

My Dear Church:

LENT 2026 WEEK 1

The way is open. Come near without fear!

ACCESS & RECONCILIATION: Read Hebrews 10:19-22.

DAILY RHYTHM (ASH WEDNESDAY–SATURDAY)

Each day follows the same simple pattern:

1. Read the Scripture.
2. Sit in silence for five minutes.
3. Speak the Gospel declaration aloud.

WEEKLY RHYTHM

Each week ends with two final practices: *Words that No Longer Define You* and an *End-of-Week Invitation*. We encourage you to add this to your Daily Rhythm on Saturdays as you prepare for worship on Sunday.

Day 1

WEDNESDAY: The Door is Open

SCRIPTURE: Read Hebrews 10:19.

REFLECTION PROMPT: What emotions surface when you think about approaching God?

SILENCE: For the next five minutes, sit quietly before the Lord. Because of the cross of Christ, you are welcomed into His presence.

GOSPEL DECLARATION: *In Christ, I have confidence to come near to God without fear.*

Day 2

THURSDAY: No Fear of Rejection

SCRIPTURE: Read John 6:35-37.

REFLECTION PROMPT: Where do you still fear rejection from God or from others?

SILENCE: For the next five minutes, sit silently before the Lord. Because of the cross of Christ, you stand secure in His grace. There is nothing you can confess that would make God recoil from you.

GOSPEL DECLARATION: *In Christ, I have confidence to come near to God without fear.*

Day 3

FRIDAY: A New and Living Way

SCRIPTURE: Read Hebrews 10:19-20.

REFLECTION PROMPT: How does knowing that Christ opened a new and living way back to God through His death and resurrection change how you approach God today?

SILENCE: For the next five minutes, quietly rest in the truth that because of the cross of Christ, you have loving, secure, and immediate access to your Savior-King.

GOSPEL DECLARATION: *In Christ, I have confidence to come near to God without fear.*

Day 4

SATURDAY: A Cleansed Conscience

SCRIPTURE: Read Hebrews 10:19-22.

REFLECTION PROMPT: What sin or failure do you keep revisiting that God has already forgiven?

SILENCE: For the next five minutes, sit with your hands open before God. Because of the cross of Christ, you are no longer dirty, distant, or disqualified. You are now clean and welcomed into His presence.

GOSPEL DECLARATION: *In Christ, I have confidence to come near to God without fear.*

SUNDAY: Worship and Rest

GOSPEL DECLARATION: *In Christ, I have confidence to come near to God without fear.*

Words That No Longer Define You

Words

Excluded

PRACTICE: Cross out the word *Excluded*.

WRITE IN ITS PLACE: *Welcomed* (Read Hebrews 10:19-22).

End-of-Week Invitation

As you reflect on worshipping together on Sunday, ask: *What would it look like to live this coming week as someone who truly has access to God?*

ACCESS & RECONCILIATION

*My Dear Church:
The way is open.
Come near without fear!*

FAMILY LENTEN TABLE CARD WEEK

READ SCRIPTURE: Hebrews 10:19-22

GOSPEL DECLARATION (say together): *In Christ, we can come near to God without fear.*

DISCUSSION QUESTION: What helps you feel brave?

PRAYER (children can lead): *Jesus, thank You for welcoming us. Help us remember that You have made us family through Your cross. Amen.*