

My Beloved Bride:

LENT 2026 WEEK 2

You have been bought with a price and made alive.

**REDEMPTION & REGENERATION:** Read Ephesians 1:7-10.

**DAILY RHYTHM (MONDAY–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 5

**MONDAY: Redeemed by Blood**

**SCRIPTURE:** Read Ephesians 1:7-10.

**REFLECTION PROMPT:** What sins are you still trying to pay for instead of resting in Christ's finished work?

**SILENCE:** For the next five minutes, remember the cost of your redemption. Because of the cross of Christ, your freedom has been completely secured.

**GOSPEL DECLARATION:** *In Christ, I have been redeemed and made alive.*

Day 6

**TUESDAY: Forgiven, Not Overlooked**

**SCRIPTURE:** Read Colossians 1:13-14.

**REFLECTION PROMPT:** Do you believe your forgiveness is complete or conditional?

**SILENCE:** For the next five minutes, rest in the truth that forgiveness flows from Christ's finished work, not your incomplete effort. Because of the cross of Christ, you are not merely tolerated. You are loved.

**GOSPEL DECLARATION:** *In Christ, I have been redeemed and made alive.*

Day 7

**WEDNESDAY: Passed from Death to Life**

**SCRIPTURE:** Read John 5:24.

**REFLECTION PROMPT:** Where do you still live as though you are under judgment?

**SILENCE:** For the next five minutes, sit with the promise of eternal life. Because of the cross of Christ, sin and death no longer define your story.

**GOSPEL DECLARATION:** *In Christ, I have been redeemed and made alive.*

Day 8

## THURSDAY: Made New

**SCRIPTURE:** Read 2 Corinthians 5:17.

**REFLECTION PROMPT:** What aspects of your old identity do you keep returning to?

**SILENCE:** For the next five minutes, meditate on this truth: Because of the cross of Christ, you are not who you once were.

**GOSPEL DECLARATION:** *In Christ, I have been redeemed and made alive.*

Day 9

## FRIDAY: No Longer Enslaved

**SCRIPTURE:** Read Romans 6:6-11.

**REFLECTION PROMPT:** What sin in your life feels stronger than His grace?

**SILENCE:** For the next five minutes, remember who truly rules your life. Because of the cross of Christ, sin no longer has authority over you.

**GOSPEL DECLARATION:** *In Christ, I have been redeemed and made alive.*

Day 10

## SATURDAY: Made Alive Together

**SCRIPTURE:** Ephesians 2:4-10.

**REFLECTION PROMPT:** How does remembering that salvation is God's initiative change how you live?

**SILENCE:** For the next five minutes, rest in His mercy. Because of the cross of Christ, you were made alive when you could not save yourself.

**GOSPEL DECLARATION:** *In Christ, I have been redeemed and made alive.*

## SUNDAY: Worship and Rest

**GOSPEL DECLARATION:** *In Christ, I have been redeemed and made alive.*

## Words That No Longer Define You

Words

*Enslaved*

**PRACTICE:** Cross out the word *Enslaved*.

**WRITE IN ITS PLACE:** *Redeemed and Alive* (Read Ephesians 1:7-10; 2:4-5).

## 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 believes they have been redeemed and made alive?*

## REDEMPTION & REGENERATION

*My Beloved Bride:  
You have been bought with  
a price and made alive.*

# FAMILY LENTEN TABLE CARD **WEEK 2**

**READ SCRIPTURE:** Ephesians 1:7-10

**GOSPEL DECLARATION** (say together): *In Christ, we have been rescued and given new life.*

**DISCUSSION QUESTION:** What does it mean to be helped when you can't help yourself?

**PRAYER** (children can lead): *Jesus, thank You for rescuing us and giving us new life. We belong to You. Amen.*