



LENTEN JOURNEY 2025: WALKING TOWARD HOPE



THIRD WEEK OF LENT: GRATITUDE & THANKSGIVING

This calendar guides you through the 40 days of Lent (not counting Sundays) plus Easter Week. Each day offers scripture, reflection, and a simple practice to deepen your faith and prepare your heart for the joy of Easter. The practices are designed for real life — accessible regardless of your circumstances or where you are in your Christian journey. May this season bring you closer to Christ and the renewal He offers.

This week we focus on gratitude and thanksgiving. When we recognize God's goodness and gifts in our lives, we develop a heart of gratitude that transforms how we see the world. As we reflect on biblical examples of thanksgiving and praise, we're invited to cultivate gratitude as a daily spiritual practice that deepens our connection with God and others.

SUNDAY (March 23) Third Sunday of Lent

Today's Reading: Luke 17:11-19

3rd
Sunday

"Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus' feet and thanked him." (Luke 17:15-16)

Of ten lepers healed, only one returned to give thanks. Today, we're invited to be people who notice God's gifts and respond with gratitude.

❖ Today's Practice

Make a mental list of three unexpected blessings you've experienced recently. Take a moment to thank God for each one.

MONDAY (March 24) Third Week of Lent

Today's Reading: 2 Corinthians 9:1-15

Day 17

"Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver." (2 Corinthians 9:7)

Gratitude naturally leads to generosity. When we recognize God's gifts to us, we're moved to share with others.

❖ Today's Practice

Consider one simple way you can give to others today—perhaps a kind word, a listening ear, or a small act of service.

TUESDAY (March 25) Third Week of Lent

Today's Reading: Ephesians 5:6-20

Day 18

"Giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ." (Ephesians 5:20)

Paul encourages us to cultivate a heart of gratitude in all circumstances, recognizing every moment as an opportunity for thanksgiving.

❖ Today's Practice

Choose one ordinary aspect of your day (meals, work, rest, or interactions) and transform it into an occasion for intentional gratitude. How might this shift your perspective?

"Rejoice in the Lord always; again I will say, Rejoice." (Philippians 4:4)

Christian joy isn't dependent on perfect circumstances but on the unchanging presence of God in all situations.

❖ Today's Practice

Look for one reason to rejoice today, even if it's small. Take a moment to express this joy to God.

"As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience." (Colossians 3:12)

Our gratitude for God's love is expressed through the qualities we "put on" in our daily interactions.

❖ Today's Practice

Choose one quality from today's verse to focus on. How might you practice this quality in your interactions today?

"O give thanks to the LORD, for he is good; for his steadfast love endures forever." (1 Chronicles 16:34)

Throughout Scripture, God's people are called to remember and give thanks for God's faithful love that never ends.

❖ Today's Practice

Regardless of your circumstances today, try completing this phrase several times: "I thank God for..."

"Bless the Lord, O my soul, and do not forget all his benefits—who forgives all your iniquity, who heals all your diseases." (Psalm 103:2-3)

The psalmist reminds himself not to forget God's goodness—forgiveness, healing, and redemption are gifts worth remembering.

❖ Today's Practice

Consider how God has brought healing to your life—physically, mentally, emotionally, or spiritually. Offer a simple prayer of thanks.