

Daily Reflection Journal

Lent 2025

Lent

Lent is a season of 40 days, not counting Sundays (because each Sunday represents a “mini-Easter”). Lent begins on Ash Wednesday and ends on Holy Saturday. The word Lent means “lengthen” and refers to the lengthening days of Spring. The forty days refers to the time Jesus spent in the wilderness preparing to begin his ministry.

Lent is a time of repentance, abstinence, and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early days of the Church, it was a time when people prepared for baptism; it eventually became a time of penance for all Christians. Today, Christians focus on God, growing as disciples and extending ourselves, often choosing to give something up or to give of ourselves for others.



This year at St. Andrew’s, we will reflect on our brokenness while at the same time remembering that Christ was sent to make us complete. As you read and reflect on the scriptures in this booklet, consider the steps you are taking this Lenten season as pieces of the puzzle of your life

in Christ. With his resurrection on Easter Sunday, Christ provides the final piece that makes **you** complete.

Daily Centering Prayer

Gracious God, open my heart, center my spirit, and empty my soul of worries as I spend this time with you. Let your Holy Scripture speak to me and let your Holy Spirit nudge me in the direction you would have me go this day. Hear this prayer and all of my prayers as they are offered to you, for you, with you. Amen.

Before You Go to Sleep Each Night

1. Become aware of God's presence
2. Review the day with gratitude
3. Offer one puzzle piece to God to replace the anxieties, fears or sorrows of the day
4. Look toward tomorrow



March 5 – Ash Wednesday

Psalm 51:1-5, 10-12

¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy,
blot out my transgressions.

² Wash me thoroughly from my iniquity,
and cleanse me from my sin.

³ For I know my transgressions,
and my sin is ever before me.

⁴ Against you, you alone, have I sinned
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.

⁵ Indeed, I was born guilty,
a sinner when my mother conceived me.

¹⁰ Create in me a clean heart, O God,
and put a new and right spirit within me.

¹¹ Do not cast me away from your presence,
and do not take your holy spirit from me.

¹² Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Response

Do you yearn for a clean heart? How can God help you?

March 6

Colossians 2:10a

And because you belong to Christ you are complete, having everything you need.

Response

How do you / can you remind yourself that you have everything you need in Christ?

March 7

Hebrews 12:1

So then, with endurance, let's also run the race that is laid out in front of us, since we have such a great cloud of witnesses surrounding us. Let's throw off any extra baggage, get rid of the sin that trips us up ...

Response

What steps can you take to “throw off any extra baggage” this Lenten season? Who is part of your own cloud of witnesses to surround you as you take these steps?

March 8

Psalm 139:23-24

**²³ Search me, O God, and know my heart;
test me and know my thoughts.**

**²⁴ See if there is any wicked way in me,
and lead me in the way everlasting.**

Response

Are you willing to let God search your heart? Are you willing to let him lead you?

March 9

Proverbs 3:5-6

**⁵Trust in the Lord with all your heart,
and do not rely on your own insight.
⁶In all your ways acknowledge him,
and he will make straight your paths.**

Response

What does “trusting” look like to you?

March 10

Philippians 4:6-7

⁶Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Response

Is there a worry you can give to God today?

March 11

Matthew 11:28-30

²⁸“Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

Response

Are you weary from your burdens? Can you take rest in Jesus?

March 12

1 John 1:9

⁹If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

Response

When you name your sins to Jesus, do you feel His forgiveness?

March 13

James 4:8,10

⁸ Come near to God, and he will come near to you. Clean up your lives, you sinners. Purify your hearts, you people who can't make up your mind. ¹⁰ Be humble in the Lord's presence, and he will honor you.

Response

Do you sometimes feel unworthy to “come near to God” because of your life choices? Don’t let that stop you! God will always meet you where you are.

March 14

Hebrews 13:8

⁸Jesus Christ is the same yesterday, today, and forever!

Response

There's power in knowing we can trust Jesus to be what we expect Him to be. How do you exercise that power?

March 15

Matthew 5:1-12

When Jesus saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. ² And he began to speak and taught them, saying:

³ “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴ “Blessed are those who mourn, for they will be comforted.

⁵ “Blessed are the meek, for they will inherit the earth.

⁶ “Blessed are those who hunger and thirst for righteousness, for they will be filled.

Response

Where do you see yourself in these blessings?

March 16

Romans 8:1-3

So now there isn't any condemnation for those who are in Christ Jesus. ²The law of the Spirit of life in Christ Jesus has set you free from the law of sin and death. ³God has done what was impossible for the Law, since it was weak because of selfishness. God condemned sin in the body by sending his own Son to deal with sin in the same body as humans, who are controlled by sin.

Response

Do you take comfort in knowing that Jesus understands your brokenness and that he knows how hard it is to withstand sin's control?

March 17

Psalm 147:3

³ God heals the brokenhearted
and binds up their wounds.

Response

What is breaking your heart today?

March 18

James 1:2-4

²My brothers and sisters, whenever you face various trials, consider it all joy, ³because you know that the testing of your faith produces endurance. ⁴And let endurance complete its work, so that you may be complete and whole, lacking in nothing.

Response

When has your faith been tested? Do you feel yourself moving toward completeness in Christ with every “test?”

March 19

Joel 2:12-13

**¹² Yet even now, says the Lord,
return to me with all your heart,
with fasting, with weeping, and with mourning;
¹³ rend your hearts and not your clothing.
Return to the Lord your God,
for he is gracious and merciful,
slow to anger, abounding in steadfast love,
and relenting from punishment.**

Response

When you feel distant from God, or incomplete, do you offer your whole heart to him, or do you just go through the motions?

March 20

Romans 12:2

²Don't be conformed to the patterns of this world, but be transformed by the renewing of your minds so that you can figure out what God's will is—what is good and pleasing and mature.

Response

Are you busy “conforming to the patterns of this world?”
How can you find space to figure out how to conform to
God's will instead?

March 21

Daniel 9:3

³ I then turned my face to my Lord God, asking for an answer with prayer and pleading, and with fasting, mourning clothes, and ashes.

Response

Do you turn your face toward God, not just with prayer but with action?

March 22

John 3:16

¹⁶“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

Response

Where do you see God’s love in your daily life?

March 23

Philippians 3:10

¹⁰The righteousness that I have comes from knowing Christ, the power of his resurrection, and the participation in his sufferings.

Response

How do you “know” Christ?

March 24

3 John 1:2

²Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.

Response

Is your soul “well?” Why or why not?

March 25

Zephaniah 3:17

¹⁷ The Lord, your God, is in your midst,
a warrior who gives victory;
he will rejoice over you with gladness;
he will renew you in his love;
he will exult over you with loud singing

Response

You are a source of God's joy! How do you respond to His
renewing love?

March 26

1 Thessalonians 5:23-24

²³ May the God of peace himself sanctify you entirely, and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful, and he will do this.

Response

How sound is your spirit and soul and body today? What can you do in partnership with Jesus to make it even sounder?

March 27

Romans 12:12

¹²Rejoice in hope; be patient in affliction; persevere in prayer.

Response

Where do you need hope? Patience? Perseverance?

March 28

Ephesians 5:26-27

²⁶ He did this to make her holy by washing her in a bath of water with the word. ²⁷ He did this to present himself with a splendid church, one without any sort of stain or wrinkle on her clothes, but rather one that is holy and blameless.

Response

God wants you stainless and wrinkle-free. Do you reach for God to wash and iron you – to make you holy -- or do you try to do it all by yourself?

March 29

2 Chronicles 7:14

¹⁴if my people who belong to me will humbly pray, seek my face, and turn from their wicked ways, then I will hear from heaven, forgive their sin, and heal their land.

Response

Do you accept God's offer of forgiveness?

March 30

1 John 3:8

⁸Everyone who commits sin is of the devil, for the devil has been sinning from the beginning. The Son of God was revealed for this purpose: to destroy the works of the devil.

Response

Do you chastise yourself for your shortcomings? Can you take comfort in the knowledge that Jesus was revealed in order to destroy the source of those shortcomings?

March 31

Hebrews 4:14-16

¹⁴Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. ¹⁵For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. ¹⁶Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Response

Are you bold in your petitions to Jesus, who already knows just how you feel?

April 1

1 Corinthians 3:16

¹⁶ Do you not know that you are God's temple and that God's Spirit dwells in you?

Response

Does your behavior reflect God's Spirit?

April 2

John 16:33

³³ I have said this to you so that in me you may have peace. In the world you face persecution, but take courage: I have conquered the world!”

Response

Where are you feeling persecuted today? Have courage: in God’s kingdom, there is peace.

April 3

1 Peter 2:24

²⁴He carried in his own body on the cross the sins we committed. He did this so that we might live in righteousness, having nothing to do with sin. By his wounds you were healed.

Response

Do you feel healed of your sins? How can you access the peaceful healing – the completeness -- of Christ?

April 4

James 1:5

⁵ But anyone who needs wisdom should ask God, whose very nature is to give to everyone without a second thought, without keeping score. Wisdom will certainly be given to those who ask.

Response

Do you ask for wisdom in your regular prayers?

April 5

Psalm 34:18

**¹⁸The Lord is close to the brokenhearted;
he saves those whose spirits are crushed.**

Response

When you are feeling brokenhearted and crushed, do you
seek God's presence?

April 6

Philippians 1:6

⁶ I'm sure about this: the one who started a good work in you will stay with you to complete the job by the day of Christ Jesus.

Response

Are you aware of the good work being done in you by the Holy Spirit? How is this journey toward completeness going for you?

April 7

1 Peter 5:7

⁷Throw all your anxiety onto him, because he cares about you.

Response

Do you throw ALL your anxiety onto God, or just some?

April 8

Isaiah 53:5

**⁵ But he was wounded for our transgressions,
crushed for our iniquities;
upon him was the punishment that made us whole,
and by his bruises we are healed.**

Response

Have you thanked God lately for the healing you receive
from Christ's offering of himself?

April 9

2 Corinthians 5:17

¹⁷ So if anyone is in Christ, there is a new creation: everything old has passed away; look, new things have come into being!

Response

Do you feel renewed each day through Christ?

April 10

2 Peter 3:9

⁹The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish but all to come to repentance.

Response

Do you get impatient with God sometimes? Do you thank him for being patient with YOU?

April 11

Philippians 4:13

¹³ I can do all things through him who strengthens me.

Response

How often do you feel weak and hopeless? Can this verse help when you feel weak?

April 12

Psalm 23:1

¹The Lord is my shepherd; I shall not want.

Response

What does it mean to you to need nothing else but the Lord?

April 13 – Palm Sunday

Luke 19:28-40

²⁸ After he had said this, he went on ahead, going up to Jerusalem.

²⁹ When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, ³⁰ saying, “Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. ³¹ If anyone asks you, ‘Why are you untying it?’ just say this, ‘The Lord needs it.’ ” ³² So those who were sent departed and found it as he had told them. ³³ As they were untying the colt, its owners asked them, “Why are you untying the colt?” ³⁴ They said, “The Lord needs it.” ³⁵ Then they brought it to Jesus, and after throwing their cloaks on the colt, they set Jesus on it. ³⁶ As he rode along, people kept spreading their cloaks on the road. ³⁷ Now as he was approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, ³⁸ saying,

**“Blessed is the king
who comes in the name of the Lord!
Peace in heaven,
and glory in the highest heaven!”**

³⁹ Some of the Pharisees in the crowd said to him, “Teacher, order your disciples to stop.” ⁴⁰ He answered, “I tell you, if these were silent, the stones would shout out.”

Response

What does the Lord need from you today?

April 14 – Holy Week Monday

John 12:1-8

12 Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. ² There they gave a dinner for him. Martha served, and Lazarus was one of those reclining with him. ³ Mary took a pound of costly perfume made of pure nard, anointed Jesus's feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. ⁴ But Judas Iscariot, one of his disciples (the one who was about to betray him), said, ⁵ "Why was this perfume not sold for three hundred denarii and the money given to the poor?" ⁶ (He said this not because he cared about the poor but because he was a thief; he kept the common purse and used to steal what was put into it.) ⁷ Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. ⁸ You always have the poor with you, but you do not always have me."

Response

Are your priorities in the right order today?

April 15 – Holy Week Tuesday

John 12:27-36

²⁷ “Now my soul is troubled. And what should I say: ‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. ²⁸ Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” ²⁹ The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” ³⁰ Jesus answered, “This voice has come for your sake, not for mine. ³¹ Now is the judgment of this world; now the ruler of this world will be driven out. ³² And I, when I am lifted up from the earth, will draw all people to myself.” ³³ He said this to indicate the kind of death he was to die. ³⁴ The crowd answered him, “We have heard from the law that the Messiah remains forever. How can you say that the Son of Man must be lifted up? Who is this Son of Man?” ³⁵ Jesus said to them, “The light is in you for a little longer. Walk while you have the light, so that the darkness may not overtake you. If you walk in the darkness, you do not know where you are going. ³⁶ While you have the light, believe in the light, so that you may become children of light.”

Response

Are you walking in the light today?

April 16 – Holy Week Wednesday

John 13:21-32

²¹ After saying this Jesus was troubled in spirit and declared, “Very truly, I tell you, one of you will betray me.” ²² The disciples looked at one another, uncertain of whom he was speaking. ²³ One of his disciples—the one whom Jesus loved—was reclining close to his heart; ²⁴ Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. ²⁵ So while reclining next to Jesus, he asked him, “Lord, who is it?” ²⁶ Jesus answered, “It is the one to whom I give this piece of bread when I have dipped it in the dish.” So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. ²⁷ After he received the piece of bread, Satan entered into him. Jesus said to him, “Do quickly what you are going to do.” ²⁸ Now no one knew why he said this to him. ²⁹ Some thought that, because Judas had the common purse, Jesus was telling him, “Buy what we need for the festival,” or that he should give something to the poor. ³⁰ So, after receiving the piece of bread, he immediately went out. And it was night.

³¹ When he had gone out, Jesus said, “Now the Son of Man has been glorified, and God has been glorified in him. ³² If God has been glorified in him, God will also glorify him in himself and will glorify him at once.

Response

Are you like Simon Peter – full of questions for Jesus? How hard is it for you to just accept the mystery of Jesus?

April 17 – Maundy Thursday

John 13:1-17

13 Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. ²The devil had already decided that Judas son of Simon Iscariot would betray Jesus. And during supper ³Jesus, knowing that the Father had given all things into his hands and that he had come from God and was going to God, ⁴got up from supper, took off his outer robe, and tied a towel around himself. ⁵Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. ⁶He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" ⁷Jesus answered, "You do not know now what I am doing, but later you will understand." ⁸Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." ⁹Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" ¹⁰Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." ¹¹For he knew who was to betray him; for this reason he said, "Not all of you are clean."

¹²After he had washed their feet, had put on his robe, and had reclined again, he said to them, "Do you know what I have done to you?" ¹³You call me Teacher and Lord, and you are right, for that is what I am. ¹⁴So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵For I have set you an example, that you also should do as I have done to you. ¹⁶Very truly, I tell you, slaves are not greater than their master, nor are messengers greater than the one who sent them. ¹⁷If you know these things, you are blessed if you do them.

Response

Do you follow Jesus' example – to do as he has done?

April 18 – Good Friday

John 19:16-18, 25b-30

¹⁶ Then he handed him over to them to be crucified.

So they took Jesus, ¹⁷ and carrying the cross by himself he went out to what is called the Place of the Skull, which in Hebrew is called Golgotha. ¹⁸ There they crucified him and with him two others, one on either side, with Jesus between them.

²⁵ And that is what the soldiers did.

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." ²⁷ Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

²⁸ After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." ²⁹ A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. ³⁰ When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit.

Response

Just pray.

April 19 – Easter Eve

Matthew 27:57-61

⁵⁷When it was evening, there came a rich man from Arimathea named Joseph, who also was himself a disciple of Jesus. ⁵⁸He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. ⁵⁹So Joseph took the body and wrapped it in a clean linen cloth ⁶⁰and laid it in his new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. ⁶¹Mary Magdalene and the other Mary were there, sitting opposite the tomb.

Response

If you were Mary Magdalene or the other Mary, what would your prayer be on this day after the crucifixion?

April 20 – Easter Sunday

Luke 24:1-12

24 But on the first day of the week, at early dawn, they went to the tomb, taking the spices that they had prepared. ²They found the stone rolled away from the tomb, ³but when they went in they did not find the body. ⁴While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. ⁵The women were terrified and bowed their faces to the ground, but the men said to them, “Why do you look for the living among the dead? He is not here but has risen. ⁶Remember how he told you, while he was still in Galilee, ⁷that the Son of Man must be handed over to the hands of sinners and be crucified and on the third day rise again.” ⁸Then they remembered his words, ⁹and returning from the tomb they told all this to the eleven and to all the rest. ¹⁰Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. ¹¹But these words seemed to them an idle tale, and they did not believe them. ¹²But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

Response

How do you express your amazement and belief at what God has done this day?



He
is
Risen

Lent / Easter

@ St. Andrew's

Wednesdays through Lent

Lenten Prayer Services 6:30 pm

Palm Sunday

Easter Egg Hunt 3:00-5:00 pm

Maundy Thursday Service

6:30 pm with Communion

Good Friday Service

6:30 pm Service

Easter Sunday Services

6:30 am Sunrise Service - Outside

8:30 am Contemporary Service

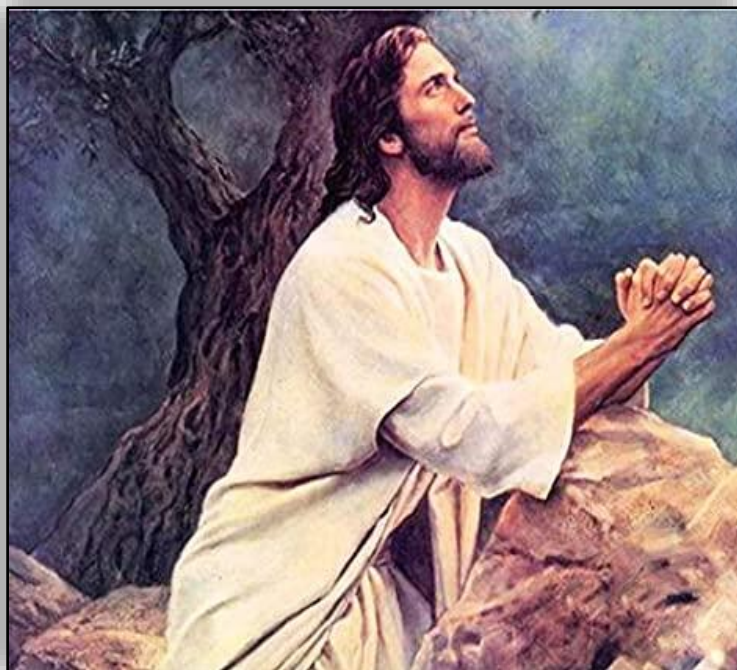
11:00 am Traditional Service

Flowering of the Cross

Please bring flowers to adorn the empty cross on Easter Sunday

Food Drive

Please bring nonperishable foods for Hope Ministries



St. Andrew's United Methodist Church
17510 Monitor Avenue
Baton Rouge, LA 70817
225-752-2903
www.saumcbr.com