



**Lent  
Student  
Devotional**

**NAME:**

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## What is “Lent”?!

### LENT IS NOT:

- The stuff in your belly button or pocket or clothes dryer.
- Giving something up for 40 days and telling everyone about it so we look really cool and disciplined.

### LENT IS:

- The season of the year when we talk about the events leading up to Easter.

Often when we think about Easter, we think about gospel music and celebrations and accepting candy from strange Easter bunnies. But Easter is actually a really serious time of the year, when we think about the way that Jesus lived His life and how He died for us.

This is what it says about Lent on the United Methodist website (<http://www.umc.org/topics/topic-lent-and-easter>):

*During Lent, we enter into a season of preparation, self-reflection and repentance when we seek to literally “turn around” and realign our lives and focus toward God. It is a time to give up things as well as take on new life-giving practices, helping us rid ourselves of distractions and our own selfish desires. By doing so, we seek to live and love as more faithful disciples of Jesus Christ.*

This booklet will help you process all that. It will help you decide to give something up, as well as help you take up a new practice: daily devotions!

This devotional will help walk you through Lent, introducing you quickly to some of the holidays.

We also want to take the opportunity to model the theme so that you and your parents can talk about similar things. This year our theme is MOUNTAINS. We'll talk about:

- **FASTING** on the mountain
- **FAITH** on the mountain
- **TEMPATION** on the mountain
- **SERVICE** on the mountain
- **REST** on the mountain
- **TRANSFORMATION** on the mountain
- And lastly, we'll walk you through Holy Week.

The Mountains theme is weaved in everything in this booklet—but we'll focus on what it means to have “mountaintop” experiences in our faith. You know how sometimes we talk about the “highs and lows” of our day? Well, have you ever thought about having *spiritual* highs and lows?

This Lenten season, I want you to think about what it might look like to have a spiritual high and avoid some of the lows that seem to trip our faith up.

### ABOUT THIS DEVO

Each week, there is ONE lesson and FIVE devos (meaning you get one day off on Sunday, when you go to church!). You can either do the lessons on Wednesdays by yourself, or do them at [\[your youth ministry name\]](#) with the rest of the group!

In each day's devo, there are FOUR parts—S.O.A.P.:

Scripture: Read the Scripture.

Observations: What do you see?

Application: What do you think this means?

Prayer: Write a prayer to God.





## Week One: Fasting on the Mountain

Today is **ASH WEDNESDAY**, which is the day that we officially begin Lent. On Ash Wednesday, we recognize the sadness that comes with the Lent season. We use it as a time to recognize that every single human dies.

Death—that’s a rough concept, right? Have you ever been to a funeral? Maybe you’ve even had someone close to you die? It’s a sad, sad occasion. Sometimes, Ash Wednesday feels like a funeral service, but it’s kind of for yourself. This is the verse we read at Ash Wednesday:

### **Genesis 3:19**

*By the sweat of your brow  
will you have food to eat  
until you return to the ground  
from which you were made.  
For you were made from dust,  
and to dust you will return.*

Then, after we read this verse, we are given the “Imposition of Ashes” on our foreheads by our pastors. They say to us, “From ashes to ashes,” or, “Repent and believe the gospel.”

We are given the ashes to remind us that we are mortal. At some point, we will die. Why do we need the reminder that we’re all going to die? That’s not very uplifting.

But the beautiful thing is, at the end of this 40 days, we’ll celebrate that Jesus died on the cross so that we don’t have to die forever. And while today is a “sad day” on the Christian calendar, sadness does not last forever.

This week is all about remembering the sacrifice that Jesus made for us. One of the most common practices of Lent is to give up something in honor of the sacrifice that Jesus made for us. Many people give up chocolate, screen time, soda, or other things. Then, any time they have the craving for that thing, they take some to pray and thank Jesus for His sacrifice.

I encourage you to give up something this month. Yes, it stinks. It’s uncomfortable. And, at times, you’ll be sad. But a lot of other people will be doing it with you. This is a spiritual practice called *fasting*.

## **Some Questions for Reflection**

- 1. Google “fasting.” What did you learn?**
- 2. Why do you think people fast during *Lent*?**
- 3. What is something you’ll fast from?**
- 4. When you want that thing, what will you remind yourself?**
- 5. Write a simple prayer to God that you can read during Lent when you find yourself tempted to break your fast.**





**Thursday**

**SCRIPTURE: Matthew 4:1–4**

*1 Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry. 3 During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.” 4 But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”*

**OBSERVATION: Why do you think we model Jesus’s fasting for 40 days through Lent?**

**APPLICATION: What can you do when you’re tempted to break your fast?**

**PRAYER: Write a prayer to God.**

Friday

**SCRIPTURE: Matthew 6:16–18**

*16 “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.”*

**OBSERVATION:** Why do you think that we shouldn’t complain about our fasting?

**APPLICATION:** How can you maintain a happy spirit this Lenten season?

**PRAYER:** Write a prayer to God.





**Saturday**

**SCRIPTURE: Joel 2:12–14**

*12 That is why the Lord says,  
“Turn to me now, while there is time.  
Give me your hearts.  
Come with fasting, weeping, and mourning.  
13 Don’t tear your clothing in your grief,  
but tear your hearts instead.”  
Return to the Lord your God,  
for he is merciful and compassionate,  
slow to get angry and filled with unending love.  
He is eager to relent and not punish.  
14 Who knows? Perhaps he will give you a reprieve,  
sending you a blessing instead of this curse.  
Perhaps you will be able to offer grain and wine  
to the Lord your God as before.*

**OBSERVATION: How is fasting an act of the heart?**

**APPLICATION: How can your fasting reflect your heart?**

**PRAYER: Write a prayer to God.**

## Sunday

***Congrats! It's Sunday, which means it's the "Day of Rest." If you're eager, use this page for sermon notes on Sunday morning, to doodle in, to make up your own devo, or to write a prayer to God in! Or skip ... it's your choice.***

**What were your "highs" and "lows" this week?**





**Monday**

**SCRIPTURE: 1 Corinthians 10:31**

*So, whether you eat or drink, or whatever you do, do all to the glory of God.*

**OBSERVATION: What do you think this means?**

**APPLICATION: How can you honor God in everything that you do, even in the simple things?**

**PRAYER: Write a prayer to God.**

Tuesday

**SCRIPTURE: James 4:7–10**

*7 So humble yourselves before God. Resist the devil, and he will flee from you. 8 Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. 9 Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. 10 Humble yourselves before the Lord, and he will lift you up in honor.*

**OBSERVATION:** We fast during Lent to acknowledge that we need a change in our hearts. How does fasting help that?

**APPLICATION:** Where do you need a change of heart?

**PRAYER:** Write a prayer to God.





## Week Two: Faith on the Mountain

In faith, we often talk about having “mountaintop” experiences—which is why all of our stories this season about Jesus on the mountaintop!

To have a “mountaintop” experience means that you experience something that moves you in a way that you’ve never experienced before. Often, mountaintop experiences happen at camp, on mission trips, or at retreats—something that you learned or sang or experienced impacts you in a way you never expected. And it’s *amazing*. It’s a spiritual high.

Usually, a spiritual high comes after a spiritual low in our life. One of the best examples of this in the Bible is when it happens to Peter—right next to a mountain.

### **Matthew 14:22–33**

**22** Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. **23** And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, **24** but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. **25** And in the fourth watch of the night he came to them, walking on the sea. **26** But when the disciples saw him walking on the sea, they were terrified, and said, “It is a ghost!” and they cried out in fear. **27** But immediately Jesus spoke to them, saying, “Take heart; it is I. Do not be afraid.”

**28** And Peter answered him, “Lord, if it is you, command me to come to you on the water.” **29** He said, “Come.” So Peter got out of the boat and walked on the water and came to Jesus. **30** But when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” **31** Jesus immediately reached out his hand and took hold of him, saying to him, “O you of little faith, why did you doubt?” **32** And when they got into the boat, the wind ceased. **33** And those in the boat worshiped him, saying, “Truly you are the Son of God.”

Talk about a mountaintop experience! Jesus is off resting and the disciples are at sea, when a storm comes. The disciples fear that they are going to die, and then, they see a *ghost!* Then they realize that it’s not a ghost—it’s Jesus. And Jesus walks on water through the stormy waters to come rescue them.

**As if that's not crazy enough of an experience, Peter jumps into the water to join him ... and sinks as soon as he takes his eyes off of Jesus. Peter *almost* succeeds at doing an impossible thing, but as soon as he takes his eyes off of Jesus, he sink. Fortunately, Jesus is there to save him.**

### **Some Questions for Reflection**

- 1. Have you ever had a mountaintop experience? What was it like?**
- 2. How would it change your faith if you watched Jesus walk on water through a storm to save you?**
- 3. Peter jumped into the water, but he sunk when he took his eyes off Jesus. Why is it important to focus on Jesus in our faith?**
- 4. How do you think Peter's faith changed after this experience?**
- 5. Write a prayer to God, asking Him for an experience that might help you grow your faith through an experience where you encounter Him unexpectedly.**





Thursday

**SCRIPTURE: Matthew 17:14–20**

*14 At the foot of the mountain, a large crowd was waiting for them. A man came and knelt before Jesus and said, 15 “Lord, have mercy on my son. He has seizures and suffers terribly. He often falls into the fire or into the water. 16 So I brought him to your disciples, but they couldn’t heal him.”*

*17 Jesus said, “You faithless and corrupt people! How long must I be with you? How long must I put up with you? Bring the boy here to me.” 18 Then Jesus rebuked the demon in the boy, and it left him. From that moment the boy was well.*

*19 Afterward the disciples asked Jesus privately, “Why couldn’t we cast out that demon?”*

*20 “You don’t have enough faith,” Jesus told them. “I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, ‘Move from here to there,’ and it would move. Nothing would be impossible.”*

**OBSERVATION:** What do you think it means for faith to “move mountains”?

**APPLICATION:** What kind of “mountains” do you think you could move with your faith if you believed enough?

**PRAYER:** Write a prayer to God.

Friday

**SCRIPTURE: Mark 11:23–25**

*23 Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. 24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. 25 And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”*

**OBSERVATION: How does prayer “move mountains”?**

**APPLICATION: Do you have a tough time believing that your prayers will come true? What is one prayer that you want God to answer?**

**PRAYER: Write a prayer to God.**





**Saturday**

**SCRIPTURE: Psalm 90:1–2**

*1 Lord, you have been our dwelling place  
in all generations.  
2 Before the mountains were brought forth,  
or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.*

**OBSERVATION: Why did this psalmist include the mountains in his song to God?**

**APPLICATION: How can you be encouraged by this song?**

**PRAYER: Write a prayer to God.**

## | Sunday

***Congrats! It's Sunday, which means it's the "Day of Rest." If you're eager, use this page for sermon notes on Sunday morning, to doodle in, to make up your own devo, or to write a prayer to God in! Or skip ... it's your choice.***

**What were your "highs" and "lows" this week?**





Monday

**SCRIPTURE: Isaiah 52:7**

*How beautiful upon the mountains  
are the feet of him who brings good news,  
who publishes peace, who brings good news of happiness,  
who publishes salvation,  
who says to Zion, "Your God reigns."*

**OBSERVATION: What kind of person is this verse describing?**

**APPLICATION: Choose one of the descriptions in the verse. How can you be like that today?**

**PRAYER: Write a prayer to God.**

**Tuesday**

**SCRIPTURE: Hebrews 11:1–3**

*11 Now faith is the assurance of things hoped for, the conviction of things not seen. 2 For by it the people of old received their commendation. 3 By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.*

**OBSERVATION: What is faith?**

**APPLICATION: How can you have faith, even when things are invisible or unseen?**

**PRAYER: Write a prayer to God.**





## Week Three: Tempted on the Mountain

Last week, we read what it's like to have a mountaintop experience, or a spiritual "high." But sometimes when we have those mountaintop experiences, we also experience *lows*. Last week, we read about how Peter was so moved by seeing Jesus walk on the water that he, too, wanted to jump out in the water. But it didn't take long for Peter to become distracted by life and sink in the water.

We call distractions from faith *temptations*. A temptation is simply anything that distracts you from doing the right thing or from following God.

Did you know that Jesus was tempted, too? We read a snippet of that verse in our very first Devo of Lent! Let's read the whole story again:

### **Matthew 4:1–11**

**1** Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. **2** For forty days and forty nights he fasted and became very hungry.

**3** During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."

**4** But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone,

but by every word that comes from the mouth of God.'"

**5** Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, **6** and said, "If you are the Son of God, jump off! For the Scriptures say, 'He will order his angels to protect you.

And they will hold you up with their hands

so you won't even hurt your foot on a stone.'"

**7** Jesus responded, "The Scriptures also say, 'You must not test the Lord your God.'"

**8** Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. **9** "I will give it all to you," he said, "if you will kneel down and worship me."

**10** "Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the Lord your God and serve only him.'"

**11** Then the devil went away, and angels came and took care of Jesus.

The idea of Lent is based on the 40 days that Jesus fasted in the wilderness. Whenever you fast from something, it's easy to find yourself tempted to break that fast. And for Jesus, it was no different! Jesus was tempted to break His fast.

**What's cool about this story is that Jesus resisted temptation *three times*—and after He resisted temptation three times, God sent angels there to care for Him and His needs.**

### **Some Questions for Reflection**

- 1. How do you think it would have impacted Jesus's story if He had given into temptation?**
- 2. How does it change your view of Jesus to know that He was tempted, just like us?**
- 3. A *temptation* is simply anything that distracts you from doing the right thing, or that distracts you from following God. You can be tempted to follow the wrong friends, to watch shows or listen to music you know you're not supposed to, to disobey your parents, and more. What tempts you?**
- 4. Write a prayer to God, asking Him to help you with temptation.**





Thursday

**SCRIPTURE: Exodus 20:1–17 (The Ten Commandments)**

*1 Then God gave the people all these instructions:*

*2 “I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery.*

*3 “You must not have any other god but me.*

*4 “You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. 5 You must not bow down to them or worship them ...*

*7 “You must not misuse the name of the Lord your God...*

*8 “Remember to observe the Sabbath day...*

*12 “Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.*

*13 “You must not murder.*

*14 “You must not commit adultery.*

*15 “You must not steal.*

*16 “You must not testify falsely against your neighbor.*

*17 “You must not covet your neighbor’s house...anything else that belongs to your neighbor.”*

**OBSERVATION: What are the Ten Commandments, in your own words?**

**APPLICATION: Which commandment is the toughest for you to follow?**

**PRAYER: Write a prayer to God.**

**SCRIPTURE: Exodus 23:1–8**

*1 When the people saw how long it was taking Moses to come back down the mountain, they gathered around Aaron. “Come on,” they said, “make us some gods who can lead us. We don’t know what happened to this fellow Moses, who brought us here from the land of Egypt.”*

*2 So Aaron said, “Take the gold rings from the ears of your wives and sons and daughters, and bring them to me.”*

*3 All the people took the gold rings from their ears and brought them to Aaron.*

*4 Then Aaron took the gold, melted it down, and molded it into the shape of a calf. When the people saw it, they exclaimed, “O Israel, these are the gods who brought you out of the land of Egypt!” ...*

*7 The Lord told Moses, “Quick! Go down the mountain! Your people whom you brought from the land of Egypt have corrupted themselves. 8 How quickly they have turned away from the way I commanded them to live! They have melted down gold and made a calf, and they have bowed down and sacrificed to it. They are saying, ‘These are your gods, O Israel, who brought you out of the land of Egypt.’”*

**OBSERVATION:** This story was right after God gave the Ten Commandments to Moses, except the Israelites were too impatient to wait for Moses. Why do you think the Israelites made a false God to follow?

**APPLICATION:** An idol is anything you place before God. What do you place before God at times?

**PRAYER:** Write a prayer to God.





## Saturday

### SCRIPTURE: James 1:2–8

*2 Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. 5 If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. 6 But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. 7 Such people should not expect to receive anything from the Lord. 8 Their loyalty is divided between God and the world, and they are unstable in everything they do.*

**OBSERVATION:** How can going through temptation strengthen your faith?

**APPLICATION:** What is something that you're going through right now that you think will grow you at the end of it?

**PRAYER:** Write a prayer to God.

## Sunday

***Congrats! It's Sunday, which means it's the "Day of Rest." If you're eager, use this page for sermon notes on Sunday morning, to doodle in, to make up your own devo, or to write a prayer to God in! Or skip ... it's your choice.***

**What were your "highs" and "lows" this week?**





**Monday**

**SCRIPTURE: Psalm 121:1–2**

*I look up to the mountains—  
does my help come from there?  
2 My help comes from the Lord,  
who made heaven and earth!  
3 He will not let you stumble;  
the one who watches over you will not slumber.  
4 Indeed, he who watches over Israel  
never slumbers or sleeps.*

**OBSERVATION: Draw a picture of how this verse makes you feel.**

**APPLICATION: The mountains are an image of the highs in our faith journey. How can remembering your mountaintop experiences help you when you're in a low?**

**PRAYER: Write a prayer to God.**

Tuesday

**SCRIPTURE: Isaiah 54:9–10**

*9 “Just as I swore in the time of Noah  
that I would never again let a flood cover the earth,  
so now I swear  
that I will never again be angry and punish you.  
10 For the mountains may move  
and the hills disappear,  
but even then my faithful love for you will remain.  
My covenant of blessing will never be broken,”  
says the Lord, who has mercy on you.*

**OBSERVATION: What is God’s promise in this passage?**

**APPLICATION: God won’t punish us when we give into temptation. How will that inspire you to live a more holy life?**

**PRAYER: Write a prayer to God.**





## Week Four: Serving on the Mountain

**Happy Wednesday! Welcome to the fourth week!**

**So far, we've talked about how Jesus fasted on the mountain, had faith on the mountain, and was tempted on the mountain. We've connected this to our own faith journey as we've sought to fast this month during Lent. We've thought about what it means to have spiritual highs and how to connect to our faith during lows, too.**

**This week we're talking about *serv*ing on the mountain. Jesus's life centered around mountains, and there are tons of stories of Him serving people on the mountainside.**

**In fact, the first big message that Jesus taught was something that we call the Sermon on the Mount.**

### **Matthew 5:3–9**

**3 *“God blesses those who are poor and realize their need for him,  
for the Kingdom of Heaven is theirs.***

**4 *God blesses those who mourn,  
for they will be comforted.***

**5 *God blesses those who are humble,  
for they will inherit the whole earth.***

**6 *God blesses those who hunger and thirst for justice,  
for they will be satisfied.***

**7 *God blesses those who are merciful,  
for they will be shown mercy.***

**8 *God blesses those whose hearts are pure,  
for they will see God.***

**9 *God blesses those who work for peace,  
for they will be called the children of God.***

**10 *God blesses those who are persecuted for doing right,  
for the Kingdom of Heaven is theirs.***

**It's interesting that Jesus's first sermon was about who is blessed—people in need of love. These are people who not only need to be served, but because of their humble hearts, they have the capacity in their hearts to serve others.**

**Jesus talks about people who think about others above themselves, who care about others, who get sad, who realize that they need God, who forgive others, and who care about doing what is right. He says that God will bless these people, for they don't just care about themselves—they care about others.**

### **Some Questions for Reflection**

- 1. What do you think it means to be “blessed”?**
- 2. *Who* do you usually think is blessed?**
- 3. Why do you think Jesus calls these kinds of people “blessed”?**
- 4. Why do you think people who are blessed bless others?**
- 5. Write a prayer to God, asking to be more like those who are described as *blessed* in this passage.**





Thursday

**SCRIPTURE: Luke 10:30–37**

*30 Jesus replied with a story: “A Jewish man was traveling from Jerusalem down to Jericho, and he was attacked by bandits. They stripped him of his clothes, beat him up, and left him half dead beside the road.*

*31 “By chance a priest came along. But when he saw the man lying there, he crossed to the other side of the road and passed him by. 32 A Temple assistant walked over and looked at him lying there, but he also passed by on the other side.*

*33 “Then a despised Samaritan came along, and when he saw the man, he felt compassion for him. 34 Going over to him, the Samaritan soothed his wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him. 35 The next day he handed the innkeeper two silver coins, telling him, ‘Take care of this man. If his bill runs higher than this, I’ll pay you the next time I’m here.’*

*36 “Now which of these three would you say was a neighbor to the man who was attacked by bandits?” Jesus asked.*

*37 The man replied, “The one who showed him mercy.”  
Then Jesus said, “Yes, now go and do the same.”*

**OBSERVATION:** What does *mercy* mean in this story?

**APPLICATION:** Who can you show mercy to?

**PRAYER:** Write a prayer to God.

Friday

**SCRIPTURE: Matthew 25:35–40**

*35 “For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. 36 I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.”*

*37 “Then these righteous ones will reply, ‘Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? 38 Or a stranger and show you hospitality? Or naked and give you clothing? 39 When did we ever see you sick or in prison and visit you?’*

*40 “And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’”*

**OBSERVATION: How is serving people like serving Jesus?**

**APPLICATION: Who can you serve today?**

**PRAYER: Write a prayer to God.**





**Saturday**

**SCRIPTURE: Luke 14:12–14**

*12 Then he turned to his host. “When you put on a luncheon or a banquet,” he said, “don’t invite your friends, brothers, relatives, and rich neighbors. For they will invite you back, and that will be your only reward. 13 Instead, invite the poor, the crippled, the lame, and the blind. 14 Then at the resurrection of the righteous, God will reward you for inviting those who could not repay you.”*

**OBSERVATION: Why does Jesus say to invite these kinds of people?**

**APPLICATION: Think about your lunchroom. Who would be the people Jesus says to invite to your party? What could that look like?**

**PRAYER: Write a prayer to God.**

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**What were your "highs" and "lows" this week?**





Monday

**SCRIPTURE: Mark 10:42–45**

*42 So Jesus called them together and said, “You know that the rulers in this world lord it over their people, and officials flaunt their authority over those under them. 43 But among you it will be different. Whoever wants to be a leader among you must be your servant, 44 and whoever wants to be first among you must be the slave of everyone else. 45 For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”*

**OBSERVATION: What does it mean to you that a leader must be a servant?**

**APPLICATION: Who is someone you know who is both a leader *and* a servant? Why do you like to follow them?**

**PRAYER: Write a prayer to God.**

Tuesday

**SCRIPTURE: Luke 12:33–34**

*33 “Sell your possessions and give to those in need. This will store up treasure for you in heaven! And the purses of heaven never get old or develop holes. Your treasure will be safe; no thief can steal it and no moth can destroy it. 34 Wherever your treasure is, there the desires of your heart will also be.*

**OBSERVATION: What does giving to others in need say about your heart?**

**APPLICATION: If your treasures reflect your heart, what would you say that you treasure?**

**PRAYER: Write a prayer to God.**





## Week Five: Resting on the Mountain

I recently saw a meme that I related to on an existential level: “Daniel slept in a lion’s den. Peter slept in a prison. Jesus slept in a storm. No matter the circumstance, you can take a nap.”

Remember when you were little, and you would fight taking a nap? That was dumb. These days, most of us are so overscheduled and stretched that we would do anything for a nap!

The disciples were no different, and that brings us to this week’s story. Jesus sent off the disciples to go teach and perform miracles. They came back and told Jesus all about what they had done. They were exhausted. This is what happened next:

### **Mark 6:30–34**

*30 The apostles returned to Jesus from their ministry tour and told him all they had done and taught. 31 Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat. 32 So they left by boat for a quiet place, where they could be alone. 33 But many people recognized them and saw them leaving, and people from many towns ran ahead along the shore and got there ahead of them. 34 Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them because they were like sheep without a shepherd. So he began teaching them many things.*

Did you catch that? The disciples were exhausted, but the people who they served ran after them and demanded more of them. Life feels like that sometimes, right? You can’t seem to get away from all your responsibilities—they catch up with you and demand more out of you.

Jesus steps in like the real MVP He is and takes over for the disciples. He sends the disciples off to catch some rest, and Jesus takes over teaching the crowd.

I love this image, and I come back to it often when I’m feeling overwhelmed and exhausted. This passage reminds me that when I can’t do it anymore, Jesus is right there to take over and provide me with rest.

## **Some Questions for Reflection**

- 1. Why do you think Jesus provided rest for the disciples?**
- 2. What does it say about Jesus, that He stepped in and took over for the disciples?**
- 3. What exhausts or overwhelms you right now?**
- 4. How do you think God can help you with those things?**
- 5. Write a prayer to God, asking Him to help you with the things that make you feel overwhelmed and exhausted.**





Thursday

**SCRIPTURE: Psalm 95**

1 Come, let us sing to the Lord!  
Let us shout joyfully to the Rock of our salvation.  
2 Let us come to him with thanksgiving.  
Let us sing psalms of praise to him.  
3 For the Lord is a great God,  
a great King above all gods.  
4 He holds in his hands the depths of the earth  
and the mightiest mountains.  
5 The sea belongs to him, for he made it.  
His hands formed the dry land, too.

**OBSERVATION:** To be “a rock” means to be supportive and helpful when times are difficult. Who in your life is *a rock* for you?

**APPLICATION:** How can God be a *rock* for you?

**PRAYER:** Write a prayer to God.

Friday

**SCRIPTURE: Isaiah 40:28–31**

28 Have you never heard?  
Have you never understood?  
The Lord is the everlasting God,  
the Creator of all the earth.  
He never grows weak or weary.  
No one can measure the depths of his understanding.  
29 He gives power to the weak  
and strength to the powerless.  
30 Even youths will become weak and tired,  
and young men will fall in exhaustion.  
31 But those who trust in the Lord will find new strength.  
They will soar high on wings like eagles.  
They will run and not grow weary.  
They will walk and not faint.

**OBSERVATION:** What does this passage say about God? What does it say about those who trust in Him?

**APPLICATION:** What do you think “soaring high on wings like eagles” would look like for you?

**PRAYER:** Write a prayer to God.





**Saturday**

**SCRIPTURE: Psalm 4:6–8**

**6 Many people say, “Who will show us better times?”  
Let your face smile on us, Lord.  
7 You have given me greater joy  
than those who have abundant harvests of grain and new wine.  
8 In peace I will lie down and sleep,  
for you alone, O Lord, will keep me safe.**

**OBSERVATION: How does God give us better joy than anything else does?**

**APPLICATION: What does joy look like for you?**

**PRAYER: Write a prayer to God.**

## Sunday

***Congrats! It's Sunday, which means it's the "Day of Rest." If you're eager, use this page for sermon notes on Sunday morning, to doodle in, to make up your own devo, or to write a prayer to God in! Or skip ... it's your choice.***

**What were your "highs" and "lows" this week?**





**Monday**

**SCRIPTURE: Psalm 37:7–8**

**7 Be still in the presence of the Lord,  
and wait patiently for him to act.  
Don't worry about evil people who prosper  
or fret about their wicked schemes.**

**8 Stop being angry!  
Turn from your rage!  
Do not lose your temper—  
it only leads to harm.**

**OBSERVATION: What does this passage say to do when people are bothering you?**

**APPLICATION: Who are some of the people who distract you from resting in God?**

**PRAYER: Write a prayer to God.**

Tuesday

**SCRIPTURE: Matthew 11:28–30**

28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light.”

**OBSERVATION:** When this passage says “yoke,” it’s not talking about an egg *yolk*. It’s talking about what oxen wear on their back in order to pull wagons. Knowing that, what do you think this passage mean?

**APPLICATION:** What are some burdens or concerns you have that you’d like God to help you carry?

**PRAYER:** Write a prayer to God.





## Week Six: Transformed on the Mountain

So far in Lent, we've talked about fasting, faith, temptation, service, and rest. We're now nearing the end of our Lenten series.

Go back to the first page, and read what Lent is all about ... did you catch it? Lent is a time when we *turn around* from the way that we were "before" and transform into a new person. On Ash Wednesday, we celebrated our mortal death, and now we will begin to look forward to the day when Jesus gives us eternal life.

Transformation is what Lent is *all about*. This week, we're going to read about a really weird transformation that Jesus had while on a mountain. The story starts with Jesus taking His closest disciples up to the mountain to rest (like we talked about last week).

### **Matthew 17:1–8**

***1 Six days later Jesus took Peter and the two brothers, James and John, and led them up a high mountain to be alone. 2 As the men watched, Jesus' appearance was transformed so that his face shone like the sun, and his clothes became as white as light. 3 Suddenly, Moses and Elijah appeared and began talking with Jesus.***

***4 Peter exclaimed, "Lord, it's wonderful for us to be here! If you want, I'll make three shelters as memorials—one for you, one for Moses, and one for Elijah."***

***5 But even as he spoke, a bright cloud overshadowed them, and a voice from the cloud said, "This is my dearly loved Son, who brings me great joy. Listen to him." 6 The disciples were terrified and fell face down on the ground.***

***7 Then Jesus came over and touched them. "Get up," he said. "Don't be afraid."***

***8 And when they looked up, Moses and Elijah were gone, and they saw only Jesus.***

Whoa. What just happened?

Jesus was *transfigured*. To be transfigured means to have a complete change of form or appearance into a more beautiful state. Transfiguration comes from the

same word that *metamorphosis* comes from—like a caterpillar turning into a butterfly or a tadpole turning into a frog.

But Jesus didn't turn into a completely different being—he just got really, really bright. And he began talking with two Old Testament greats: Moses and Elijah!

Why? What does this mean? The transfiguration was a sign to His disciples that He was exactly who He said He was: the Son of God. Shining bright was a sign that He was divine, and being met by the heroes of the faith and God's voice proved that Jesus was more than just your average miracle worker: He was the source of creation.

We transform too, but not quite like Jesus did: the more we walk in faith, the more we transform and become like Jesus. In fact, that's what "Christian" means: follower of Christ.

### Some Questions for Reflection

1. Why do you think Jesus was *transfigured* in front of His disciples?
2. Why is it important that we transform to look more like Jesus?
3. Think about someone you follow: a coach, teacher, pastor, parent, etc. How have you become more like them?
4. Which characteristics of Jesus do you hope to become more like?
5. Write a prayer to God, asking to become more like Jesus.





Thursday

**SCRIPTURE: Galatians 5:19–26**

19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, 20 idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, 21 envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. 22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. 25 Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. 26 Let us not become conceited, or provoke one another, or be jealous of one another.

**OBSERVATION:** Who we follow impacts how we act. List out the characteristics we might gain if we follow our friends.

**APPLICATION:** There were nine “fruit of the Spirit” mentioned. Which of the fruit are easy for you? Which are difficult for you?

**PRAYER:** Write a prayer to God.

Friday

**SCRIPTURE: Psalm 51:10–12**

10 Create in me a clean heart, O God.  
Renew a loyal spirit within me.  
11 Do not banish me from your presence,  
and don't take your Holy Spirit from me.  
12 Restore to me the joy of your salvation,  
and make me willing to obey you.

**OBSERVATION: What does a “clean heart” look like?**

**APPLICATION: How would a “clean heart” give you more joy?**

**PRAYER: Write a prayer to God.**





**Saturday**

**SCRIPTURE: Romans 5:1–5**

**1 Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.**

**2 Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God’s glory.**

**3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. 4 And endurance develops strength of character, and character strengthens our confident hope of salvation. 5 And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.**

**OBSERVATION: What “privilege” do we have because of God’s love?**

**APPLICATION: How does going through the lows in life lead to better character?**

**PRAYER: Write a prayer to God.**

## Sunday

***Congrats! It's Sunday, which means it's the "Day of Rest." If you're eager, use this page for sermon notes on Sunday morning, to doodle in, to make up your own devo, or to write a prayer to God in! Or skip ... it's your choice.***

**What were your "highs" and "lows" this week?**





**Monday**

**SCRIPTURE: 2 Corinthians 5:16–17**

**16 So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! 17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!**

**OBSERVATION: How might we see Jesus from a “human point of view”?**

**APPLICATION: How might the way you see Jesus change, the more you follow Him?**

**PRAYER: Write a prayer to God.**

**Tuesday**

**SCRIPTURE: Romans 12:2**

**2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.**

**OBSERVATION: What "behaviors of the world" does God not want you to follow?**

**APPLICATION: Which of those behaviors do you struggle with? How might you need to transform?**

**PRAYER: Write a prayer to God.**





We're here! *Holy Week*. Holy Week is what we call the week leading up to Easter. We started the season off with a holy holiday, and this week we have two more—*plus* Easter Sunday!

Let's dig right into the very beginning of Holy Week, when Jesus came into Jerusalem for a week that would change all of eternity:

**Matthew 21**

**1** *As Jesus and the disciples approached Jerusalem, they came to the town of Bethphage on the Mount of Olives. Jesus sent two of them on ahead. 2 "Go into the village over there," he said. "As soon as you enter it, you will see a donkey tied there, with its colt beside it. Untie them and bring them to me. 3 If anyone asks what you are doing, just say, 'The Lord needs them,' and he will immediately let you take them."*

**4** *This took place to fulfill the prophecy that said,*

**5** *"Tell the people of Jerusalem,  
'Look, your King is coming to you.  
He is humble, riding on a donkey—  
riding on a donkey's colt.'"*

**6** *The two disciples did as Jesus commanded. 7 They brought the donkey and the colt to him and threw their garments over the colt, and he sat on it.*

**8** *Most of the crowd spread their garments on the road ahead of him, and others cut branches from the trees and spread them on the road. 9 Jesus was in the center of the procession, and the people all around him were shouting,*

*"Praise God for the Son of David!  
Blessings on the one who comes in the name of the Lord!  
Praise God in highest heaven!"*

**10** *The entire city of Jerusalem was in an uproar as he entered. "Who is this?" they asked.*

**11** *And the crowds replied, "It's Jesus, the prophet from Nazareth in Galilee."*

**The first day of Holy Week is exciting. Jesus marches into Jerusalem, riding a donkey. People lay down their clothes and palm leaves on the ground to make a path for Jesus.**

**Amazing picture, right?**

**Those same people who are welcoming Him in are the same people who will crucify Him later in the week. That might seem like a morbid thought, but Holy Week is designed to show us that we're the exact same way: at times, we do a great job of remembering Jesus on our mountaintop highs. But whenever we're faced with a low, we either lash out against God or forget Him altogether.**

**I encourage you to check out the Holy Week services this week, especially Maundy Thursday and Good Friday. On Maundy Thursday, we will re-enact Jesus's last evening with Communion (in the same style that Jesus served it) and foot washing (Jesus's final act of service before going to the cross). Good Friday services walk you through the last seven phrases that Jesus said before surrendering his life. As you go to the services, make sure to check out the "Stations of the Cross" in the narthex!**

### **Some Questions for Reflection**

- 1. Why do you think we have the practices of acting out Jesus's last week on Earth?**
  
  
  
  
  
  
  
  
  
  
- 2. The same people who welcomed Jesus later asked for His death. Do you sometimes find yourself blaming God when you experience lows?**
  
  
  
  
  
  
  
  
  
  
- 3. Write a prayer to God, asking for forgiveness.**





## Maundy Thursday

### **SCRIPTURE: Mark 14:16–26**

**16** So the two disciples went into the city and found everything just as Jesus had said, and they prepared the Passover meal there.

**17** In the evening Jesus arrived with the Twelve. **18** As they were at the table eating, Jesus said, “I tell you the truth, one of you eating with me here will betray me.”

**19** Greatly distressed, each one asked in turn, “Am I the one?” ...

**22** As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take it, for this is my body.”

**23** And he took a cup of wine and gave thanks to God for it. He gave it to them, and they all drank from it. **24** And he said to them, “This is my blood, which confirms the covenant between God and his people. It is poured out as a sacrifice for many. **25** I tell you the truth, I will not drink wine again until the day I drink it new in the Kingdom of God.”

**26** Then they sang a hymn and went out to the Mount of Olives.

**OBSERVATION:** Why do you think Jesus told the disciples—in the middle of a celebration—that one of them would betray Him?

**APPLICATION:** Even though Jesus knew that someone close to Him would betray Him, He still died for that person. What does this say about Jesus?

**PRAYER:** Write a prayer to God.

## Good Friday

### **SCRIPTURE: Matthew 25:35–54**

35 After they had nailed him to the cross, the soldiers gambled for his clothes by throwing dice. 36 Then they sat around and kept guard as he hung there. 37 A sign was fastened above Jesus' head, announcing the charge against him. It read: "This is Jesus, the King of the Jews." 38 Two revolutionaries were crucified with him, one on his right and one on his left.

39 The people passing by shouted abuse, shaking their heads in mockery. 40 "Look at you now!" they yelled at him.

42 "He saved others," they scoffed, "but he can't save himself!

50 Then Jesus shouted out again, and he released his spirit. 51 At that moment the curtain in the sanctuary of the Temple was torn in two, from top to bottom. The earth shook, rocks split apart, 52 and tombs opened.

54 The Roman officer and the other soldiers at the crucifixion were terrified by the earthquake and all that had happened. They said, "This man truly was the Son of God!"

**OBSERVATION:** Why did the people realize that Jesus was God after His death? What happened?

**APPLICATION:** What did you feel as you read this passage? How might reading about Jesus's final moments change you?

**PRAYER:** Write a prayer to God.





## Holy Saturday

**SCRIPTURE: Luke 23:50–56**

50 Now there was a good and righteous man named Joseph. He was a member of the Jewish high council, 51 but he had not agreed with the decision and actions of the other religious leaders. He was from the town of Arimathea in Judea, and he was waiting for the Kingdom of God to come. 52 He went to Pilate and asked for Jesus' body. 53 Then he took the body down from the cross and wrapped it in a long sheet of linen cloth and laid it in a new tomb that had been carved out of rock. 54 This was done late on Friday afternoon, the day of preparation, as the Sabbath was about to begin.

55 As his body was taken away, the women from Galilee followed and saw the tomb where his body was placed. 56 Then they went home and prepared spices and ointments to anoint his body. But by the time they were finished the Sabbath had begun, so they rested as required by the law.

**OBSERVATION:** There's nothing written about the day between Jesus's death and His resurrection, because that was their day of rest. What do you think that day looked like?

**APPLICATION:** What would you have felt? What would you have done that day?

**PRAYER:** Write a prayer to God.

## Easter Sunday

***Congrats! It's Sunday, which means it's the "Day of Rest." If you're eager, use this page for sermon notes on Sunday morning, to doodle in, to make up your own devo, or to write a prayer to God in! Or skip ... it's your choice.***

**What were your "highs" and "lows" this week?**





## After Lent: Go Tell it on the Mountain

Lent lasts for 40 days. 40 days after Jesus rose from the dead, He ascended into Heaven. As if rising from the dead weren't miraculous enough—He literally rose into Heaven!

But He left some last words for His disciples—on a mountain, of course:

**Matthew 28:16–20**

*16 Then the eleven disciples left for Galilee, going to the mountain where Jesus had told them to go. 17 When they saw him, they worshiped him—but some of them doubted!*

*18 Jesus came and told his disciples, “I have been given all authority in heaven and on earth. 19 Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. 20 Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”*

Jesus's last words to His disciples were commanding them to go tell people about what they had seen and witnessed the past few years with Him.

This, of course, what the song *Go Tell It on the Mountain* is about. Because Jesus's last words were to “go tellm” and He was on a mountain ... get it?

Why would that be Jesus's last commandment to us? This Lenten season, we've talked about how following God can transform us and give us some really amazing highs. And even when we experience lows, God is there to help us through them.

Our purpose as Christians is not to keep this hope to ourselves but to tell others about it so that they, too, might have hope.

### Some Questions for Reflection

1. Why do you think Jesus's last words were to share about Him with the world?

**2. What have you learned during this Lenten season?**

**3. How could you share what you've learned during Lent with others?**

**4. How did you do with fasting? What did you learn about yourself?**

**5. How did you like having a daily devotion time? Do you think you'll continue after Lent?**

*When I am a seeker,  
I seek both night and day;  
I seek the Lord to help me,  
And He shows me the way:  
Go, tell it on the mountain,  
Over the hills and everywhere;  
Go, tell it on the mountain  
That Jesus Christ is born.*

