

Lent

Walking with the Lord for 40 Days in Reflection & Repentance

Meaning

To remember the suffering and death of Jesus Christ

Duration

40 days from Ash Wednesday to Holy Saturday
(excluding Sundays)

Focuses

- To remember the good will of God in creation, and the need for man who are limited to repent and turn to the Lord
- To undertake training in our spiritual life, learning to be vigilant in simplicity
- To build a life of freedom and self-discipline, to obey the Word of God and to serve others

Outer and inner training :

Outer expression :

- Show repentance by action
- Care for a friend, a brother or sister, take him/her out for a meal, talk, listen and pray with him/her
- Make the most of your time, be thrifty in spending money in order to magnify God

Inner expression :

- Get close to God every day
- Always be thankful and ready to share with others
- Give your body and soul abundant rest
- Set a target (such as fasting one meal each day or stopping one food item, drink or a habit); practice self-discipline, self-control, humility, repentance, holiness, prayer and getting close to God



2020 Daily meditation guide

01

26/2

Ash Wednesday (Ash Wednesday Prayer Meeting)

Genesis 2:15~17

What does the Lord allow and not allow me to do?
What are their differences?

02

27/2

Genesis 3:1~5

How can I respond to the tricks of Satan?

03

28/2

Genesis 3:1~6

Under what circumstances do I do something, knowing that it is wrong and finding excuses to do it?

04

29/2

Genesis 2:15~17, 3:6~7

What are the implications of sin for me and for others?

First Sunday in Lent

1/3

05

2/3

Genesis 3:17~19

Is it true that "I can shoulder all the consequences of what I do"? How serious is the impact of man's sin on nature?

06

3/3

Genesis 3:20~21

Adam gave a name to Eve. The Lord made garments of skin for Adam and Eve. Have I ever experienced the grace of God or others who "repay evil with good"?

07

4/3

Genesis 3:22~24

Why did God treat Adam in such a harsh way? Is there a lesson for me here?

08

5/3

Psalms 139:1~6, 13~16

How well do I think the Lord knows me? What characteristics has He given me in creating me?

09

6/3

Psalms 139:7~12

Have I ever run away from God? Does His presence make me feel peaceful or not?

10

7/3

Psalms 139:17~24

Which of my enemies, evil desires or deeds do I want God to tackle for me?

Second Sunday in Lent

8/3

11

9/3

Philippians 2:1~4

Why can "humility", "valuing others above ourselves" and "not looking to our own interests but to the interests of the others" bring unity?

12

10/3

Philippians 2:5~11

Read verses 5-11 slowly. How does the Lord's mindset change over the course of the narration?

13

11/3

Philippians 2:1~11

What makes it difficult for me to "be humble" or "value others above myself"?

14

12/3

Matthew 4:1~4

Have I abused my talents and gifts from God to satisfy myself?

15

13/3

Matthew 4:5~7

Do I serve the Lord with impure motives, wishing to win praises from others?

16

14/3

Matthew 4:8~10

God gives timely blessings. Have I tried to look for blessings using my own strength?

Third Sunday in Lent

15/3

17

16/3

John 4:5~15

What hurdles do I have in sharing the gospel with strangers or those I dislike?

18

John 4:16~30

When I point out others' mistakes, do I also point them to the right direction?

17/3

19

John 4:39~42

Think of one experience in which others has helped me know God better. Give thanks to the Lord for it.

18/3

20

John 10:1~18

Do I have the characteristics of a lamb (poor eyesight, following something blindly, unable to react when in fear)?

19/3

21

John 10:1~18

Who are the "thieves" and "robbers" in my life that keep me from getting close to the Lord?

20/3

22

John 10:1~18

The Lord recognises my voice. But in this fast-changing world, do I recognise the voice of the Lord?

21/3

Fourth Sunday in Lent

22/3

23

Romans 12:1~2

Which ways of the world should I stay away from? Which thoughts and deeds of mine do I need to change and renew?

23/3

24

Romans 12:3~5

In which areas do I regard myself too highly? What are my weaknesses that require the support and help from other brothers and sisters?

24/3

25

Romans 12:6~8

What gifts has God given me so that I can serve others?

25/3

26

Mark 10:35~37, 41

Why are the rest of the disciples indignant with James and John? Am I like them?

26/3

27

Mark 10:38~40

"God's will or man's will" -- which of these do I have more understanding?

27/3

28

Mark 10:42~45

"Not to be served, but to serve" -- what have I learnt from the teaching and example of the Lord Jesus?

28/3

29

John 15:9~10

"If you keep my commands, you will remain in my love." How do I understand this?

30/3

30

John 15:11~12, 16~17

If I follow the teaching to "love one another," what promises does Jesus give us? Do I value these promises?

31/3

31**1/4**

John 15:13~15

Is Jesus my friend? Am I willing to die for my friend Jesus?

32**2/4**

1 Thessalonians 5:12~13

Who are those who work hard among us, who care for us in the Lord and who admonish us? Do I respect or in love hold them in high regard?

33**3/4**

1 Thessalonians 5:14~15

Paul mentioned four ways to do good to each other and everyone else. Which of these do I find the most difficult? Which kind of people am I like?

34**4/4**

1 Thessalonians 5:16~22

There are eight areas to pay attention to. Which of these do I need to work on the most?

Palm Sunday**5/4****35****6/4**

John 12:1~11

- (1) Jesus faced impending suffering and death. Do I know how He must be feeling at this point?
 (2) Can I face my own difficulties and pain with an attitude like Jesus'?
-

36**7/4**

John 12:20~36

- (1) Jesus faced impending suffering and death. Do I know how He must be feeling at this point?
 (2) Can I face my own difficulties and pain with an attitude like Jesus'?
-

37**8/4**

John 13:21~32

- (1) Jesus faced impending suffering and death. Do I know how He must be feeling at this point?
 (2) Can I face my own difficulties and pain with an attitude like Jesus'?
-

38**9/4****Maundy Thursday (*Foot Washing Prayer Meeting)**

John 13:1~17, 31b~35

- (1) Jesus faced impending suffering and death. Do I know how He must be feeling at this point?
 (2) Can I face my own difficulties and pain with an attitude like Jesus'?
-

39**10/4****Good Friday Worship Service**

John 18:1~19:42

- (1) From the arrest to the crucifixion, which scenario gives me the greatest impact? What was Jesus enduring in His body and soul at this point?
 (2) Can I face my own difficulties and pain with an attitude like Jesus'?
-

40**11/4****Holy Saturday (*Holy Saturday Prayer Meeting) (*Easter Service)**

Matthew 27:57~66

- (1) What is my greatest difficulty in learning to wait?
 (2) What does Jesus' resurrection three days after His death mean to me?
-

Easter Sunday (Easter Service) 12/4

* Meetings conducted in Chinese