

My Dear Family:

LENT 2026 WEEK 5

You stand clothed in a righteousness not your own.

JUSTIFICATION: Read Romans 5:1-2.

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 23

MONDAY: Declared Righteous

SCRIPTURE: Read Romans 5:1.

REFLECTION PROMPT: Where do you feel the most pressure to prove yourself?

SILENCE: For the next five minutes, rest in God's verdict. Because of the cross of Christ, you have been declared righteous by faith.

GOSPEL DECLARATION: *In Christ, I am righteous and at peace with God.*

Day 24

TUESDAY: Peace With God

SCRIPTURE: Read John 14:27.

REFLECTION PROMPT: Where does restlessness show up in your life?

SILENCE: For the next five minutes, let peace settle over you. Because of the cross of Christ, the hostility of your sin has been replaced with the peace of God.

GOSPEL DECLARATION: *In Christ, I am righteous and at peace with God.*

Day 25

WEDNESDAY: Standing in Grace

SCRIPTURE: Read Romans 5:2.

REFLECTION PROMPT: Where do you feel spiritually unstable?

SILENCE: For the next five minutes, picture yourself standing firmly in grace. Because of the cross of Christ, you are stabilized in His grace.

GOSPEL DECLARATION: *In Christ, I am righteous and at peace with God.*

Day 26

THURSDAY: Clothed, Not Exposed

SCRIPTURE: Read Zechariah 3:3-4.

REFLECTION PROMPT: What do you fear being exposed in your life?

SILENCE: For the next five minutes, picture yourself receiving clean clothes. Because of the cross of Christ, your shame has been replaced with His righteousness.

GOSPEL DECLARATION: *In Christ, I am righteous and at peace with God.*

Day 27

FRIDAY: Christ My Righteousness

SCRIPTURE: Read 1 Corinthians 1:30-31.

REFLECTION PROMPT: What do you rely on for a sense of worth?

SILENCE: For the next five minutes, exchange confidence in yourself with confidence in Christ. Because of the cross of Christ, you have everything you need in Him.

GOSPEL DECLARATION: *In Christ, I am righteous and at peace with God.*

Day 28

SATURDAY: Rejoicing in Hope

SCRIPTURE: Read Romans 5:11.

REFLECTION PROMPT: Where in your life does your joy feel fragile or distant?

SILENCE: For the next five minutes, rejoice in your relationship with the God of Hope. Because of the cross of Christ, your reconciliation is complete.

GOSPEL DECLARATION: *In Christ, I am righteous and at peace with God.*

SUNDAY: Worship and Rest

GOSPEL DECLARATION: *In Christ, I am righteous and at peace with God.*

Words That No Longer Define You

Words

Unworthy

PRACTICE: Cross out the word *Unworthy*.

WRITE IN ITS PLACE: *Righteous* (Read Romans 5:1-2).

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 are righteous and at peace with God because of Christ?*

JUSTIFICATION

*My Dear Family:
You stand clothed in a
righteousness not your own.*

FAMILY LENTEN TABLE CARD **WEEK** 5

READ SCRIPTURE: Romans 5:1-2

GOSPEL DECLARATION (say together): *In Christ, we are righteous and at peace with God.*

DISCUSSION QUESTION: Where in your life do you feel the most pressure to measure up?

PRAYER (children can lead): *Jesus, thank You for making us right with God. Help us rest in Your love. Amen.*