

My True Delight:

My wrath is satisfied and your debt is paid in full.

LENT 2026 WEEK 7

**PROPITIATION & SUBSTITUTION:** Read Isaiah 53:4-6.

**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 35

**MONDAY: He Bore Our Grief**

**SCRIPTURE:** Read Isaiah 53:4.

**REFLECTION PROMPT:** What weight (guilt, sorrow, fear, or shame) do you still carry like it was yours to bear?

**SILENCE:** For the next five minutes, sit quietly before God and imagine Christ bearing what you carry. Because of the cross of Christ, your griefs and sorrows have been laid upon Him.

**GOSPEL DECLARATION:** *In Christ, my debt is paid in full and death is not the end.*

Day 36

**TUESDAY: Struck in Our Place**

**SCRIPTURE:** Read Isaiah 53:5.

**REFLECTION PROMPT:** Where do you still expect to suffer punishment for what Christ has already endured?

**SILENCE:** For the next five minutes, sit with the truth of substitution. Because of the cross of Christ, He was pierced for your transgressions and crushed for your iniquities.

**GOSPEL DECLARATION:** *In Christ, my debt is paid in full and death is not the end.*

Day 37

**WEDNESDAY: The Cost of Love**

**SCRIPTURE:** Read Isaiah 53:4-6.

**REFLECTION PROMPT:** What do you underestimate about the cost of your salvation?

**SILENCE:** For the next five minutes, consider the weight Christ carried. Because of the cross of Christ, your debt has been paid in full.

**GOSPEL DECLARATION:** *In Christ, my debt is paid in full and death is not the end.*

Day 38

## MAUNDY THURSDAY: The Silent King

**SCRIPTURE:** Read Isaiah 53:7.

**REFLECTION PROMPT:** Where in your life do you make excuses for your sin?

**SILENCE:** For the next five minutes, meditate on Christ's silence as He took on our sin. Because of the cross of Christ, love does not defend itself, but instead sacrifices for us.

**GOSPEL DECLARATION:** *In Christ, my debt is paid in full and death is not the end.*

Day 39

## GOOD FRIDAY: It Is Finished

**SCRIPTURE:** Read John 19:30.

**REFLECTION PROMPT:** What do you still feel responsible to complete?

**SILENCE:** Today, sit longer if you are able. Say nothing. Because of the cross of Christ, everything necessary for your salvation has been accomplished.

**GOSPEL DECLARATION:** *In Christ, my debt is paid in full and death is not the end.*

Day 40

## HOLY SATURDAY: Waiting in Hope

**SCRIPTURE:** Lamentations 3:25-26.

**REFLECTION PROMPT:** What does it look like to wait without despair?

**SILENCE:** For the next five minutes, wait quietly before God. Because of the cross of Christ, even the silence of Holy Saturday is filled with hope.

**GOSPEL DECLARATION:** *In Christ, my debt is paid in full and death is not the end.*

## RESURRECTION SUNDAY: Worship and Celebrate

**GOSPEL DECLARATION:** *In Christ, my debt is paid in full and death is not the end.*

## Words That No Longer Define You

Words

*Indebted*

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

**WRITE IN ITS PLACE:** *Paid in Full* (Read Isaiah 53:4-6; Hebrews 9:12-15).

## End-of-Week Invitation

As you prepare for Resurrection Sunday, ask: *What would it look like to live as someone whose debt is truly paid, whose relationship with God is secure, and whose future glory is certain?*

## **PROPITIATION & SUBSTITUTION**

*My True Delight:  
My wrath is satisfied and  
your debt is paid in full.*

# FAMILY LENTEN TABLE CARD WEEK 7

**READ SCRIPTURE:** Isaiah 53:4-6

**GOSPEL DECLARATION** (say together): *In Christ, our debt is paid in full.*

**DISCUSSION QUESTION:** Why do you think Jesus was willing to give His life for us?

**PRAYER** (children can lead): *Jesus, thank You for loving us all the way to the cross. Help us trust You always. Amen.*