



WALK by
FAITH,
not
by SIGHT
2 Corinthians 5:7

My Daily Lenten Journal



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How to Use This Journal:

Date/Day: Write the day and date (for example, “Day 1 – Ash Wednesday”).

Scripture Reading: Note your chosen Bible passage for the day.

Reflection: Write what the passage is speaking to your heart. What is God calling you to leave behind or embrace?

Prayer Focus: List your prayer requests, intercessions, or words of gratitude.

Gratitude: Jot down three things you’re thankful for today.

Action Step: Decide on one small act of kindness or spiritual discipline to practice.

Into your hands I commit my spirit;
deliver me, Lord, my faithful God.

Day 1 (Ash Wednesday)

Scripture: Joel 2:12–18

Reflection Prompt: How do you feel called to turn back to God today? What must you let go of?

Prayer Focus: Ask for forgiveness and a renewed spirit as you start this journey.

Day 2

Scripture: 2 Corinthians 5:20–6:2

Reflection Prompt: Reflect on your role as God's ambassador. How can you share His love in your everyday life?

Prayer Focus: Pray for the courage to live your faith openly and humbly.

Day 3

Scripture: Matthew 6:1–6

Reflection Prompt: In what ways can you make your prayer life more sincere and personal?

Prayer Focus: Ask for a heart that seeks God in quiet, private moments.

Day 4

Scripture: Deuteronomy 30:15–20

Reflection Prompt: What choice of life is before you today? Reflect on the blessings of choosing God's way.

Prayer Focus: Seek guidance to walk the path that leads to life and fulfillment.

Day 5

Scripture: Luke 9:22–25

Reflection Prompt: Consider the cost of discipleship. What is it that you must surrender in order to follow Jesus?

Prayer Focus: Pray for strength and commitment in your journey.

Day 6

Scripture: Isaiah 58:1–9a

Reflection Prompt: What does true fasting and self-denial mean to you?

Prayer Focus: Ask for discipline and clarity in removing distractions from your life.

Day 7

Scripture: Isaiah 58:9b–14

Reflection Prompt: How can you bring more light into your world and the lives of those around you?

Prayer Focus: Pray for the ability to nurture compassion and service in your daily actions.

Day 8

Scripture Reading: *Psalms 51:1–12*

Reflection Prompt: Reflect on David's heartfelt plea for mercy. What does true repentance look like in your life, and in what ways do you long for God's cleansing and renewal?

Prayer Focus: Ask God for forgiveness and for a humble, contrite heart as you seek a fresh start.

Day 9

Scripture Reading: *Matthew 4:1–11*
(The Temptation of Jesus)

Reflection Prompt: Consider how Jesus resisted temptation in the desert. What temptations do you face today, and how can you rely on His example to overcome them?

Prayer Focus: Pray for strength and discernment to resist temptations, and for a spirit that remains faithful in the face of trials.

Day 10

Scripture Reading: *Philippians 4:6–7*

Reflection Prompt: In moments of worry and stress, how does God's promise of peace speak to you? What areas of your life need surrendering so that His peace may reign?

Prayer Focus: Ask for a calm and trusting heart, releasing your anxieties into God's loving care.

Day 11

Scripture Reading: *Isaiah 40:28–31*

Reflection Prompt: Reflect on God's promise to renew the strength of those who hope in Him. In what ways can you lean on His everlasting strength during your moments of weakness?

Prayer Focus: Pray for perseverance and renewed energy, trusting that God will lift you up even when you feel worn out.

Day 12

Scripture Reading: *John 15:1–8* (The Vine and the Branches)

Reflection Prompt: Consider what it means to remain in Christ as the true source of life. How can you nurture your relationship with Him so that you bear spiritual fruit in your daily walk?

Prayer Focus: Ask for a deeper union with Christ and for guidance in staying rooted in His love, even when life feels challenging.

Day 13

Scripture Reading: *James 1:2–4*

Reflection Prompt: How can you see challenges and trials as opportunities for growth and maturity in faith? Reflect on a recent difficulty that helped refine your character.

Prayer Focus: Pray for a perspective that finds joy in trials and for the strength to grow through each challenge you face.

Day 14

Scripture Reading: *2 Corinthians 4:16–18*

Reflection Prompt: Reflect on how, despite external struggles, your inner self is continually being renewed. What eternal hope sustains you during difficult times?

Prayer Focus: Ask God to help you see beyond present difficulties to the eternal glory and hope that anchors your life.

Day 15

Scripture: Daniel 9:4b–10 and Luke 6:36–38

Reflection Prompt: How do you experience God's mercy today? What has He shown you through His grace?

Prayer Focus: Thank God for His endless compassion and ask for help to share that love with others.

Day 16

Scripture: Isaiah 1:10, 16–20 and Matthew 23:1–12

Reflection Prompt: Identify an “idol” or distraction in your life. What steps can you take to remove it?

Prayer Focus: Pray for wisdom and the strength to focus on what truly matters.



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