

## *A Spiritual Practice for Lent 2020*

Each day during this season, read the single verse for the day. Reflect on how that verse fits into the bigger story that it belongs to. Meditate on the key word for the day and its role in the day's verse. Pray a prayer based on that key word.

You might want to write down your prayers so you can look back on them through the course of this season.

### 1. Forty Days of Rain

- Wed 2/26 – Living (Genesis 7:4)
- Thu 2/27 – Flood (Genesis 7:6)
- Fri 2/28 – Escape (Genesis 7:7)
- Sat 2/29 – Burst (Genesis 7:11)
- Sun 3/1 – Remembered (Genesis 8:1)
- Mon 3/2 – Raven (Genesis 8:6)
- Tue 3/3 – Pleasing (Genesis 8:21)

### 2. Forty Days of Presence

- Wed 3/4 – Afraid (1 Kings 19:3)
- Thu 3/5 – Solitary (1 Kings 19:4)
- Fri 3/6 – Journey (1 Kings 19:7)
- Sat 3/7 – Zealous (1 Kings 19:10)
- Sun 3/8 – Pass (1 Kings 19:11)
- Mon 3/9 – Fire (1 Kings 19:12)
- Tue 3/10 – Silence (1 Kings 19:12)

### 3. Forty Days of Taunting

- Wed 3/11 – Afraid (1 Samuel 17:11)
- Thu 3/12 – Stand (1 Samuel 17:16)
- Fri 3/13 – Heard (1 Samuel 17:23)
- Sat 3/14 – Question (1 Samuel 17:29)
- Sun 3/15 – Boy (1 Samuel 17:33)
- Mon 3/16 – Hand (1 Samuel 17:47)
- Tue 3/17 – Know (1 Samuel 17:55)

### 4. Forty Days of Change

- Wed 3/18 – Overthrown (Jonah 3:4)
- Thu 3/19 – Sackcloth (Jonah 3:6)
- Fri 3/20 – Changed (Jonah 3:10)
- Sat 3/21 – Angry (Jonah 4:1)
- Sun 3/22 – Love (Jonah 4:2)
- Mon 3/23 – Live (Jonah 4:3)

- Tue 3/24 – Concerned (Jonah 4:11)
5. Forty Days of the Wild
- Wed 3/25 – Tempted (Matthew 4:1)
  - Thu 3/26 – Alone (Matthew 4:4)
  - Fri 3/27 – If (Matthew 4:6)
  - Sat 3/28 – Splendor (Matthew 4:8)
  - Sun 3/29 – Arrested (Matthew 4:12)
  - Mon 3/30 – Repent (Matthew 4:17)
  - Tue 3/31 – Followed (Matthew 4:22)
6. Forty Days of Movement
- Wed 4/1 – Suffering (Acts 1:3)
  - Thu 4/2 – Know (Acts 1:6)
  - Fri 4/3 – Heaven (Acts 1:10)
  - Sat 4/4 – Living (Genesis 7:4)
7. Holy Week
- Sun 4/5 – Doves (Matthew 21:12)
  - Mon 4/6 – Friend (Matthew 26:50)
  - Tue 4/7 – Crowds (Matthew 27:20)
  - Wed 4/8 – Hail (Matthew 27:29)
  - Thu 4/9 – Deserters (Matthew 26:31)
  - Fri 4/10 – Lots (Matthew 27:35)
  - Sat 4/11 – Forsaken (Matthew 27:46)

*Source: @TheSlateProject on Twitter*