

FBC263

A CALL TO DISCIPLESHIP

TRUST LOVE
FORGIVE PRAY
LEARN
ENCOURAGE SERVE
GIVE OBEY
SACRIFICE

LENTEN DEVOTIONAL GUIDE

Welcome to our FBC263 Lenten Devotional Guide!

Beginning in January 2018 our congregation embarked on a journey to examine how and why the word “disciple” or “discipleship” is used 263 times in the New Testament. Each week we have explored the statement, “A call to follow Jesus is a call to....trust, learn, pray, forgive, and serve”.

As Lent begins this Ash Wednesday, February 14, we find ourselves in the middle of this sermon series, still moving down the path of discipleship together. Over the coming weeks leading to Easter, April 1, we will look at 5 more marks of discipleship. A call to follow Jesus is a call to....encourage, love, sacrifice, give, and obey.

This guide is designed to be a *trail map* for the path we are walking towards Easter. It will include a weekly passage of scripture that corresponds to the previous Sunday’s reading and sermon. *Think of the week’s **passage** as your **walking stick*** you are carrying with you Sunday through Saturday. It will help sustain you, prop you up when you need it, and stay on track.

The purpose of the guide is to encourage us to spend more in depth time in each story, to let it sink into our lives and to transform us. Meditating on the same passage all week helps us to be like the sponge that soaks up water until it is saturated and overflows. When the stories of Scripture penetrate our lives, we can minister to others from the overflow.

Each day of the week will correspond to a different practice or method of applying the passage. Think of these as ***trail markers*** along the journey of Lent where we stop, take note of where we are, where we have been and where we are going. These markers are designed to help us breathe, listen, imagine, reflect, connect and rest.

The Scripture for each week is printed from the Common English Bible. You may wish to read it from a different translation or paraphrase each day. In addition to this guide you will also need to give about 15 minutes of time daily to this effort. If you miss a day, keep going! All trails have their ups and downs, twists and turns. That’s life.

Are you ready to continue on the transforming adventure of discipleship? It’ll be worth every step!

Cynthia Insko, Minister of Children and Spiritual Formation

Weekly Trail Marker Instructions:



Sundays: READ Take the time to reread the sermon passage again in the afternoon or evening. Perhaps read it in a different translation or paraphrase. Ask others what stood out to them from today's sermon. What questions do you have? How will your life this week be a response to what you heard?



Mondays: BREATHE To start the week, create a simple sentence prayer you can pray all week to remind you of Sunday's call to discipleship and the passage. This should be a prayer you can say in one breath. It's one you can take with you in your heart and mind to work, school, the gym, carpool line, or anywhere.

Read the passage. To compose your prayer, think of one of your favorite names for God or Jesus and then add a short prayer. Examples to choose from are provided each week. Feel free to make your own or adapt the ones provided. Examples: Lord Jesus, make me your servant; Dear Savior, thank you for your sacrifice. Write your breath prayer in the space provided on Mondays in this guide.

You may want to place this prayer on a sticky note or somewhere you will see it often and pause to pray. It's as accessible and near to you as your own breath all week.



Tuesdays: LISTEN This day you will reread the passage through several times, pausing in between for words or phrases that jump out to you. The Hebrews called this slow reading meditating on God's Word. (See Psalm 119) You may follow these simple steps. Stick with it! Let the words sink in the way a tea bag steeping in hot water changes the water. Don't rush.

- Prepare by taking a few moments to be still and silent. Ready your heart and mind to hear God's Word. Say your breath prayer. Are you open to be changed by what you are reading?
- Read the passage slowly, and listen for the word or phrase that is addressed to you. You may read the passage silently, aloud, or listen to it read by another person. What word or phrase catches your attention?
- Pause and re-read the passage again. Listen for how the word or phrase that jumped out at you connects to your life situation right now.
- Pause and re-read the passage one more time. What is your response to what you have encountered in this passage? What do you wish to say to God in prayer? What do you sense God is nudging you to do differently as a result? You may choose to journal or write down your thoughts at this point to refer back to later in the week.
- Thank God for his living, active Word transforming us from the inside out.



Wednesdays: IMAGINE This day you will use your imagination to explore the passage.

Who are you in the story this week? Imagine yourself as one of the characters in the story or as a bystander inside the scene. What is the setting? What do you see, hear, taste, feel, experience from inside the story? What do you do or say in the scene? What questions do you have? What is God's word specifically for you in this story? Consider sharing your insights or questions at the pastor's Bible study tonight.



Thursdays: REFLECT Read the passage through once. This day before bed spend some time remembering your day.

Ask yourself,

- At what places today (or yesterday if doing this in the morning) did I sense God's presence near? Give God thanks and praise.
- Were there moments in the day when I felt distant from God? Why? Talk with God about that.
- When did I hear Jesus' call to this week's particular action of discipleship (to encourage, love, sacrifice, give, obey)?
- At what places in my day was I less than what Jesus calls me to be? Confess those times to him and ask for forgiveness. Claim a fresh start and new day to begin again.



Fridays: CONNECT Read the passage through once. Who models this characteristic of discipleship for you? How? Consider engaging them in conversation about what you noticed in their life and how it was helpful to you. Who needs you to embody this characteristic for them? What is one way you can show them this quality of Christlikeness? Do it.



Saturday: REST Read the passage one more time. Thank God for this story and for Jesus' abiding presence with us on our journey of discipleship. What were the highlights of your week and what did you learn? How has your understanding changed or grown?



**Walking Stick for the Week of
Wednesday, February 14 – Saturday, February 17
A Call to Follow Jesus is a Call to
SERVE: Luke 9:1-17**

Jesus called the Twelve together and he gave them power and authority over all demons and to heal sicknesses. 2 He sent them out to proclaim God’s kingdom and to heal the sick. 3 He told them, “Take nothing for the journey—no walking stick, no bag, no bread, no money, not even an extra shirt. 4 Whatever house you enter, remain there until you leave that place. 5 Wherever they don’t welcome you, as you leave that city, shake the dust off your feet as a witness against them.” 6 They departed and went through the villages proclaiming the good news and healing people everywhere.

7 Herod the ruler heard about everything that was happening. He was confused because some people were saying that John had been raised from the dead, 8 others that Elijah had appeared, and still others that one of the ancient prophets had come back to life. 9 Herod said, “I beheaded John, so now who am I hearing about?” Herod wanted to see him.

10 When the apostles returned, they described for Jesus what they had done. Taking them with him, Jesus withdrew privately to a city called Bethsaida. 11 When the crowds figured it out, they followed him. He welcomed them, spoke to them about God’s kingdom, and healed those who were sick.

12 When the day was almost over, the Twelve came to him and said, “Send the crowd away so that they can go to the nearby villages and countryside and find lodging and food, because we are in a deserted place.”

13 He replied, “You give them something to eat.”

But they said, “We have no more than five loaves of bread and two fish—unless we go and buy food for all these people.” 14 (They said this because about five thousand men were present.)

Jesus said to his disciples, “Seat them in groups of about fifty.” 15 They did so, and everyone was seated. 16 He took the five loaves and the two fish, looked up to heaven, blessed them, and broke them and gave them to the disciples to set before the crowd. 17 Everyone ate until they were full, and the disciples filled twelve baskets with the leftovers.

Ash Wednesday, February 14

Today is the first day of Lent, the 40 day journey towards Easter, excluding Sundays. As you begin the use of this guide, read the passage from Sunday's sermon printed above and refer back to it for the rest of the week. It will be your walking stick to hold, support and guide you.



Trail Marker: Imagine Choose either Luke 9:1-6 OR Luke 9:10-17 and imagine yourself inside the story. See page 3 for specific instructions.

Thursday, February 15



Trail Marker: Reflect Read the passage of the week through once. Before you go to sleep tonight, spend time reflecting on today or the past week. See page 3 for specific instructions.

Friday, February 16



Trail Marker: Connect Read the passage through once slowly. Try reading it in a different translation or paraphrase this time. Think about how the story and the call to **serve** might influence your relationship with others. Use the questions on page 3 to guide you.

Saturday, February 17



Trail Marker: Rest Read the story one more time. Use the questions on page 3 to guide you. What are you learning about discipleship?



**Walking Stick for the Week of
Sunday, February 18 – Saturday, February 24
A Call to Follow Jesus is a Call to
ENCOURAGE: Acts 9:19-31**

19 After eating, [Saul] regained his strength.

He stayed with the disciples in Damascus for several days. 20 Right away, he began to preach about Jesus in the synagogues. “He is God’s Son,” he declared.

21 Everyone who heard him was baffled. They questioned each other, “Isn’t he the one who was wreaking havoc among those in Jerusalem who called on this name? Hadn’t he come here to take those same people as prisoners to the chief priests?”

22 But Saul grew stronger and stronger. He confused the Jews who lived in Damascus by proving that Jesus is the Christ.

23 After this had gone on for some time, the Jews hatched a plot to kill Saul. 24 However, he found out about their scheme. They were keeping watch at the city gates around the clock so they could assassinate him. 25 But his disciples took him by night and lowered him in a basket through an opening in the city wall.

26 When Saul arrived in Jerusalem, he tried to join the disciples, but they were all afraid of him. They didn’t believe he was really a disciple. 27 Then Barnabas brought Saul to the apostles and told them the story about how Saul saw the Lord on the way and that the Lord had spoken to Saul. He also told them about the confidence with which Saul had preached in the name of Jesus in Damascus. 28 After this, Saul moved freely among the disciples in Jerusalem and was speaking with confidence in the name of the Lord. 29 He got into debates with the Greek-speaking Jews as well, but they tried to kill him. 30 When the family of believers learned about this, they escorted him down to Caesarea and sent him off to Tarsus.

31 Then the church throughout Judea, Galilee, and Samaria enjoyed a time of peace. God strengthened the church, and its life was marked by reverence for the Lord. Encouraged by the Holy Spirit, the church continued to grow in numbers.

Sunday, February 18 This begins our first full week of Lent.



Trail Marker: READ Today take the time to reread the sermon passage printed in this booklet. See page 2 for instructions.

Monday, February 19



Trail Marker: BREATHE Today create a simple prayer for the week. See page 2 for suggestions. Here are a few ideas for this week. Come, Lord Jesus and encourage my heart; or, Lord, open my eyes to see others to encourage.

Write your breath prayer here and refer to it throughout the week:

Tuesday, February 20



Trail Marker: LISTEN Today is an opportunity to hear this week's passage in a fresh way. Start with your breath prayer then follow the instructions on page 2.

Wednesday, February 21



Trail Marker: IMAGINE Look at Acts 9:26-31 with your imagination. Step into the story. Are you Saul, Barnabas, one of the disciples of Jesus? See directions on page 3.

Thursday, February 22



Trail Marker: REFLECT Set aside time today to read the passage again and to look back over today or even the whole week. Answer the questions on page 3. Have you been using your breath prayer?

Friday, February 23



Trail Marker: CONNECT Today, read the passage for the week and think about how the story and the call to **encourage** might influence your relationships with others. See page 3 for some suggestions.

Saturday, February 24



Trail Marker: REST Read the story one more time. It's the end of the week. Looking back, where have you been? Where are you now? What are you learning about discipleship? Use the questions on page 3 to guide you.



Walking Stick for the Week of
Sunday, February 25 – Saturday, March 3
A Call to Follow Jesus is a Call to
LOVE: Luke 15:11-31

11 Jesus said, “A certain man had two sons. 12 The younger son said to his father, ‘Father, give me my share of the inheritance.’ Then the father divided his estate between them. 13 Soon afterward, the younger son gathered everything together and took a trip to a land far away. There, he wasted his wealth through extravagant living.

14 “When he had used up his resources, a severe food shortage arose in that country and he began to be in need. 15 He hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. 16 He longed to eat his fill from what the pigs ate, but no one gave him anything. 17 When he came to his senses, he said, ‘How many of my father’s hired hands have more than enough food, but I’m starving to death! 18 I will get up and go to my father, and say to him, “Father, I have sinned against heaven and against you. 19 I no longer deserve to be called your son. Take me on as one of your hired hands.” ’ 20 So he got up and went to his father.

“While he was still a long way off, his father saw him and was moved with compassion. His father ran to him, hugged him, and kissed him. 21 Then his son said, ‘Father, I have sinned against heaven and against you. I no longer deserve to be called your son.’ 22 But the father said to his servants, ‘Quickly, bring out the best robe and put it on him! Put a ring on his finger and sandals on his feet! 23 Fetch the fattened calf and slaughter it. We must celebrate with feasting 24 because this son of mine was dead and has come back to life! He was lost and is found!’ And they began to celebrate.

25 “Now his older son was in the field. Coming in from the field, he approached the house and heard music and dancing. 26 He called one of the servants and asked what was going on. 27 The servant replied, ‘Your brother has arrived, and your father has slaughtered the fattened calf because he received his son back safe and sound.’ 28 Then the older son was furious and didn’t want to enter in, but his father came out and begged him. 29 He answered his father, ‘Look, I’ve served you all these years, and I never disobeyed your instruction. Yet you’ve never given me as much as a young goat so I could celebrate with my friends. 30 But when this son of yours returned, after gobbling up your estate on prostitutes, you slaughtered the fattened calf for him.’ 31 Then his father said, ‘Son, you are always with me, and everything I have is yours.

Sunday, February 25



Trail Marker: READ Today take the time to reread the sermon passage printed in this booklet. See page 2 for instructions.

Monday, February 26



Trail Marker: BREATHE Today create a simple prayer for the week. See page 2 for suggestions. Here are a few ideas for this week. Loving Father, have mercy on me; or, Generous God, teach me to love.

Write your breath prayer here and refer to it throughout the week:

Tuesday, February 27



Trail Marker: LISTEN Today is an opportunity to hear this week's passage in a fresh way. Start with your breath prayer. Then follow the instructions on page 2.

Wednesday, February 28



Trail Marker: IMAGINE Look at the passage with your imagination. Step into the story. Are you the father, the eldest son, the younger son, or someone else? See further directions on page 3.

Thursday, March 1



Trail Marker: REFLECT Set aside time today to read the passage again and to look back over today or even the whole week. Answer the questions on page 3. Have you been using your breath prayer?

Friday, March 2



Trail Marker: CONNECT Today read the passage for the week and think about how the story and the call to **love** might influence your relationships with others. See page 3 for some suggestions.

Saturday, March 3



Trail Marker: REST Read the story one more time. It's the end of the week. Looking back, where have you been? Where are you now? What have you learned about discipleship? Use the questions on page 3 to guide you.



**Walking Stick for the Week of
Sunday, March 4 – Saturday, March 10
A Call to Follow Jesus is a Call to
SACRIFICE: Mark 14:32-42**

32 Jesus and his disciples came to a place called Gethsemane. Jesus said to them, “Sit here while I pray.” 33 He took Peter, James, and John along with him. He began to feel despair and was anxious. 34 He said to them, “I’m very sad. It’s as if I’m dying. Stay here and keep alert.” 35 Then he went a short distance farther and fell to the ground. He prayed that, if possible, he might be spared the time of suffering. 36 He said, “Abba, Father, for you all things are possible. Take this cup of suffering away from me. However—not what I want but what you want.”

37 He came and found them sleeping. He said to Peter, “Simon, are you asleep? Couldn’t you stay alert for one hour? 38 Stay alert and pray so that you won’t give in to temptation. The spirit is eager, but the flesh is weak.”

39 Again, he left them and prayed, repeating the same words. 40 And, again, when he came back, he found them sleeping, for they couldn’t keep their eyes open, and they didn’t know how to respond to him. 41 He came a third time and said to them, “Will you sleep and rest all night? That’s enough! The time has come for the Human One to be betrayed into the hands of sinners. 42 Get up! Let’s go! Look, here comes my betrayer.”

Sunday, March 4



Trail Marker: READ Today take the time to reread the sermon passage printed in this booklet. See page 2 for instructions.

Monday, March 5



Trail Marker: BREATHE Today create a simple prayer for the week. See page 2 for suggestions. Here are a few ideas for this week. Lord Jesus, help me stay awake; or, Faithful Savior, help me follow you, no matter what.

Write your breath prayer here and refer to it throughout the week:

Tuesday, March 6



Trail Marker: LISTEN Today is an opportunity to hear this week's passage in a fresh way. Start with your breath prayer. Then follow the instructions on page 2.

Wednesday, March 7



Trail Marker: IMAGINE Look at the passage with your imagination. Step into the story. Are you one of the disciples, Jesus, God the Father? See further directions on page 3.

Thursday, March 8



Trail Marker: REFLECT Set aside time today to read the passage again and to look back over today or even the whole week. Answer the questions on page 3. Have you been using your breath prayer?

Friday, March 9



Trail Marker: CONNECT Today read the passage for the week and think about how the story and the call to **sacrifice** might influence your relationships with others. See page 3 for some suggestions.

Saturday, March 10



Trail Marker: REST Read the story one more time. It's the end of the week. Looking back, where have you been? Where are you now? What have you learned about discipleship? Use the questions on page 3 to guide you.



**Walking Stick for the Week of
Sunday, March 11 – Saturday, March 17
A Call to Follow Jesus is a Call to
GIVE: Luke 19:1-10; 21:1-4**

Chapter 19 Jesus entered Jericho and was passing through town. 2 A man there named Zacchaeus, a ruler among tax collectors, was rich. 3 He was trying to see who Jesus was, but, being a short man, he couldn't because of the crowd. 4 So he ran ahead and climbed up a sycamore tree so he could see Jesus, who was about to pass that way. 5 When Jesus came to that spot, he looked up and said, "Zacchaeus, come down at once. I must stay in your home today." 6 So Zacchaeus came down at once, happy to welcome Jesus.

7 Everyone who saw this grumbled, saying, "He has gone to be the guest of a sinner."

8 Zacchaeus stopped and said to the Lord, "Look, Lord, I give half of my possessions to the poor. And if I have cheated anyone, I repay them four times as much."

9 Jesus said to him, "Today, salvation has come to this household because he too is a son of Abraham. 10 The Human One came to seek and save the lost."

Chapter 21 Looking up, Jesus saw rich people throwing their gifts into the collection box for the temple treasury. 2 He also saw a poor widow throw in two small copper coins worth a penny. 3 He said, "I assure you that this poor widow has put in more than them all. 4 All of them are giving out of their spare change. But she from her hopeless poverty has given everything she had to live on."

Sunday, March 11



Trail Marker: READ Today take the time to reread the sermon passage printed in this booklet. See page 2 for instructions.

Monday, March 12



Trail Marker: BREATHE Today create a simple prayer for the week. See page 2 for suggestions. Here are a few ideas for this week. Most Gracious God, give me what I need; or, Dear Jesus, teach me how to give.

Write your breath prayer here and refer to it throughout the week:

Tuesday, March 13



Trail Marker: LISTEN Today is an opportunity to hear this week's passage in a fresh way. Start with your breath prayer. Then follow the instructions on page 3.

Wednesday, March 14



Trail Marker: IMAGINE Look at either Luke Chapter 19:1-10 or 21:1-4 with your imagination. Step into the story. Are you Zacchaeus, a taxpayer in the crowd, Jesus? Are you the widow? An onlooker waiting to give your offering? See further directions on page 3.

Thursday, March 15



Trail Marker: REFLECT Set aside time today to read the passage again and to look back over today or even the whole week. Answer the questions on page 3. Have you been using your breath prayer?

Friday, March 16



Trail Marker: CONNECT Today read the passage for the week and think about how the story and the call to **give** might influence your relationships with others. See page 3 for some suggestions.

Saturday, March 17



Trail Marker: REST Read the story one more time. It's the end of the week. Looking back, where have you been? Where are you now? What have you learned about discipleship? Use the questions on page 3 to guide you.



**Walking Stick for the Week of
Sunday, March 18 - Saturday, March 24
A Call to Follow Jesus is a Call to
OBEY: Luke 1:26-38**

26 When Elizabeth was six months pregnant, God sent the angel Gabriel to Nazareth, a city in Galilee, 27 to a virgin who was engaged to a man named Joseph, a descendant of David's house. The virgin's name was Mary. 28 When the angel came to her, he said, "Rejoice, favored one! The Lord is with you!" 29 She was confused by these words and wondered what kind of greeting this might be. 30 The angel said, "Don't be afraid, Mary. God is honoring you. 31 Look! You will conceive and give birth to a son, and you will name him Jesus. 32 He will be great and he will be called the Son of the Most High. The Lord God will give him the throne of David his father. 33 He will rule over Jacob's house forever, and there will be no end to his kingdom."

34 Then Mary said to the angel, "How will this happen since I haven't had sexual relations with a man?"

35 The angel replied, "The Holy Spirit will come over you and the power of the Most High will overshadow you. Therefore, the one who is to be born will be holy. He will be called God's Son. 36 Look, even in her old age, your relative Elizabeth has conceived a son. This woman who was labeled 'unable to conceive' is now six months pregnant. 37 Nothing is impossible for God."

38 Then Mary said, "I am the Lord's servant. Let it be with me just as you have said." Then the angel left her.

Sunday, March 18



Trail Marker: READ Today take the time to reread the sermon passage printed in this booklet. See page 2 for instructions.

Monday, March 19



Trail Marker: BREATHE Today create a simple prayer for the week. See page 2 for suggestions. Here are a few ideas for this week. Lord, I am your servant; or, Jesus, help me obey without fear.

Write your breath prayer here and refer to it throughout the week:

Tuesday, March 20



Trail Marker: LISTEN Today is an opportunity to hear this week's passage in a fresh way. Start with your breath prayer. Then follow the instructions on page 2.

Wednesday, March 21



Trail Marker: IMAGINE Look at the passage with your imagination. Step into the story from Mary's perspective. See further directions on page 3.

Thursday, March 22



Trail Marker: REFLECT Set aside time today to read the passage again and to look back over today or even the whole week. Answer the questions on page 3. Have you been using your breath prayer?

Friday, March 23



Trail Marker: CONNECT Today read the passage for the week and think about how the story and the call to **obey** might influence your relationships with others. See page 3 for some suggestions.

Saturday, March 24



Trail Marker: REST Read the story one more time. It's the end of the week. Looking back, where have you been? Where are you now? What have you learned about discipleship? Use the questions on page 3 to guide you.



Walking Stick for Holy Week

Sunday, March 25 – Saturday, March 31

Holy week begins on Palm Sunday when we remember Jesus' return to Jerusalem for the last time before his death. Each passage below helps us to walk in his shoes throughout the events leading up to his crucifixion on Friday and resurrection on Sunday.

Now that you have grown familiar with the trail markers for each day of the week, simply read the passage for the day that is listed from a translation you wish, and then choose one or more of the trail markers on pages 2 and 3 to help you further engage the passage for that day.

Sunday, March 25: Mark 11:1-11

Monday, March 26: John 12:1-11

Tuesday, March 27: John 12:20-36

Wednesday, March 28: John 13:21-32

Thursday, March 29: John 13:1-17; 31b-35

Friday, March 30: John 18:28-19:42

Saturday, March 31: Matt 27:57-66

Sunday, April 1: Mark 16:1-8

Holy Week Worship Services

We will offer several opportunities for you to engage with the stories of Jesus' last week. We invite you to join us.

On Palm Sunday, March 25, at our 10:50 am worship service, our children will process in with the Palms, and our Sanctuary Choir will lead us in the Easter portion of Handel's *Messiah*.

On Maundy Thursday, March 29, at 7:00 pm, you are invited to join us in a Tenebrae or Service of Shadows. This marks Jesus' Last Supper with his disciples. We will share in scripture and song, extinguishing candles in preparation for Good Friday, the day when Jesus was crucified.

The Community of Frankfort offers a service at Frankfort United Methodist Church each day, Monday – Friday, of Holy Week. Service is at noon with a light lunch to follow.

