

A SEASON OF GRACE



LENT DEVOTIONS FOR SENIORS

ASH WEDNESDAY

Rend

Rend your hearts and not your clothing.

✦ **JOEL 2:13**

Feel the sorrow over your sin deep within you, not just on the surface level or for show. A sincere heart is recognized and welcomed by God.

LET MY CONFESSION *to you be trustworthy and true, dear Lord. Amen.*

PONDER: What sin is tearing you up inside? Confess it.

READ: Matthew 6:1-6

THURSDAY AFTER ASH WEDNESDAY

Follow

If any wish to come after me, let them deny themselves and take up their cross daily and follow me. ✦ **LUKE 9:23**

Following Jesus does not mean walking down a primrose path forever. It includes suffering and selflessness.

STRENGTHEN ME *to follow you, dear Jesus, undeterred by any hardships. Amen.*

PRIORITIZE: Put Christ first in your life each day.

READ: Luke 9:22-25

FRIDAY AFTER ASH WEDNESDAY

Dealing With Dust

For he knows how we were made; he remembers that we are dust. ❖ **PSALM 103:14**

I try to keep a clean house, but when it's spring cleaning time, I am amazed at how much dust accumulates in places not seen every day. Dust that could have been easily wiped away if dealt with regularly becomes an effort to remove after months of neglect. As I age, it's even harder to get the job done!

Lent (which means “spring”) is a great time for spring cleaning our hearts. But, like deep cleaning a house, we may lack the spiritual energy to deal with sins we have neglected to address. Thankfully, Lent isn't about the work we do, but what Jesus does. He is already mindful of our dusty state. He invites us to bring our dirt to him so he can make us clean. He has compassion for us and forgives us—not by sweeping our sin under the rug, but by heaping all of our guilt upon himself and taking it to the cross.

SANDI GEIS | St. Louis, MO

***JESUS,** look deep into my soul, and help me confess every sin that lurks in my heart. Make me clean again! Amen.*

REVEAL: Reveal to yourself and your Savior the sins you may have failed to acknowledge.

READ: Psalm 103; Psalm 139:23-24

SATURDAY AFTER ASH WEDNESDAY

For Sinners

...he poured out his soul to death and was numbered with the transgressors; yet he bore the sin of many, and makes intercession for the transgressors.

✦ **ISAIAH 53:12 (ESV)**

Obedient to his heavenly Father, the Son of God humbled himself to be born among us. Tempted as we are, Jesus did not sin, yet he was numbered with sinners, that is, counted among them. At the beginning of his public ministry, the Savior, who did not sin, stood with sinners to receive a baptism of repentance in the Jordan River. He ate with people whom society called “sinners.”

When the hour of his death came, Jesus was again “numbered with the transgressors” as he was crucified between two criminals. The sinless Son of God died in the place of sinners so that our sins are forgiven. Baptized, we are now numbered with the saints, and God is at work in us each day, conforming us to the image of his Son.

CAROL GEISLER | Orange, CA

LORD JESUS, *help me to follow closely in your steps.
I want to be like you. Amen.*

WALK: Follow Jesus today in everything you say and do.

READ: Isaiah 53:8-12; Romans 8:26-30

SUNDAY, THE FIRST WEEK OF LENT

God's Grace Is Sufficient

My grace is sufficient for you, for power is made perfect in weakness. ❖ **2 CORINTHIANS 12:9**

When Jesus goes into the wilderness to fast and pray, the devil comes three times to tempt him. Each time, Jesus responds with Scripture that rebukes the temptations. Although Jesus may have been weak from hunger and feeling the depth of this period of isolation, he stands firm on Scripture, the Word of God. Rather than enter a battle of words and wits with the devil, he stands on the power of God's Word.

How many times do we rely on our willpower to single-handedly face down our temptations and fail? How often do we choose, through pride or weakness, to go it alone?

Jesus knows who he is, the Beloved Son, and responds confidently in this knowledge. As beloved sons and daughters of the Father, we, too, are strengthened by God's grace. Even in our weakest state, we are not abandoned. Grace strengthens us and accompanies us. God's grace is enough for us.

MARÍA MORERA JOHNSON | *Stafford, VA*

LORD, *help me turn to your Word when tested. Amen.*

MEMORIZE: Choose one of Jesus' responses to the devil to memorize, and then use against the devil.

READ: Matthew 4:1-11

MONDAY, THE FIRST WEEK OF LENT

Strengthened

I can do all things through him who strengthens me.

✦ **PHILIPPIANS 4:13**

Within three years of ministry, Jesus revealed—and continues to reveal—the loving and forgiving nature of God. What a daunting task it was for Jesus and continues to be for us who seek his presence in our lives.

What were those forty days and nights in the desert like for the Lord? He must have wrestled with what was yet to come. Jesus said, “The Son of Man is going to be betrayed into human hands, and they will kill him” (Matt. 17:22-23). He knew speaking the truth would get him in trouble with the religious authorities. It was inevitable.

Jesus had human fears, just like we do. By deepening his own awareness of his Father’s presence, he gave us a road map for rising above our fears. He left the desert strengthened for what awaited him. Jesus goes on to say, “...and on the third day he will be raised” (Matthew 17:23). New life beyond the desert awaits us all.

GAIL GOLEAS | *Des Plaines, IL*

LOVING GOD, *thank you for giving us your boundless strength when fear overwhelms us. Amen.*

COUNT: Count the ways God reveals his presence in your life.

READ: Isaiah 41:10; 1 Thessalonians 5:8-11; James 1:2-3

TUESDAY, THE FIRST WEEK OF LENT

Forgiven to Forgive

...forgive each other; just as the Lord has forgiven you...

✦ **COLOSSIANS 3:13**

Life, especially for seniors, offers joy and pain. Holding on to resentment can be a burden. Colossians 3:13 calls for releasing that weight and extending to others the same forgiveness and grace God has given to us.

Consider how the Lord forgave—completely, freely and without conditions. God didn't wait for me to get my act together and forgive others before he forgave and saved me. He gave up his Son on the cross, who cried as he died, "It is finished." What comfort this brings—to know that Jesus has paid in full the penalty for our sins through his sacrifice.

This Lenten season, embrace God's grace, allowing his forgiveness to bring healing and peace. Since God has forgiven us, we can now pay it forward, forgiving others. God empowers us to forgive through the Holy Spirit. Forgiving others brings freedom, healing and peace, reflecting the grace received from God.

STEVE HESS | Fort Myers, FL

HEAVENLY FATHER, *help me to extend forgiveness to those who have wronged me. Amen.*

FORGIVE: Forgive someone today.

READ: Colossians 3:12-17

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LENT DEVOTIONS FOR SENIORS

We live in God's grace in every season of our lives. The daily devotions in this large-print special edition for Lent highlight the message and theme of God's grace to older adult Christian readers. These reflections help seniors remember the grace poured out for them on the cross of Christ for their salvation and encourage them to share with younger generations the grace that we all receive through Jesus.

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