

My Holy People:

There is nothing left to hide. Your guilt is gone!

LENT 2026 WEEK 3

FORGIVENESS & CONDEMNATION REMOVED: Read Colossians 2:13-14.

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 11

MONDAY: The Record Is Destroyed

SCRIPTURE: Read Colossians 2:13-14.

REFLECTION PROMPT: What accusation against you feels the most persistent or believable?

SILENCE: For the next five minutes, picture the written record of your sins nailed to the cross with Christ. Because of the cross of Christ, the debt that once stood against you has been canceled and destroyed.

GOSPEL DECLARATION: *In Christ, my guilt is gone and I no longer have to hide.*

Day 12

TUESDAY: No Condemnation Remains

SCRIPTURE: Read Romans 8:1.

REFLECTION PROMPT: Where do you struggle with the enemy's accusing voice of condemnation?

SILENCE: For the next five minutes, sit quietly before God. Because of the cross of Christ, your condemnation has been removed.

GOSPEL DECLARATION: *In Christ, my guilt is gone and I no longer have to hide.*

Day 13

WEDNESDAY: Sin Is Covered

SCRIPTURE: Read Psalm 32:1-2.

REFLECTION PROMPT: What part of your life do you most want to hide?

SILENCE: For the next five minutes, remain still before the Lord. Because of the cross of Christ, your shame has been removed and your sin forgiven.

GOSPEL DECLARATION: *In Christ, my guilt is gone and I no longer have to hide.*

Day 14

THURSDAY: Confession Without Fear

SCRIPTURE: Read 1 John 1:5-10.

REFLECTION PROMPT: What would honest confession look like if you trusted God's promise to forgive and cleanse?

SILENCE: For the next five minutes, confess quietly before God. Do not rush or soften the truth. Because of the cross of Christ, forgiveness and cleansing are promised, not withheld.

GOSPEL DECLARATION: *In Christ, my guilt is gone and I no longer have to hide.*

Day 15

FRIDAY: Remembered No More

SCRIPTURE: Read Hebrews 8:12.

REFLECTION PROMPT: Why do you continue to remember what God has chosen to forget?

SILENCE: For the next five minutes, release your sins into God's mercy. Because of the cross of Christ, your sins are remembered no more.

GOSPEL DECLARATION: *In Christ, my guilt is gone and I no longer have to hide.*

Day 16

SATURDAY: Fully Known, Fully Loved

SCRIPTURE: Psalm 103:10-14.

REFLECTION PROMPT: What about God's love feels hardest to believe?

SILENCE: For the next five minutes, remember His great love for you. Because of the cross of Christ, your sins have been removed as far as the east is from the west.

GOSPEL DECLARATION: *In Christ, my guilt is gone and I no longer have to hide.*

SUNDAY: Worship and Rest

GOSPEL DECLARATION: *In Christ, my guilt is gone and I no longer have to hide.*

Words That No Longer Define You

Words

Guilty

PRACTICE: Cross out the word *Guilty*.

WRITE IN ITS PLACE: *Forgiven* (Read Colossians 2:13-14).

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 nothing left to hide?*

**FORGIVENESS & CONDEMNATION
REMOVED**

*My Holy People:
There is nothing left to hide.
Your guilt is gone!*

FAMILY LENTEN TABLE CARD WEEK 3

READ SCRIPTURE: Colossians 2:13-14

GOSPEL DECLARATION (say together): *In Christ, our guilt is gone and we no longer have to hide.*

DISCUSSION QUESTION: Is it hard or easy to tell the truth when you've done something wrong? Why?

PRAYER (children can lead): *Jesus, thank You for forgiving us completely. Help us to not be afraid to be honest with You. Amen.*