

A
SEASON
OF
HOPE

Lenten
Devotions
for Seniors



ASH WEDNESDAY

Dust

You are dust, and to dust you shall return.

E GENESIS 3:19

Dust is the ultimate *memento mori*, a symbol or warning of our death. But on this day, we place dust or ashes on our foreheads in the shape of a cross, a symbol of life for us emerging from death.

TAKE US *from dust to new life in you, dear Jesus. Amen.*

BOW: Bow your head in thanks to God.

READ: 1 Corinthians 1:20-24

THURSDAY AFTER ASH WEDNESDAY

Mercy



God, be merciful to me, a sinner! **E** LUKE 18:13

The tax collector knew he was a sinner. And we know that we are sinners too. But it takes a giant leap to admit that to our God. In Lent, we take steps forward to full confession of our faults to the God who frees us.

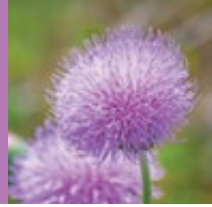
O GOD, *open our hearts and our mouths to confess the truth of our sin and receive your mercy. Amen.*

GO: Go to God in prayerful admission of sin.

READ: Luke 18:10-14

FRIDAY AFTER ASH WEDNESDAY

Overflow With Hope



May the God of hope fill you with all joy and peace ...

E ROMANS 15:13

God is the God of hope. There is always hope with God as we journey as believers through this Lenten season. Hope is not just wishful thinking. Our hope comes from God as he is the author of hope. The God of hope wants to give you hope. Paul's prayer in this verse is for all believers to overflow with hope through the Holy Spirit's power. The Holy Spirit is a gift to us, and the Spirit enables us to overflow with hope in our lives. God generates hope in us because he is the object of hope. Lent is a time to focus upon Christ's passion and death. Lent points to the hope of the resurrection. Lent points to the hope of Christ's victory over sin, death and the devil. During Lent, be spiritually alert, pray diligently and hope constantly.

DAVID BEVER | Las Vegas, NV

JESUS, THANK YOU *for giving me hope so that I can overflow with joy and peace. Amen.*

REMINDE YOURSELF: Remind yourself that God causes you to overflow with hope.

READ: Ephesians 1:18; Psalm 33:22

Forty Days

For by grace you have been saved, through faith, and this is not your own doing; it is the gift of God—not a result of works, so that no one may boast. E **EPHESIANS 2:8-9**

The forty days of Lent can seem interminable, but it is a significant period set aside each year for reflection on the need for God's ongoing grace in the lives of God's people. The number forty emerges in many scriptural narratives, including the familiar stories of Noah, Israel, Jonah and Jesus.

This somber Lenten period of the church year is a time designated for remembrance of the freedom we have in Christ, for robust repentance of our sin and for personal renewal through Scripture, prayer and service. When we approach the Lenten season with these goals, the time is no longer interminable. In fact, it is not long enough!

JUDITH A. CHRISTIAN | *St. Louis, MO*

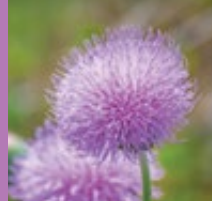
JESUS, GUIDE ME *to live and share your undeserved love, praising your name in all I say and do. Amen.*

REFLECT: Reflect on the biblical meaning of the number forty.

READ: Luke 4:1-20

SUNDAY, THE FIRST WEEK OF LENT

Make Lent Well Spent



This is the day the LORD has made; let us rejoice and be glad in it. **E PSALM 118:24**

The season of Lent is the time to reflect on what the Lord has done and continues to do for every one of us: He has suffered, died and risen again—for you and for me. The Lord has done it all! So often, though, we judge a day in terms of what we have or have not done rather than on what Christ has already done. So how should we spend Lent? By worrying about all that has gone wrong in our lives? No!

Psalm 118:24 reminds us that Christ has already done away with our wrongdoing. So we can spend Lent rejoicing and being glad that we have a Lord who continues to love and forgive us. For some, Lent means wallowing in sadness every day. But we know differently because we know that Christ's suffering and death makes every day Easter, in spite of our sins and struggles.

RICH BIMLER | *Bloomington, IL*

LORD, FILL US *with your love and forgiveness. Amen.*

WATCH: Watch for those around you who need a special word of love and forgiveness.

READ: 2 Corinthians 5:17; Romans 5:7-9

MONDAY, THE FIRST WEEK OF LENT

God of Hope

... but those who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. **E** **ISAIAH 40:31**

When my friend Pat first invited me to join her in walking the Camino de Santiago pilgrimage across northern Spain, my initial response was, “I may not be athletic, but I can walk!” In truth, our walk of 356 miles (out of 500) to Santiago de Compostela was one of the most difficult and challenging things I’ve ever done—physically, yes, but also mentally, emotionally and spiritually.

From Pat I learned the importance of throwing oneself completely into God’s arms, no matter the situation. When she injured a knee walking downhill, when the midday heat forced us to cut our walking days short, when the mountain ahead made us doubt our strength and capabilities—Pat trusted God’s promise to walk with us, to transform our weariness and not grow faint.

MARÍA RUIZ SCAPERLANDA | *Oklahoma City, OK*

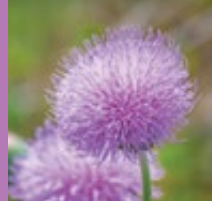
LORD, *I choose hope. Amen.*

LEARN: What does it mean to hope in the Lord?

READ: Psalm 147:7, 11; Jeremiah 29:11; Romans 15:13

TUESDAY, THE FIRST WEEK OF LENT

Let Jesus Use Me



And this is my prayer, that your love may overflow ... with knowledge and full insight to help you to determine what really matters, so that in the day of Christ you may be pure and blameless, having produced the harvest of righteousness that comes through Jesus Christ for the glory and praise of God. **☐ PHILIPPIANS 1:9-11**

What if we approach this Lent trying to see through the eyes of the Lord? What is it that the Father hopes to accomplish, not just in me, but in all of creation? With the help of the Holy Spirit, can my heart expand to embrace more of God's grand plan for every person?

As I pray and sacrifice for myself, I can do the same for my neighbors, friends and family—that they would have a fruitful encounter with Jesus this Lent. Even for those who do not recognize the Lord in their lives, we can pray that they would have moments of meaning, a spark of God's love that can be fanned into a flame. Perhaps Jesus can use me to help kindle that flame.

STEVE PABLE | Neenah, WI

O JESUS, *help me to see my life through your eyes. Amen.*

CONSIDER: What good have you harvested for the glory of God?

READ: Matthew 9:37; Philippians 1

WEDNESDAY, THE FIRST WEEK OF LENT

Deliverance From Evil

[Christ] gave himself ... to deliver us from the present evil age ... E **GALATIANS 1:4 (ESV)**

Many hate us for following Jesus' statutes. Some believe that the existence of God and divine creation are preposterous Christian fabrications. Our own physical states diminish our appreciation of the state of Jesus' grace. The temporary breath of earth often seems to overtake the eternal breath of heaven.

We need the Lent season. It gives us the hope from heaven. Forty days are not too many. Faithful church attendance is not too burdensome. The taste of Jesus' body and bread is satisfying. Worshiping with Christian brothers and sisters is reassuring. Hearing the Passion story speaks truth in a world of lies.

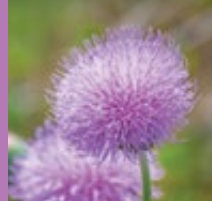
Jesus' crucifixion removes us from the evil that sticks to us, to others and to the world. Forgiveness is backed by the Lamb's blood. Christ's last breath breathes new life in our spirits to shun the evil age and walk in his ways all our days.

HARRY EDENFIELD | *Brownstown, MI*

JESUS, THANK YOU *for deliverance from evil. Amen.*

ENJOY: Enjoy the frequent "doses" of Jesus that Lent provides.

READ: Psalm 91; Romans 12:21



“I am the Alpha and the Omega,” says the Lord God, who is and who was and who is to come, the Almighty.

E REVELATION 1:8

Past tense, present tense, future tense—whether we are speaking or writing, we use these tenses to show that something has already occurred, is happening now or will take place in the future.

Jesus, however, throws these tenses into turmoil. He proclaims that he is Alpha—the beginning—and Omega—the end (Revelation 22:13). When Jewish leaders claimed the authority of long-dead Abraham as their father, Jesus answered, “Before Abraham was, I am” (John 8:58). He was the hope of Old Testament patriarchs; he is the hope of all who believe in him today.

And the future? It is securely in the nail-pierced hands of Jesus, the resurrection and the life, who promised, “I am with you always, to the end of the age” (Matthew 28:20).

EILEEN RITTER | *Byron Center, MI*

HELP US TO TRUST *in you, Lord, our hope of eternal life.*
Amen.

REMEMBER: Review the stories of Old Testament heroes whose hope was in God’s promises.

READ: Hebrews 11

A SEASON OF HOPE

We are called to live in hope in every season of our lives. The daily devotions in this **LARGE PRINT** special edition for Lent highlight the message and theme of hope to older adult Christian readers. Each reflection helps seniors ponder Christ's journey to the cross and empty tomb for their salvation and encourages them to share with younger generations the hope they have within them through Jesus.



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