

02-22-26 FOR THE JOURNEY THIS WEEK

“[Lent] is set apart time: a time of spiritual stillness and reflection during which we gaze inward with undistracted honesty; a time when we see our selves and the repair they require, then get to work doing and being better...we must repent our sins by coming clean and getting right with God and one another.”

Dana Colley Corsello



Psalm 32 + Matthew 4:1-11

Questions for Reflection —

- What are your intentions for the Lenten season this year? What does it mean for you to keep a holy Lent? What will you do between now and Easter to grow in discipleship and deepen your relationship with God? To what spiritual practice(s) do you feel yourself particularly drawn in this season? What action or activity will bring you closer to God? From what habit, attitude or behavior might you refrain for the sake of following Jesus more closely?

- With what temptations do you struggle in your daily life? In what aspects of your life are you tempted to follow your desires rather than God’s desires for you? What are the things that draw your focus away from following the teachings of Jesus? What helps to keep you grounded in your faith when you encounter various temptations? In this season of spiritual accountability how will you make time and space for Introspection, reflection, and honest self-assessment?

- What wilderness times have you faced in your life? How did you experience God’s sustaining care during such times? How has your faith and reliance on God grown during wilderness seasons? What refreshes your soul or renews your spirit when you face a challenging “dry” time? Who in your life might be experiencing a wilderness season right now? How can you offer them support and spiritual sustenance?

Daily Household Prayer

Almighty God, Your Son fasted in the wilderness, and faced human temptations. Give us courage to face and name our own temptations, and to direct our lives in obedience to Your Spirit. You know us better than we know ourselves; may we know You and grow closer to the vision You have for us, through Jesus Christ our Redeemer, who lives and reigns with You and the Holy Spirit, one God, now and forever; Amen.