



LENTEN JOURNEY 2025: WALKING TOWARD HOPE



FIRST WEEK OF LENT: REPENTANCE & FORGIVENESS

This week we focus on repentance and forgiveness. These twin spiritual practices open our hearts to God's transforming grace and free us from burdens that weigh us down. As we acknowledge our own need for forgiveness, we also recognize our call to extend forgiveness to others. This cycle of receiving and giving mercy creates space for deeper healing and authentic relationship with both God and neighbor.

SUNDAY (March 9)

First Sunday of Lent

1st Sunday

"Happy are those whose transgression is forgiven, whose sin is covered." (Psalm 32:1)

Today we remember that God's forgiveness brings true happiness and freedom.

❖ Today's Practice

Reflect on how forgiveness has brought healing to your life. If you're struggling to forgive yourself or others, bring this to God in prayer.

MONDAY (March 10)

First Week of Lent

Day 5

"Pray then in this way: Our Father in heaven... forgive us our debts, as we also have forgiven our debtors." (Matthew 6:9, 12)

Jesus teaches that receiving forgiveness and offering it to others are connected.

❖ Today's Practice

Is there someone you need to forgive? Take a step toward forgiveness, even if it's just a prayer for that person.

TUESDAY (March 11)

First Week of Lent

Day 6

"For if you forgive others their trespasses, your heavenly Father will also forgive you." (Matthew 6:14)

Forgiveness isn't just something we receive—it's also something we're called to give.

❖ Today's Practice

If someone has hurt you, try this simple prayer: "God, I'm struggling to forgive. Help me take one small step forward."

WEDNESDAY (March 12)

First Week of Lent

Day 7

"But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him." (Luke 15:20)

In the parable of the prodigal son, we see that God eagerly awaits our return and celebrates when we come home.

❖ Today's Practice

Imagine God running to meet you with open arms. What would you say to God in that moment?

THURSDAY (March 13)

First Week of Lent

Day 8

"Put away from you all bitterness and wrath and anger... and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you." (Ephesians 4:31-32)

Holding onto anger hurts us more than anyone else. Christ calls us to a different way.

❖ Today's Practice

Notice if you're carrying any anger today. Try releasing it with each breath out, imagining God's peace filling you with each breath in.

FRIDAY (March 14)

First Week of Lent

Day 9

"If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness." (1 John 1:9)

God's forgiveness is always available to us. We simply need to ask.

❖ Today's Practice

Take a moment for honest self-reflection. Is there something you need to confess to God? Trust in God's mercy and forgiveness.

SATURDAY (March 15)

First Week of Lent

Day 10

"Out of the depths I cry to you, O LORD... For with the LORD there is steadfast love, and with him is great power to redeem." (Psalm 130:1, 7)

Even from our lowest points, God hears our cries and offers redemption.

❖ Today's Practice

If you're feeling low today, simply reach out to God with the ancient prayer: "Lord, have mercy."