

## 40 Days of Gratitude Journal

1. Make a list of 5 things you're grateful for today. Contentment is inevitable when counting your blessings.
2. Write your goals for this Lenten season.
3. Prayers for your spouse and children (or future spouse and children).
4. Pray for peace in the world and for our government and political leaders.
5. Things you need to do more of in life.
6. Things you need less of.
7. Home goals.
8. A fear you need to face.
9. What makes you feel strong? Weak?
10. Something that makes you angry and why. Write about how to let it go.
11. 30 interesting facts about yourself.
12. Perform a random act of kindness and describe how it make you feel.
13. How can you serve God better?
14. Prayer for your priest.
15. A worry you need to give to God.
16. A biblical truth you're lacking.
17. Write your confession.
18. Something on your heart and mind today.
19. Prayer for a person that has hurt you.
20. Check your goals from Day 2. How are you doing? How can you do better?
21. An important decision you need to make.
22. A friend who needs prayer.
23. What things in my life cause anxiety or stress? Can I cut them out?
24. Something you feel guilty about. How can you fix that?
25. A habit you need to break.
26. Prayer for patience.
27. Write what you've learned about being your age.
28. Something you want God's blessing over.
29. Healing for...
30. What thoughts do you battle?
31. Prayer for your work.
32. How can I be a light? Pray for boldness and humility.
33. What am I dishonest with myself about. Why?
34. What does family mean to you? Describe your family dynamic and what you like and dislike about it.
35. Life goals and plans.
36. Open your Bible and choose a verse that resonates with you. Write about why.
37. Something I'd like to learn how to do this year.
38. Write a letter to someone you love dearly.
39. Am I influenced by social media? Positively or Negatively?
40. Write a letter of thanksgiving to God.

# For God So **LOVED**

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## SCRIPTURE ART JOURNAL

### How to Use the Lent 2019 Scripture Art Journal

Print the **Scripture Art Journal** pages on cardstock and cut them apart. Then bind the pages, staple them, or hole-punch them together and attach them with a ring. Alternatively, you could leave the pages separate and display them in your home or worship space throughout Lent. The pages could be compiled at the end of the Lenten season.

Worshippers of *all ages* are encouraged to enjoy this **Scripture Art Journal** as a means of reflection throughout the season. There is a page for each Sunday in Lent, plus Ash Wednesday, Maundy Thursday, and Good Friday. Each day includes a scripture reading for that day, as well as a memory verse.

Participants are encouraged to use the white space to illustrate—using images or words—things that stand out to them from the reading for each day. Participants don't have to be artists to use this journal, and there's no wrong way to do it. If you simply spend a few minutes reflecting in a manner that suits you best on what the scripture means, then you are doing it right.

### ASH WEDNESDAY, MARCH 6, 2019

**Scripture:** Isaiah 58:1-12

**Memory Verse**

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?" (Isaiah 58:6-7)

### FIRST SUNDAY IN LENT, MARCH 10, 2019

**Scripture:** Luke 4:1-13

**Memory Verse**

"Jesus answered, 'It is written: "Worship the Lord your God and serve him only."' (Luke 4:8)

### SECOND SUNDAY IN LENT, MARCH 17, 2019

**Scripture:** Luke 13:31-35

**Memory Verse**

"The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?" (Psalm 27:1)

### FOURTH SUNDAY IN LENT, MARCH 31, 2019

**Scripture:** Luke 15:1-3, 11b-32

**Memory Verse**

"But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found." (Luke 15:32)

### THIRD SUNDAY IN LENT, MARCH 24, 2019

**Scripture:** Luke 13:1-9

**Memory Verse**

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." (1 Corinthians 10:13)

### FIFTH SUNDAY IN LENT, APRIL 7, 2019

**Scripture:** John 12:1-8

**Memory Verse**

"I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead." (Philippians 3:10-11)

### **PALM SUNDAY, APRIL 14, 2019**

**Scripture:** Luke 19:28-40

**Memory Verse**

"Blessed is the king who comes in the name of the Lord! Peace in heaven and glory in the highest!" (Luke 19:38)

### **GOOD FRIDAY, APRIL 19, 2019**

**Scripture:** Psalm 22:1; John 18:1—19:42

**Memory Verse**

"Jesus said, 'My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jewish leaders. But now my kingdom is from another place.'" (John 18:36)

### **MAUNDY THURSDAY, APRIL 18, 2019**

**Scripture:** Mark 12:22-26; John 13:1-17, 31b-35

**Memory Verse**

"A new command I give you: Love one another. As I have loved you, so you must love one another." (John 13:34)

### **EASTER SUNDAY, APRIL 21, 2019**

**Scripture:** John 20:1-18

**Memory Verse**

"Give thanks to the LORD, for he is good; his love endures forever." (Psalm 118:1)