**Lent--Week 1: Prepare**

*Consider fasting your expectations about this journey to Lent and give God full control of what you do and how you do it.*

**Thursday: Come**

**Matthew 11:28** Come to me, all of you who are weary and carry heavy burdens, and I will give you rest . . . Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. NLT

*Imagine Jesus standing in front of you with this invitation for this journey. How will you answer this invitation every day?*

**Friday: Fast**

**Isaiah 58:3** Give me your hearts. Come with fasting, weeping, and mourning. NLT

*If you give God your heart for this journey, what might you fast (do without) that will bring spiritual renewal or growth?*

**Saturday: Confess**

**Proverbs 28:13** People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy. NLT

*If confession is how God begins His heart-cleaning, what could confession free you from?*

**Sunday: Worship**

**Psalm 28:5** My heart has heard you say, “Come and talk with me . . . And my heart responds, “Lord, I am coming.” TLB

*As you enter worship, enter as if called to an important meeting you can’t afford to miss.*

**Monday: Pray**

**Hebrews 4:14, 16** Now that we know what we have—Jesus, this great High Priest with ready access to God—let’s not let it slip through our fingers. . . . let’s walk right up to him and get what he is so ready to give. Take the mercy, accept the help. The Message

*Pray for mercy and that you will recognize it as God’s help and first answer to any prayer.*

**Tuesday: Serve**

**Galatians 5:13** You have been given freedom . . . . to love and serve each other. TLB

*Since you are freed to serve, where is God leading you to serve?*