not away. His mercy turns stained pages into blank ones and fills them again with hope, joy and purpose.

PRAYER

Lord, create in me a clean heart today. Restore my joy and strengthen me with Your Spirit so I can walk closely with You. Amen.

FEBRUARY 21

REFLECTION

Life doesn't slow down on its own, we have to choose it. In Scripture, moments of pause became turning points where God reminded His people who He was and who they were called to be. As you step into the weekend, take time to breathe deeply and seek God's presence. Humility grows when we release the rush and make room for Him. In the quiet, you may find that God's voice is closer than you thought.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

FEBRUARY 22

NOTES

LENT

FEBRUARY 23

FEARLESS FAITH IN A FAITHFUL GOD

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

PSALM 27:1

When my children were first learning to swim, they would cling tightly to the edge, terrified of letting go. But the moment they saw me standing in the water with my arms open, promising safety, their courage began to rise. They were still feeling nervous, but trust pushed them away from the wall, and they began to float in the strength of the one who will not let them sink. That is what faith looks like.

During Lent, we reflect on the power, sacrifice and love of Jesus. The One who stepped into the deep waters of humanity so we could live without fear. Yet life often brings waves of uncertainty: financial stress, health concerns, broken relationships or anxious thoughts. We cling to what feels safe: control,

Psalm 27:1 calls us to look toward God instead. He is our light when the path is uncertain, our salvation when fear rises and our stronghold when we feel weak. Faith is not the absence of fear; it is choosing to trust God more than the fear.

As we journey through Lent, let's loosen our grip on the walls we cling to and place our confidence fully in the God who never lets us go. His love is stronger than anything that threatens our peace.

PRAYER

Lord, help me place my trust in You each day. When fear rises, remind me that You are my light, my salvation and my stronghold. Strengthen my faith as I walk with You this Lent.

WRITTEN BY SENTA HINZMAN

FEBRUARY 24

AMBASSADORS OF A COSTLY LOVE

We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 CORINTHIANS 5:20-21

During World War II, pastor and theologian Dietrich Bonhoeffer faced a difficult choice. He could remain safely in America or return to Nazi-controlled Germany to stand with his people. He chose to return, knowing it would likely cost, and ultimately did cost him his life. He did so because he believed that representing Christ was more than words; it required embodying the gospel, even when it demanded sacrifice.

Bonhoeffer understood this call. An ambassador doesn't speak for themselves; they represent their king. As followers of Jesus, we represent Christ to the world, showing His grace, truth and love. This isn't always easy. Sometimes it costs comfort, reputation or even safety. But because Jesus, who had no sin, took ours upon Himself, we have been made right with God. That gift is too great to keep hidden.

Like Bonhoeffer, we're called to live as visible reminders of God's reconciling love in our homes, workplaces, schools and communities. Every word, every act of kindness, every choice to forgive becomes a way of showing, "This is what God's love looks like."

PRAYER

Lord, thank You for making me Your ambassador. Give me courage, as You gave Bonhoeffer, to represent Christ faithfully in both words and actions. Amen.

FEBRUARY 25

FROM DUST TO BREATH

"By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

GENESIS 3:19

Imagine a potter shaping clay that is soft and full of potential, yet fragile. Every turn, every touch, must be intentional, or the form collapses.

Our lives, too, are shaped from dust; fragile, humble, yet created with purpose. After the fall, God reminded Adam of this reality. We return to the dust from which we were made. Life carries toil and hardship, yet even in this, there is meaning. Thomas Aquinas reflected on this truth, noting that human suffering and labor are not merely burdens but avenues through which we participate in God's creative and redemptive work. In recognizing our mortality, we are reminded to rely not solely on our own strength but on God's sustaining grace. The sweat of our labor, though often exhausting, mirrors God's own creativity and care in forming us. When we embrace our dependence on Him, our work gains eternal significance beyond the temporary toil.

Let this verse be a gentle reminder that though we are dust, God's breath sustains us, giving purpose to every moment of effort, every trial and every return to Him.

PRAYER

Lord, help me to remember that my life, though fragile and fleeting, is held in Your hands. Teach me to labor with purpose, trust in Your grace and live in humility before You. Amen.

FEBRUARY 26

BREAD FOR THE SOUL

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

MATTHEW 4:1-4

What if you were stranded on a long road trip with no food, only gas in the car and miles of desert ahead. Hunger is gnawing at your mind, making every mirage of fast-food signs and vending machines irresistible. This is like the wilderness Jesus faced, though His hunger was spiritual and physical. Satan tempted Him to satisfy His immediate need by shortcuts, but Jesus turned to Scripture for strength.

C.S. Lewis once wrote that our deepest hunger is not for bread, comfort or ease, but for God Himself. Just as physical hunger drives us to eat, spiritual hunger drives us toward God's Word, His presence and His truth. When we face temptation, stress or empty moments, it's easy to reach for quick fixes, entertainment, possessions or approval, but Jesus reminds us that lasting satisfaction comes only from God.

Our souls, like our bodies, need nourishment. Daily time in Scripture, prayer and worship feeds our spirit in ways the world cannot. Turning to God first equips us to face life's trials with strength and wisdom.

PRAYER

Lord, satisfy the hunger of my soul with Your Word. Help me to seek You first, trusting that only You can truly sustain me. Amen.

FEBRUARY 27

THE RUNAWAY

There was a man who had two sons. The younger one said to his father, “Father, give me my share of the estate.” So he divided his property between them.

LUKE 15:11-12

Imagine telling your parents, “I’m done with your rules. I’m doing life my way.” Then you pack up, take their money and walk out like you don’t need them anymore. It sounds bold, but also a little reckless, right? That’s exactly what the younger son does in Jesus’ story. He basically says to his dad, “I want what you can give me, not you.” He chooses independence over relationship, freedom without boundaries, adventure without wisdom.

Sometimes we do the same with God. We want His blessings but not His guidance. We want control—especially as life gets stressful or complicated. But Lent gives us a chance to look honestly at the direction we’re running. Are we walking toward God or away from Him?

What the father does in this passage is surprising: he lets his son go. God sometimes allows us to chase our own plans not to punish us, but so we can realize where true life comes from. Spoiler alert: the son’s plan doesn’t work out. But his return becomes one of the greatest moments of grace in Scripture.

Lent is a time to stop and think: Where am I trying to do life on my own? What would it look like to turn back now—before I end up lost and empty? The amazing thing is the Father is always waiting, always loving, always ready to welcome us home.

PRAYER

God, help me see where I’ve been running my own way instead of following You. Give me courage to turn back, to trust You and to stay close to Your heart this Lent. Amen.

REFLECTION

FEBRUARY 28

REFLECTION

It is good to have moments to breathe, look back and prepare our hearts for what God wants to do next. In Scripture, moments of pause were not wasted, they were spaces where God invited His people to reflect, remember and refocus. As you step into the weekend, take time to slow down, notice where God has been present and allow humility to shape your heart for the days ahead. God often speaks most clearly when we finally become still enough to listen.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

MARCH 1

NOTES

MARCH 2

TRUE FASTING, TRUE FREEDOM

"Is not this the kind of fasting I have chosen: to loose the chains of injustice... to set the oppressed free... to share your food with the hungry and to provide the poor wanderer with shelter..."

ISAIAH 58:6-7

After a hurricane swept through my community, I watched neighbors emerge from their homes, stunned by the damage. Yet amidst fallen trees and flooded streets, people were helping one another by carrying groceries, clearing debris and offering shelter. Their acts reminded me that true devotion to God isn't just about rituals or self-denial—it's about action. God calls us to bring freedom, hope and care to those in need. In the chaos of the hurricane, I saw God's heart reflected in ordinary people choosing to serve, even when it was inconvenient or unnoticed.

I realize how often I go through my routines without seeing opportunities to serve, to share or to lift someone's burden. Isaiah reminds me that worship is incomplete if it doesn't move me to love others in real, practical ways.

Today, I want to look for ways to "loose chains" in someone's life, even in small acts of kindness or service. True fasting—true devotion—shines brightest when it brings light into someone else's storm.

PRAYER

Lord, help me to be Your hands and feet. Show me the needs around me and give me courage to act. Teach me to fast from selfishness and feast on love, mercy and compassion. Amen.

MARCH 3

EVEN NOW: GOD'S RECALCULATING LOVE

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning. Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity."

JOEL 2:12-13

Have you ever noticed how a GPS reroutes you after you've taken a wrong turn? Instead of scolding you or shutting down, it calmly says, "Recalculating." No matter how many times you miss the exit, the voice still invites you back to the right path. It reminds us of God's "recalculating love."

The beauty of this passage is in those two words: even now. No matter how far we've strayed, no matter how many wrong turns we've taken, God's invitation still stands. He doesn't ask for or want flashy displays of remorse or empty rituals. Instead, He desires authenticity! He wants our hearts, not our costumes.

We live in a world that thrives on appearances, curated images, filtered stories and quick fixes—God calls us to something deeper. He wants the real us: the fears, the failures, the longing for something more. And the good news? His compassion outweighs our rebellion. His patience outlasts our stubbornness. His love is always bigger than our mistakes.

When we allow God to "recalculate" our hearts, He doesn't just put us back on track, He restores us with His grace.

PRAYER

Gracious God, thank You that Your love is greater than my detours. Help me return to You fully, honestly and with trust in Your compassion. Amen.

MARCH 4

STAY ALERT IN THE WILDERNESS

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...

1 PETER 5:8-9

Most of us scroll through our phones without thinking, post to post, story to story, video to video. Behind the scenes, algorithms track what catches our attention and shape what we see next. One careless click can fill your feed with messages that tear you down, stir anxiety or pull your heart in unhealthy directions. Distractions rarely show up as flashing warning signs. Instead, they arrive quietly, one swipe at a time.

Peter reminds us that the enemy works the same way. During Lent, when we intentionally grow closer to God, spiritual attacks can become subtle but persistent. A thought like "You're not enough," a temptation to compare our lives to others or a pull toward habits that drain our spirit. The enemy prowls, not always roaring loudly, but whispering through culture's constant noise.

Lent invites us to reset our feed to filter what shapes our hearts. We resist by standing firm in faith, by choosing God's voice over the voices that confuse, distract or discourage us. We resist by staying connected to Scripture, to prayer, to community. We remember that believers everywhere face this same battle, and we are not fighting alone.

This season let's be intentional: curate what we consume, choose what strengthens our spirit and stay alert to the One who leads us into life.

PRAYER

Jesus, help me stay spiritually alert in a noisy world. Guard my heart, renew my mind and guide my steps during this Lent season. Keep me focused on You. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 5

AUTHENTIC FAITH STARTS IN PRIVATE

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting... But when you fast, put oil on your head and wash your face, so that it will not be obvious to others... and your Father, who sees what is done in secret, will reward you."

MATTHEW 6:16-18

Parents of teens know the difference between what happens in public and what happens behind closed doors. A teen may act respectful at school or church but push boundaries at home. What's real is often revealed in private, not in the spotlight.

As parents, we want our teens to develop a faith that isn't just for show. It's tempting to push them toward visible "good behavior," but Jesus reminds us that authentic faith happens in the secret places when no one else is watching. The same is true for us as parents. Our teens notice whether our relationship with God is genuine or just a performance. They see if prayer is a habit or a show. They can tell if we seek approval from others more than intimacy with God.

This passage calls us to model authenticity. When our teens see us quietly serve, pray in private or make sacrifices without applause, they learn that real faith isn't about performance, it's about heart.

PRAYER

Father, help me live out a faith that is genuine, not for show. May my example guide my children to seek You honestly and wholeheartedly. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 6

HOPE THAT DOESN'T QUIT

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit..."

ROMANS 5:3-5

This passage reminds me of how athletes train. They push through early mornings, tough workouts and sore muscles, not because they enjoy the pain, but because they know the process is shaping them. Growth rarely happens in comfort. Progress comes through challenge. Spiritually, the same is true.

During Lent, we reflect on Jesus' journey to the cross, a path filled with suffering, sacrifice and deep love. Our own struggles can feel overwhelming: unanswered prayers, emotional pressure or situations we can't control. It's easy to ask, "Where is God in this?"

Romans 5 reminds us that God is not absent in our pain; He is working within it. Suffering isn't the end of the story. When we trust God through hardship, perseverance grows. That perseverance shapes our character, making our faith real, rooted and resilient. And out of that character comes a hope anchored not in circumstances, but in God's unchanging love.

This hope "does not put us to shame", it will never disappoint, because it is poured into us by the Holy Spirit. Lent reminds us that the cross wasn't defeat, but the beginning of a hope that lasts forever.

So, keep trusting even in the hard places. God is forming strength, deepening faith and filling you with a hope that doesn't quit.

PRAYER

Lord, help me trust You in every struggle. Use my challenges to grow perseverance, character and hope. Keep my heart anchored in Your unfailing love during this Lent season. Amen.

MARCH 7

REFLECTION

Sometimes the most spiritual thing we can do is slow down. Scripture shows us that God often met His people in the in-between spaces, after the work was done and before the next step began. As you enter the weekend, create room to breathe, reflect and let God re-center your heart. Humility grows when we stop striving long enough to recognize God's steady presence. Give Him space, and He will speak.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

MARCH 8

NOTES

LENT

MARCH 9

A GIFT, NOT A GRADE

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.

EPHESIANS 2:8-9

Think about the feeling when your teacher hands back a test and you expect a failing grade, but instead, it's marked with an "A". You flip it over, confused. "There must be a mistake." But the teacher smiles and says, "I decided to give you a pass this time." That's grace undeserved, unearned, yet freely given.

During Lent, we often focus on self-denial, fasting, prayer, repentance. Those things matter deeply, but they don't earn us favor with God. Grace isn't a reward for doing everything right; it's a gift from a God who already loves us.

Matthew West captures this truth beautifully in his song “Grace Wins”:

“For the prodigal son, grace wins.

For the woman at the well, grace wins.

For the blind man and the beggar, grace wins.

For always and forever, grace wins.”

Lent reminds us to stop striving for spiritual "grades" and start receiving the gift of grace. When Jesus went to the cross, He didn't do it because we earned it. He did it because His love refused to give up on us.

So this Lent, instead of trying to prove your worth, pause and let grace wash over you. You don't have to be perfect, just willing to be loved.

PRAYER

Lord, thank You that Your grace isn't something I earn but something I receive. Help me rest in Your love this Lent and let that grace shape everything I do. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 10

LETTING GO TO FOLLOW FULLY

... "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it."

MARK 8:34-35

When a rock climber scaling a steep wall, they trust their ropes. However there comes a moment when they must let go of the ledge beneath them to reach the next anchor. Holding on feels safer, but staying there means never moving forward. Progress only comes when they release their grip and trust what is securing them.

Our spiritual lives look similar. We often cling tightly to our own plans, comforts and expectations. We want to follow Jesus, but on our terms. Yet in this passage, Jesus calls us to a deeper trust. He invites us to deny ourselves, not because God wants us empty-handed, but because He wants our hands free to hold His.

During Lent, we remember that Jesus didn't just talk about surrender, He lived it. Every step toward the cross was a step of obedience, sacrifice and trust in the Father's will. When He asks us to take up our cross, He is asking us to follow the path He already walked.

Losing our life for Jesus doesn't mean losing joy, it means discovering true life in Him. When we release what holds us back, we find peace that the world cannot offer and a purpose bigger than ourselves. Today, may we have courage to let go and trust the God who leads us forward.

PRAYER

Lord, help me release what I cling to and trust You more fully. Strengthen my faith as I follow Your path, even when it requires sacrifice. Teach me what it means to find true life in You this Lent. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 11

DYING TO LIVE

"Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."

JOHN 12:24

Farmers know that for new life to grow, the seed must first be buried. It disappears beneath the soil, hidden from sight. But that burial isn't the end, it's the beginning. The seed breaks open, and what seems like loss becomes life.

During this season, Jesus invites us into this same mystery: life through surrender, growth through letting go. The world tells us to hold tight to our comfort, our image, our plans but Jesus calls us to release them. He reminds us that the path to true life always goes through the cross.

When Jesus spoke these words, He was preparing for His own death, knowing that His sacrifice would bring life to the world. Lent gives us space to consider what must "die" in us—selfishness, pride, fear—so that something new can rise.

Martin Luther said, "Our Lord has written the promise of resurrection not in books alone, but in every leaf in springtime." Each sprout pushing through the dirt is a quiet reminder: death never gets the final word.

As we walk through Lent, may we remember that surrender isn't defeat, it's planting. And every seed surrendered to God will bear fruit in His time.

PRAYER

Lord Jesus, help me to surrender what keeps me from fully following You. Teach me to trust that every loss in You leads to life. As I walk through Lent, let Your resurrection hope take root in me. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 12

TURNING BACK TO MERCY

“...But unless you repent, you too will all perish.”
LUKE 13:3

Picture a traveler lost in a dense forest. The paths are unclear, the shadows long and every step feels uncertain. Then a guide appears, offering a lantern and a clear trail. Turning toward the guide is the only way to find safety. In the same way, repentance turns our hearts toward God's mercy and guidance.

Lent is a season that calls us to pause and honestly examine our lives, to see where sin has led us astray and to turn back to God. Repentance is not about shame, it is about restoration, a willingness to reorient our hearts toward God's mercy.

Rich Villodas reminds us, “Grace is not a reward for good behavior; it is the invitation to come as you are, repent and be made whole.” God's mercy meets us in our brokenness, offering a chance to start anew. Our mistakes, fears and failings do not disqualify us from His love, they are the very reason we need His mercy.

Lent invites us to step into the light of God's guidance, to turn away from the paths that lead to harm and to trust in His sustaining hand. As we repent, we are not left in despair but lifted by God's mercy, renewed and strengthened for the journey ahead.

PRAYER

Lord, I confess my sins and turn to You. Thank You for Your mercy that restores and renews. Help me to walk in Your guidance, trusting Your love to lead me each day. Amen.

MARCH 13

A HEART MADE NEW

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

EZEKIEL 36:26

When a sculptor stands before a rough block of marble, at first the stone seems cold, hard and unyielding. Yet with careful hands, each strike chips away what is unnecessary, revealing the beauty hidden inside. Lent invites God to do the same with our hearts, removing what is hardened by sin and shaping us into vessels of mercy and love.

Lent is a time of repentance, a season to reflect on where our hearts have grown hard, resistant to God's guidance or weighed down by sin.

God's mercy is patient and steadfast. He does not reject us for our failings but invites us to open our hearts and receive His transformative grace. Repentance is not merely feeling sorry for our mistakes; it is an active turning toward God, allowing Him to reshape our desires, thoughts and actions.

As we journey through Lent, we are reminded that God's work within us is ongoing. He softens what is calloused, heals what is broken and breathes new life into our spirits. Our willingness to repent opens the door for His mercy to renew us completely.

PRAYER

Lord, I come with a repentant heart. Remove my hardness, forgive my sins and create in me a heart that reflects Your mercy and love. Renew my spirit and guide me to walk in Your ways. Amen.

REFLECTION

MARCH 14

REFLECTION

The rhythm of rest is woven into God's design for us. Before moving into what's next, He often invites us to pause and pay attention to His goodness. This weekend, choose to be intentional: look back with gratitude, sit quietly with the Lord and let Him soften and prepare your heart. When we slow down, we begin to see how God has been at work all along.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST

MARCH 15

NOTES

MARCH 16

MERCY IN THE EVERYDAY

The Lord is compassionate and gracious, slow to anger, abounding in love... as far as the east is from the west, so far has he removed our transgressions from us.

PSALM 103:8, 12

When I was washing dishes after a long, tiring day, stubborn stains and dried-on food make the task frustrating, yet each scrub and rinse gradually restores the plates to their clean, useful state. God's mercy works in a similar way, patiently, gently and consistently, restoring our hearts even when sin has left its mark.

Lent invites us to reflect on our lives, confess our sins and experience the depth of God's mercy.

Like the dishes, our hearts can accumulate guilt, resentment and mistakes. Repentance is acknowledging these stains and allowing God to clean, restore and renew us.

God's mercy is not hurried or conditional. He patiently forgives, heals and upholds us, inviting us to leave behind shame and walk in freedom. Every small act of turning back to Him, confessing a harsh word, forgiving a neighbor, admitting our shortcomings, is met with His steadfast love. Lent is the perfect season to practice this daily, tangible repentance, letting God's mercy transform the ordinary moments of life.

PRAYER

Lord, forgive my sins and cleanse my heart. Help me to turn to You daily, trusting in Your mercy and love. Renew my spirit and guide me to live in Your grace this Lent. Amen.

MARCH 17

CHANGING THE PLAYLIST

Do not conform to the pattern of this world, but be transformed by the renewing of your mind...

ROMANS 12:2

I have so many playlists on my phone. Some songs pump me up. Others take me back to a hard moment. Sometimes, a song gets stuck in my head even if you didn't choose it. The more

I hear it, the more it shapes my mood and actions. The world plays its own playlist around us every day, voices telling us what to value, what to fear and who to be.

During Lent, God invites us to change the soundtrack. Instead of letting the world's voices set the beat of our lives, we tune into His truth.

This season reminds us that transformation begins with what we allow into our hearts and minds. Repentance isn't just about turning away from sin; it's about turning our attention back to Jesus.

The world tells us to fit in, to blend into the crowd, to chase what's popular. But Jesus calls us to stand out, to love when others judge, to trust when others panic, to serve when others seek status. When we fill our minds with God's Word, worship and prayer, He begins to put new lyrics in our souls.

Real change is possible, but it starts internally. Lent is a reset button, a time to delete the noise and choose a new playlist that leads us closer to Christ.

PRAYER

Father, help me silence the world's influence and tune my heart to Your voice. Renew my mind every day so that I may live transformed by Your grace. During this Lent, help me follow Your rhythm and walk in Your will. Amen.

MARCH 18

LOVE THAT STEPS IN

For God so loved the world that he gave his one and only Son... For God did not send his Son into the world to condemn the world, but to save the world through him.

JOHN 3:16-17

Imagine someone drowning in deep water, panicked, sinking fast. A crowd watches from the shore. Some shout advice. Others critique how the person is swimming. But one person doesn't hesitate. They dive in. They risk everything to save the one who is struggling.

Lent reminds us that Jesus didn't stay on the shore. He entered the water, our world, our brokenness, our suffering to rescue us. God's love isn't distant or theoretical. It moves. It sacrifices. It saves.

John 3:16 is one of the most quoted verses in Scripture, yet sometimes we skip too quickly past the next verse. Jesus didn't come to condemn us. He didn't enter this world to point out how lost we were. He came to find us. He came to lift us up. He came because we mattered.

Fyodor Dostoevsky once said, "To love someone means to see them as God intended them to be." That is exactly how God sees you, not as you were in your worst moment, but as you were created to be: loved, redeemed, worth saving.

Lent invites us to remember the extent of that love. It's a love that steps into the darkness so we can step into the light. A love that trades condemnation for salvation.

If you ever doubt your worth, look to the cross. Jesus didn't come to push you away. He came to bring you home.

PRAYER

Jesus, thank You for stepping into my brokenness to save me. Help me truly believe that I am loved beyond measure. During this Lent, draw me closer to Your heart and shape my life according to Your grace. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 19

A FRESH START

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

ACTS 3:19

This Scripture text from Acts reminds me of a whiteboard covered with scribbles, mistakes, rushed notes and things that no longer matter. The more that's written, the harder it is to see what's underneath. Then someone takes an eraser and wipes it completely clean. Suddenly, there's room for something new, something better.

Lent invites us into a spiritual "wiping clean." Repentance isn't about shame. It's about releasing what weighs us down so we can breathe again. When Peter preached these words in Acts 3, he wasn't condemning the crowd; he was offering hope, a fresh start, a renewed relationship with God.

Dr. Henry Cloud, a Christian psychologist, wrote, "We change our behavior when the pain of staying the same becomes greater than the pain of changing." Lent helps us recognize where we're stuck; where sin, fear, resentment or distraction has taken root. Repentance is how we turn around. It's not just turning away from what harms us. It's turning toward the One who restores us.

Acts 3:19 promises "times of refreshing." That's God's heart, He longs to lift the heaviness from our souls. When we confess, He cleans the whiteboard. When we return to Him, He breathes new life into weary places.

Maybe this Lent, God is nudging you: "It's time to be free." Lay down what no longer belongs. Let Him rewrite your story with grace. Because where repentance begins, renewal follows.

PRAYER

Lord, show me the areas where I need to turn back to You. Wipe away every sin and every burden that keeps me from Your joy. Bring Your refreshing into my heart this Lent. Make me new again through Your grace. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 20

STRENGTH IN THE STRUGGLE

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

2 CORINTHIANS 12:9

Think about a cracked clay pot. On its own, it seems flawed, something to hide or discard.

But imagine placing a small candle inside it.

When the light shines, it pours through the cracks, filling the room with a warm glow. What looked broken becomes a vessel of beauty.

During Lent, we are reminded of our humanity, imperfect, fragile and in need of grace. Paul knew this deeply. He begged God to remove his weakness, his “thorn.” But God didn’t respond with removal, He responded with presence.

“My grace is sufficient. My power shines brightest when your strength runs out.”

We often try to hide the parts of us that feel inadequate: our doubts, sins, limitations and fears. But God isn’t asking us to be flawless. He’s asking us to trust Him right where we are.

Lent gives us space to stop pretending and start surrendering.

In our struggle, Jesus meets us. In our weakness, He strengthens us. The cross reminds us that God works through what appears broken to bring resurrection life. Our cracks don’t disqualify us, they make room for His glory. When we stop striving to be strong on our own, we discover the amazing truth: His grace truly is enough. His presence fills every empty place. His power shines through every crack. Let weakness lead you to worship. Let Lent lead you to grace.

PRAYER

Lord, I bring You my weaknesses, every struggle, every fear, every flaw. Fill the cracks of my life with Your strength and Your presence. Help me trust that Your grace is more than enough for me. Amen.

MARCH 21

REFLECTION

Life doesn’t slow down on its own, we have to choose it. In Scripture, moments of pause became turning points where God reminded His people who He was and who they were called to be. As you step into the weekend, take time to breathe deeply and seek God’s presence. Humility grows when we release the rush and make room for Him. In the quiet, you may find that God’s voice is closer than you thought.

Take time to pray for God’s Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

MARCH 22

NOTES

MARCH 23

THE MORNING COFFEE REALIZATION

He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

DEUTERONOMY 8:3

A few weeks ago, I started my day powering through emails, social media and to-do lists, skipping breakfast because I felt “too busy.”

By mid-morning, my energy was gone. I realized I had been trying to fuel my day with everything except what really matters, time with God. That's when this scripture hit me. True life comes not from the things we consume or accomplish, but from feeding on God's Word.

This passage reminded me that true strength doesn't come from what I do or eat.

It comes from being fed by His Word.
Just like the Israelites depended on manna,
I needed to depend on God's promises
for my daily sustenance.

I paused, prayed and read a short passage from Scripture. I felt a renewed sense of peace and focus. I realized that even in busy, ordinary moments, God's Word nourishes my soul, strengthens my heart and equips me for the day.

PRAYER

*Lord, help me to start each day with You.
Feed my heart with Your Word, remind me to
rely on You and give me strength for every step
I take. Let my soul be satisfied in You alone.
Amen.*

MARCH 24

RUNNING TO THE ONE WHO UNDERSTANDS

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

HEBREWS 4:15-16

Have you ever tried to talk to someone about something difficult and felt like they just didn't get it? Maybe they brushed it off or minimized it. When someone doesn't understand our pain, we pull back and stay quiet. But when we meet someone who truly understands, someone who has been through something similar our walls come down, and honesty flows freely. Jesus is that Someone.

During Lent, we reflect on the humanity of Christ. How He walked dusty roads, felt hunger, experienced grief, faced temptation and endured pain. He doesn't just see our struggles from a distance, He lived them. He knows what it feels like to be tired, discouraged, misunderstood or tempted. Yet He remained faithful.

Because of that, we never have to hide our fears, weaknesses or failures. Hebrews tells us to come boldly, not timidly, to God's throne of grace, not to be judged, but to receive mercy, not pushed away but welcomed with love.

In a world that tells us to keep it all together, Jesus invites us to be real. Trust Him with what hurts. Lean on Him when strength feels small. He understands and He is ready to help.

PRAYER

Jesus, thank you for knowing my struggles and loving me through them. Help me trust you more each day. Give me courage to approach Your throne and receive the grace I need during this Lent season. Amen

WRITTEN BY SENTA HINZMAN

MARCH 25

COME HOME

Seek the Lord while he may be found; call on him while he is near. Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon.

ISAIAH 55:6-7

Have you ever gotten lost on a road trip? Maybe you ignored the GPS or took a "shortcut" that didn't work out. The farther you went, the harder it was to turn around, until finally, you had to admit, I'm lost. The relief came not from knowing every turn, but from finding your way back home.

Isaiah's words are an invitation for moments just like that. Lent is a season for turning around, realizing how far we've drifted and finding our way back to God. His mercy isn't limited or delayed; He stands ready to forgive now.

The classic hymn "Come Thou Fount of Every Blessing" captures this so well:
 "Prone to wander, Lord, I feel it,
 Prone to leave the God I love;
 Here's my heart, O take and seal it,
 Seal it for Thy courts above."

We all wander. Our thoughts, desires and distractions can pull us off course. But God doesn't scold us for getting lost, He calls us to come home.

Lent reminds us that repentance isn't about guilt, it's about grace. It's about remembering that God's mercy never runs out and His arms never close. Now is the time to seek Him. Now is the time to return.

PRAYER

Lord, I confess I wander far too easily. Draw me back to You this Lent. Teach me to seek You with my whole heart and rest in Your mercy that never fails. Amen.

WRITTEN BY SENTA HINZMAN

MARCH 26

HELD IN HIS HANDS

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

ISAIAH 41:10

I remember when my children were learning to walk. Every step was uncertain, filled with wobbles and stumbles, yet, the parent's hands are always ready to catch and steady them. In the same way, God's hand is there to support us, even when life feels uncertain or frightening.

Lent invites us to reflect on our dependence on God and to surrender areas of life where fear, doubt or control hold sway.

Faith and trust are acts of courage. Dietrich Bonhoeffer wrote, "When Christ calls a man, he bids him come and die." He reminds us that following Jesus often means letting go of our own security and control, trusting God even when we cannot see the full path.

During Lent, we are called to step closer to God, allowing Him to carry our burdens and guide our steps. Even when uncertainty surrounds us, God's promise is steadfast: He strengthens, helps and upholds us. Our trust in Him is not in vain, for His love never fails, and His presence is constant.

PRAYER

Lord, strengthen my faith and help me trust You more each day. When fear arises, remind me of Your steadfast love and hold me securely in Your hands. Teach me to surrender my control and walk confidently in Your presence. Amen.

MARCH 27

THE POWER OF HUMILITY

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant... he humbled himself by becoming obedient to death—even death on a cross!

PHILIPPIANS 2:5-8

I always notice leaders at work who could demand respect and perks but instead spend their day helping others, taking out the trash and mentoring quietly behind the scenes. Their humility doesn't make them weak, it reveals true strength. That's what Jesus modeled, and that's what Lent invites us to reflect on.

For some of us, Lent can feel like a season of waiting for purpose, relationships or opportunities to align. It's easy to focus on what we don't have, but Philippians reminds us to focus on the mindset of Christ: humility, service and selflessness. Jesus didn't cling to His position as God but poured Himself out for others. This Lent, you can follow His example in everyday ways, serving family, encouraging friends, showing kindness to strangers or simply giving your time and attention. Your current season can become a powerful opportunity to live out humility and love without distraction.

Humility isn't about thinking less of yourself; it's about thinking of others more. And as we follow Christ's example, God uses even our quiet, unseen acts for His kingdom.

PRAYER

Lord, help me to adopt the mindset of Christ. Teach me humility, obedience and love in this season of singleness. May my actions reflect Your heart and bring glory to You this Lent. Amen.

REFLECTION

MARCH 28

REFLECTION

It is good to have moments to breathe, look back and prepare our hearts for what God wants to do next. In Scripture, moments of pause were not wasted, they were spaces where God invited His people to reflect, remember and refocus. As you step into the weekend, take time to slow down, notice where God has been present and allow humility to shape your heart for the days ahead. God often speaks most clearly when we finally become still enough to listen.

Take time to pray for God's Holy Spirit to reveal to you wisdom.

QUESTIONS

Where have you noticed God at work in your life this week—whether through challenge, blessing or unexpected moments?

What is one area of your heart that God may be inviting you to surrender, soften or realign before a new week begins?

REST - PALM SUNDAY

MARCH 29

NOTES

MARCH 30

SHOUTS OF PRAISE

The crowds that went ahead of him and those that followed shouted, “Hosanna to the Son of David!” “Blessed is he who comes in the name of the Lord!” “Hosanna in the highest heaven!”

MATTHEW 21:9

Imagine a parade coming through your town. People line the streets, waving banners and cheering. There's excitement in the air, joy on every face. For a moment, everything seems perfect, full of hope and celebration. This is what the crowds felt as Jesus entered Jerusalem on that first Palm Sunday, expectation, thrill and praise for the King who came humbly on a donkey.

Lent calls us to reflect on how quickly the cheers can fade. Just days after the “Hosannas,” the same crowd would call for Jesus’ crucifixion. Matthew 21:9 reminds us of both the glory and the humility of Christ’s Passion. He entered the city as a King, yet His throne was a cross. The cheers remind us of the hope He brings, while the coming Passion reminds us of the sacrifice He endured for our sins.

During Lent, we are invited to walk with Jesus from the celebration of Palm Sunday to the suffering of Good Friday. It's a season to reflect on His love, obedience and courage, turning our hearts from fleeting praise to deep gratitude for the life He gave for us.

May we not just shout “Hosanna” with our lips, but live lives of devotion that honor the One who died for us.

PRAYER

Lord Jesus, as I reflect on Your Passion this Lent, help me move beyond the cheers and follow You with a heart of gratitude, humility and love. Amen.

MARCH 31

LIVING WITH JESUS INSIDE

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

GALATIANS 2:20

Flashlights on their own are pretty useless. But when you put fresh batteries inside and turn it on, it shines bright. That's a little like what happens when we let Jesus live in us. He becomes the power inside that helps us shine with love, kindness and courage.

Lent is a special time to think about Jesus and all He did for us. Galatians 2:20 reminds us that when we trust Jesus, He lives inside our hearts. That means our choices, our words and even how we treat others can show Jesus to the world.

Sometimes it's hard to do the right thing. Maybe it's saying sorry or being kind to someone who's mean. But Jesus helps us! Just like batteries make the flashlight work, His Spirit helps us shine even when we feel small or unsure.

Lent is a chance to remember that our life is not just ours it's His. Every good choice we make comes from Him living in us. And when we let Him shine through us, we're helping others see Jesus' love too.

PRAYER

Jesus, thank You for living in my heart. Help me to shine Your love every day and make good choices that show You to others this Lent. Amen.