

40 Words for 40 Days: Pauses for Lent | Meditation Guideline:

1. **Stop/Pause/Be Still:** Create space in your mind, time, and body to desire God's presence and listen to His voice.
2. **Meditate on the theme and scriptures for each day during the Lenten season.** Read the scriptures, reflect on them repeatedly, and meditate on what God is revealing to you through His Word.
3. Each day comes with an action suggestion. Follow it and put it into practice. May you encounter and experience God each day.
4. **Spiritual growth is not a solitary journey.** As we pursue the resurrected Lord Jesus Christ, we can share our intimate fellowship with Him with others. In this way, we can encourage one another. You are invited to share your experiences and reflections with fellow brothers and sisters in Christ throughout the Lenten season.

3.22.2026. Fifth Sunday of Lent

Fifth Sunday of Lent | Reading : Mark 10:32-45

"32 They were on their way up to Jerusalem, with Jesus leading the way, and the disciples were astonished, while those who followed were afraid. Again he took the Twelve aside and told them what was going to happen to him. 33 'We are going up to Jerusalem,' he said, 'and the Son of Man will be delivered over to the chief priests and the teachers of the law. They will condemn him to death and will hand him over to the Gentiles, 34 who will mock him and spit on him, flog him and kill him. Three days later he will rise.' 35 Then James and John, the sons of Zebedee, came to him. 'Teacher,' they said, 'we want you to do for us whatever we ask.' 36 'What do you want me to do for you?' he asked. 37 They replied, 'Let one of us sit at your right and the other at your left in your glory.' 38 'You don't know what you are asking,' Jesus said. 'Can you drink the cup I drink or be baptized with the baptism I am baptized with?' 39 'We can,' they answered. Jesus said to them, 'You will drink the cup I drink and be baptized with the baptism I am baptized with, 40 but to sit at my right or left is not for me to grant. These places belong to those for whom they have been prepared.' 41 When the ten heard about this, they became indignant with James and John. 42 Jesus called them together and said, 'You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. 43 Not so with you. Instead, whoever wants to become great among you must be your servant, 44 and whoever wants to be first must be slave of all. 45 For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.'"

(Reference : 40 Words for 40 Days: Pauses for Lent, by Trevor Hudson)

40 Days of Fasting & Prayer Guide (6th Week 3/22 ~ 3/28)

Key Verse : Mark 10:43-44



When Jesus teaches his disciples about what it means to follow him, he redefines the meaning of true greatness. We see this in our reading for today. When James and John ask him if they both can sit alongside him when he comes into glory, he turns their ideas about human greatness upside down. He tells them that they do not know what they are requesting. Jesus explains that those who are considered great by the world's standards hold their power over others. For his followers, however, things are to be totally different. Those who are truly great in the kingdom of God serve others.

The disciples have a difficult time grasping Jesus' view of greatness; so do we. Our society bombards us with completely opposite messages. Those considered great are people with power, people continually in the public spotlight, and people served by others. But the way of Jesus, as we have seen, is radically different. Jesus encourages us to serve others without taking credit and to choose last place over the front of the line. It sounds crazy, and so we mutter under our breath, "Why on earth should we even consider doing this?"

The reason is clear. We travel this path because it is Jesus' way into the kingdom. If we want to experience the life that God makes possible, we must take this path of servanthood. We have to learn how to give up the right to be in charge, to call the shots, to give the orders. Rather, we seek to discover how to become available to others, to bless those near us, to be sensitive to the needs in our midst. In the process, we come to experience the gift of another kind of life, a life of joyful freedom and gradual transformation, a life in the kingdom of God.

Each of us needs to explore what Jesus' instructions mean for us. Most certainly it will mean joining those who our society does not consider important — the destitute, the desperate, the elderly, the homebound, the sick, the victims — and learning how best to serve them.

Reflection

Thinking of being first, having power, and being successful are the values of the world. Please take a moment to think about how these values of the world affect your life and value? How do the values of the Kingdom of Heaven taught by the Lord Jesus impact you? How to break through these worldly values and live out Christ?

Prayer

Lord! Help me to break through and abandon the world's values, live out the spirit of Christ's love and sacrifice, and be willing to love and serve!

Day 29 : 3.23.2026.

Theme : SERVE | Reading : Matthew 20:28

“Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

Jesus calls his followers to be servants. When we open our lives to him, his Spirit will always lead us into the position and posture of service. Serving others is the badge of genuine discipleship.

Jesus himself models service when he washes the dirty feet of his disciples. Through this act, Jesus gives the disciples a pattern to follow. He says to them, “I have set you an example, that you also should do as I have done to you” (John 13:15). We find nothing optional about Jesus’ words. They are clear, direct, and invite our response.

Serving others the way Jesus would have us do can take many differing forms: offering a ride, taking time to listen to a friend or coworker, babysitting for a single parent, taking out the trash, washing the dishes, and so on. These acts may seem small, but believe me, they can make a big impression on the people we serve!

Daily Practice & Prayer

Experiment throughout the day with this prayer : Lord, please bring someone across my path today whom I can serve.

Day 30 : 3.24.2026.

Theme : MONEY | Reading : Matthew 6:24

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other.

You cannot serve both God and money.”

Money is a touchy subject. Even though it plays a massive part in our personal and social lives, we find it difficult to talk openly about how our faith relates to our money. Indeed, many of us find ourselves struck in secret and hidden financial obsessions.

In contrast to our reticence and reserve, Jesus talks openly about money and possessions. His message conveys two sides: He strongly warns against the spiritual dangers of making money our god, and he also makes it clear that a wise use of our material possessions can enhance our relationship with God.

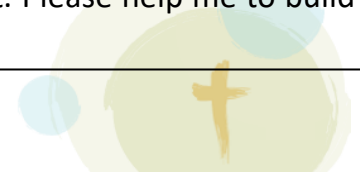
Jesus challenges us to dethrone money as a rival god. Martin Luther once observed, “There are three conversions necessary: the conversion of the heart, mind, and the purse.” Of these three, the last conversion proves the most difficult.

Daily Practice

To express your intentions to dethrone money and to put God first in your life, bless someone today with an anonymous monetary gift.

Prayer

Heavenly Father! Help me to search my heart and reflect on the meaning of money to me. If my views on money and value are in line with the Lord’s will, help me to know how I can glorify You through money or my assets or my gifts in the days to come. If I am attached to and unhealthily pursuing money in my heart, please reveal it and help me to repent. Please help me to build up a healthy perspective to money.



Day 31 : 3.25.2026.

Theme : BODY | Reading : 1 Corinthians 6:19

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own.”

Our bodies lie at the center of our spiritual lives. This may sound strange, but it is true. We are incarnate beings in our very nature; we experience the world through our bodies.

This is why God came to earth as a human — as Jesus — and not as an angel. God came as a human being with a real body like ours. Through Jesus we see the mystery of the Incarnation: The Word became flesh and dwelt among us.

Today, through his Spirit, the Lord Jesus wants to dwell within our bodies. But he can only do this when we offer them as living sacrifices to God. This total yielding of every part of ourselves to God renews our minds and transforms our spirits.

Daily Practice

Lie on the floor facedown or faceup. Explicitly and intentionally surrender your body to God. Take time to go over each part of your body, offering everything to God.

Prayer

Heavenly Father! Because Christ has redeemed me, I no longer belong to myself, thank you Lord! Help me to surrender to the leading of the Holy Spirit and give up the autonomy to master my life. May God help me to deny myself at all times and let the Holy Spirit to take over my life!

(Reference : *40 Words for 40 Days: Pauses for Lent*, by Trevor Hudson)

Day 32: 3.26.2026.

Theme : TEMPTATION | Reading : Hebrew 4:15

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet he did not sin.”

We are attacked human beings. Each day brings with it temptations and bad influences that try to undermine our relationship with God. These temptations take the form of thoughts that carry us away from the loving way of Christ.

Scripture comforts us with the knowledge that Jesus has been tempted in every way, just like we have been, yet is without sin. Jesus reminds us that temptation itself is not a sin. Nor do our temptations surprise him since he has experienced them.

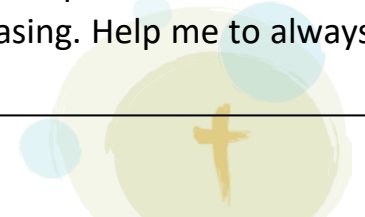
Like Jesus did in the desert, we too need to face our temptations, name them, and share them with the One who alone can help us to overcome them.

Daily Practice

Take ten minutes today to create your own “desert experience” — be alone with God and bring forward those temptations with which you are presently struggling. Receive the grace that God offers as you face your temptations.

Prayer

Heavenly Father! I know that temptations are often disguised as positive, good and pleasing. Help me to always be in You and discern all these.



Day 33 : 3.27.2026.

Theme : PRAY | Reading : Luke 11:1

“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray, just as John taught his disciples.’ ”

Many people long for a firsthand, interactive relationship with God. Lacking a vital sense of the eternal in their lives, they want to know how to communicate with God. In other words, they want to learn how to pray.

The early disciples also want to know how to pray, so they ask Jesus to teach them. Significantly, this is the only time they ask to be taught anything! When they make this request, Jesus gives them what we call the Lord’s Prayer (See Luke 11:2-4).

We can spend a lifetime learning how to pray this prayer the way Jesus teaches us. Many assume if we just say the words then we are praying. But this is far from the truth. These words need to be entered into, lived in, meditated on, as well as spoken. If we are interested in learning how to pray, Lent is a good time to begin.

Daily Practice

Meditate on the Lord’s Prayer today. Slowly recite each line and consider its meaning for your life.

Prayer

Slowly recite and pray for the following prayer (Luke 11:2-4) :

“2 He said to them, When you pray, say:

‘Father, hallowed be your name, your kingdom come.

3 Give us each day our daily bread.

4 Forgive us our sins, for we also forgive everyone who

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Day 34 : 3.28.2026.

Theme : WILL | Reading : Matthew 26:39

“Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

One of the most special gifts given to us is our will. Each of us is relatively free to make different choices, to cause things to happen that otherwise would not occur, and to act for good or for evil. This is how critical our will is.

God also has a will for our lives. The heart of our journeys as Christ-followers lies in learning how to surrender our wills to God’s will. Jesus models this surrender in the verse above, and this is what Jesus invites us to do as well. In his earthly life, Jesus shows us what single-minded and wholehearted abandonment to the will of God looks like.

Surrendering our will to God does not mean that we then have no will of our own. Nor does surrender equate to resignation or passivity. Rather it means that our deepest desire is to discern, follow, and act upon what God wants for our lives. Learning how to do this is a lifelong adventure.

Daily Practice

As an expression of your desire to choose God’s will for your life, sit quietly in God’s presence, clench your fists tightly, and then open them slowly to the Lord.

Prayer

Heavenly Father! I understand that when I hold on to some people, things, and materials, I will often be dominated by them. Help me to give up the right to control and to be independent from You, so that I will let the sovereign Lord to take control of my life!

