



LENTEN JOURNEY 2025:

WALKING TOWARD HOPE



HOLY WEEK: OBEDIENCE & HUMILITY

This calendar guides you through the 40 days of Lent (not counting Sundays) plus Easter Week. Each day offers scripture, reflection, and a simple practice to deepen your faith and prepare your heart for the joy of Easter. The practices are designed for real life — accessible regardless of your circumstances or where you are in your Christian journey. May this season bring you closer to Christ and the renewal He offers.

This week we follow Jesus through the final days of his ministry on earth. Holy Week invites us to witness the depth of Christ's love expressed through his humble obedience, even to death on a cross. These readings encourage us to reflect on how we might follow his example of selfless love and trust in God's purposes, even in the face of suffering.

PALM SUNDAY (April 13) 6th Sunday of Lent

Today's Reading: Luke 19:29-44

6th Sunday

"As he came near and saw the city, he wept over it, saying, 'If you, even you, had only recognized on this day the things that make for peace!'" (Luke 19:41-42)

Even in his moment of triumph, Jesus demonstrates deep compassion for others. His tears remind us that God sees our struggles and cares deeply about our wellbeing.

❖ Today's Practice

Consider how you might reach out to someone today. A simple gesture of connection can be a powerful reminder that no one walks alone.

MONDAY (April 14) Holy Week

Today's Reading: Philippians 2:1-11

Day 35

"Let each of you look not to your own interests, but to the interests of others." (Philippians 2:4)

Paul reminds us that we are created for community and connection. Our lives are intertwined with others, and in caring for one another, we find meaning and purpose.

❖ Today's Practice

Identify one way you can strengthen a connection today, whether by reaching out to someone, accepting support when offered, or engaging with a community resource that sustains you.

TUESDAY (April 15) Holy Week

Today's Reading: Psalm 22

Day 36

"My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning?" (Psalm 22:1)

This psalm, which Jesus quoted from the cross, reminds us that feelings of abandonment can be part of even the most faithful journey.

❖ Today's Practice

If you're feeling alone or abandoned today, know that Jesus understands. If not, pray for those who are experiencing dark times.

"Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted." (Isaiah 53:4)

The suffering servant described by Isaiah points to Jesus, who carried our sorrows and bore our pain.

❖ Today's Practice

Take a moment to consider the depth of Christ's love in bearing your burdens. What weight might you entrust to Him today?

"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another." (John 13:34)

After washing his disciples' feet, Jesus showed that true leadership means serving others with humility and love.

❖ Today's Practice

Identify one way you can put someone else's needs before your own today, reflecting Christ's example of humble love.

"Father, into your hands I commend my spirit." (Luke 23:46)

Jesus' final words from the cross show his complete trust in God, even in the darkest moment.

❖ Today's Practice

Spend time today reflecting on Christ's sacrifice. If possible, attend a Good Friday service or take time for quiet prayer.

"We have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life." (Romans 6:4)

In the silence of this day between crucifixion and resurrection, we wait with hope, knowing that death will not have the final word.

❖ Today's Practice

Consider what needs to "remain buried" in your life so that new life can emerge. Pray for the courage to leave old patterns behind.