

A LENT JOURNEY:

THE ROAD TO HOPE

WEEK 1

- DAY 1** **Reading:** Matthew 3:1-3 + 3:11-12 (Psalm 63)
Question: In what ways do you feel in the wilderness right now?
- DAY 2** **Reading:** Matthew 3:13-17 (Psalm 2)
Question: How would you feel if you heard God say these words over you?
- DAY 3** **Reading:** Matthew 4:1-11 (Psalm 119: 1-16)
Question: How can you respond like Jesus when you are feeling tempted or overwhelmed?

WEEK 2

- DAY 1** **Reading** Matthew 5:1-12 (Psalm 37)
Question Which of these statements do you identify with? How do they give you hope?
- DAY 2** **Reading:** Matthew 5:13-16 (Psalm 112)
Question: How can you be a sustaining or light-bringing presence in your city right now?
- DAY 3** **Reading:** Matthew 5:43-48 (Psalm 10)
Question: Who are the people you see as “outsider” or “enemy”? How can you actively love them this week?
- DAY 4** **Reading:** Matthew 6:1-8 (Psalm 146)
Question: It can be tempting to try and draw other people’s attention to the good things we do, but Jesus shows us a different and better way. Find a way to bless someone anonymously this week.
- DAY 5** **Reading:** Matthew 6:9-15 (Psalm 23)
Question: Pray slowly through the Lord’s prayer, evaluating how each line affects your heart as you read or speak.

WEEK 3

- DAY 1** **Reading:** Matthew 6:25-34 (Psalm 27)
Question: What things take up mental and emotional energy for you right now? How might God respond to those worries?
- DAY 2** **Reading:** Matthew 7:24-29 (Psalm 127)
Question: What are things you thought were stable that turned out not to be so secure? In what ways have you seen God provide true stability?
- DAY 3** **Reading:** Matthew 9:1-8 (Psalm 103)
Question: Jesus has the power to heal and forgive. What areas are you needing healing and forgiveness for? Pray about them asking Jesus to heal and forgive you.

DAY 4 **Reading:** Matthew 9:9-13 (Psalm 147)

Question: Jesus actively includes those who thought they were excluded. How can you do the same this week?

DAY 5 **Reading:** Matthew 11:28-30 (Isaiah 55)

Question: How does the deep soul rest that Jesus promises differ from other forms of rest? What could accepting his invitation to come to Him for rest look like for you today?

WEEK 4

DAY 1 **Reading:** Matthew 13:3-23 (Psalm 139)

Question: Jesus uses the analogy of soil to portray the health of our hearts. How might the things that you worry about be affecting the "soil" of your heart?

DAY 2 **Reading:** Matthew 14:22-36 (Psalm 57)

Question: Peter walked on water until the size of the storm distracted him from how powerful Jesus was. How can focusing on who Jesus is change your perspective on the storms in your life?

DAY 3 **Reading:** Matthew 16:13-20 (Psalm 24)

Question: Peter looked past other people's assessments of Jesus and was able to see who Jesus truly was. Who do you say Jesus is?

DAY 4 **Reading:** Matthew 18:10-14 (Psalm 119:169-176)

Question: What conclusions can be drawn about God's attitude toward you from this passage? Does that differ from how you previously pictured God?

DAY 5 **Reading:** Matthew 18:21-35 (Psalm 51)

Question: How can a better understanding of God's forgiveness for you transform the way that you forgive others?

WEEK 5

DAY 1 **Reading:** Matthew 22:34-40 (Psalm 40)

Question: What is one way that you can practically love another person today with the same level of care and concern that you have for yourself?

DAY 2 **Reading:** Matthew 26:6-13 (Psalm 84)

Question: What appeared to the disciples as a waste of resources, Jesus saw as a beautiful act of worship. Do other people's opinions influence your joyous worship of Jesus? What would it look like for you to worship Jesus freely?

DAY 3 **Reading:** Matthew 26:17-30 (Psalm 41)

Question: Jesus is infusing new meaning into the Passover feast a celebratory reminder of when the Jews were set free from slavery (see Exodus 12 to learn about its origin). How does this theme add depth to what Jesus is teaching his followers about himself during this meal?

DAY 4 **Reading:** Matthew 26:36-44 (Psalm 46)

Question: When you feel overwhelmed with anxiety or fear, where do you turn? How can you rely on God in those moments?

DAY 5 **Reading:** Matthew 26:47-56 (Psalm 8)

Question: Jesus' statement that he had the ability to call angels to his rescue if he wanted shows how in control of his death he truly was. What does his willingness to die for our sins imply about how important you are to him?

WEEK 6

DAY 1 **Reading:** Matthew 26:57-66 (Isaiah 53)

Question: How would your life change if you trusted God to defend, justify, and judge you without concern for what others say about you?

DAY 2 **Reading:** Matthew 26:33-35 + 69:75 (Psalm 32)

Question: What would help you to claim Jesus when there is pressure to deny or stay silent?

DAY 3 **Reading:** Matthew 27:11-24 (Psalm 82)

Question: There can often be pressure in life to go along with the group, even when they are wrong or mislead. How can you resist those pressures and stand firm?

DAY 4 **Reading:** Matthew 27:27-31 (Psalm 86)

Question: In what ways can you image Jesus in choosing to love those who hurt you or don't understand you?

DAY 5 **Reading:** Matthew 27:37-44 (Psalm 64)

Question: Those responsible for Jesus' death didn't get who he truly was. Does this affect how you think about those in your life who you don't understand or who don't understand you?

WEEK 7

DAY 1 **Reading:** Matthew 27:45-46 (Psalm 22)

Question: Have you ever felt completely alone and abandoned? How can the knowledge that Jesus experienced that too bring you comfort in moments when you feel alone?

DAY 2 **Reading:** Matthew 27:50-54 (Psalm 19)

Question: Consider how these events would make you feel if they happened today. What things make you think "surely he was the son of God"?

DAY 3 **Reading:** Matthew 27:57-66 (Psalm 16)

Question: After Jesus died people were waiting to see if his claims were true, but expecting that they weren't. What are ways you can wait with expectant hope for Jesus?

DAY 4 **Reading:** Matthew 28:1-10 (Psalm 100)

Question: These women were the first people to see the resurrected Jesus. As soon as they saw Jesus they began to worship. Whatever you're going through today, take a moment to pause and worship the resurrected Jesus who knows you personally.

DAY 5 **Reading:** Matthew 28:16-20 (Psalm 91)

Question: How does Jesus' assurance that He is still with you provide strength and encouragement as you face difficulties?