

## 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.

### 3.15.2026. Fourth Sunday of Lent

#### Fourth Sunday of Lent | Reading : Mark 9:2-10

*"2 After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. 3 His clothes became dazzling white, whiter than anyone in the world could bleach them. 4 And there appeared before them Elijah and Moses, who were talking with Jesus. 5 Peter said to Jesus, 'Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah.' 6 (He did not know what to say, they were so frightened.) 7 Then a cloud appeared and covered them, and a voice came from the cloud: 'This is my Son, whom I love. Listen to him!' 8 Suddenly, when they looked around, they no longer saw anyone with them except Jesus. 9 As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead. 10 They kept the matter to themselves, discussing what 'rising from the dead' meant."*



#### Key Verse : Mark 9:2-3

The details of the Transfiguration are both straight-forward and staggering. Jesus and three disciples go up a mountain to pray. As Jesus prays, his appearance changes. He becomes visibly radiant as if

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

## 40 Days of Fasting & Prayer Guide (5th Week 3/15 ~ 3/21)

the light of heaven shone out of him. Then two ancient biblical figures, Moses and Elijah, appear and talk with him. Finally a cloud covers them, and the disciples became frightened. A voice comes out of the cloud and says, "This is my Son, the Beloved; listen to him!" (v.7). Then suddenly, the disciples find themselves alone with Jesus again.

This experience stresses two essential truths for our journey in the kingdom of God. First, as Christ-followers we need mountaintop experiences to keep our discipleship fresh, vital and alive. The eternal realm, the hidden dimension of God's transforming presence, penetrates our earthly reality and is always available to us. We need to regularly open ourselves to this divine reality so that our lives also glow with God's presence and power. If we have never experienced an encounter like this, we may want to reexamine those spiritual practices of solitude, prayer, and worship that open our lives to them.

Second, the Transfiguration reminds us that mountaintop experiences are not ends in and of themselves. Their importance lies in where they lead us. Immediately after Jesus is transfigured, he comes down from the mountaintop into the alley of human need and suffering. He brings healing to a child suffering from seizures. In that moment he translates his spiritual experience into compassionate action. For Jesus, coming down from the mountain is as important as going up the mountain.

### Reflection

Let us take time to ponder this truth. As followers of Jesus, we are invited to bring the light of our mountaintop experiences into the darkness of our pain-filled world. Sometimes we don't want to look at the pain and misery around us — at home, at work, among our neighbors and friends. After all, we live in a culture that works to avoid or ignore others' suffering. But we need to be sharply countercultural. Rather than avoiding them, we need to intentionally engage those who suffer. We can make new beginnings this Lent by connecting with those who are hurting and by offering them the healing beam of God's presence.

### Prayer

Lord, help me to seek you at the mountaintop to have a deeper fellowship with you, knowing that you are the portal to the heavenly reality. Please also help me to bring your heavenly reality to this world.

Day 23 : 3.16.2026.

**Theme : WEPT | Reading : John 11:35**

*“Jesus wept.”*

Each one of us sits next to a pool of our own tears. Our pools are all different. Some have been caused by what has been done to us; some are the results of our own doing. These pools remind us of the grief and losses we have suffered throughout our lives.

Jesus grants us the gift of his own tears. His tears remind us that God weeps with us, grieves with us, and suffers with us. Those who travel the Lenten journey in Jesus’ intimate company discover that his tears represent the empathy of God.

Let’s consider our own pools of tears. These pools could be caused by the death of a loved one, the pain of a divorce, the abuse of a child, the unmet longing for an intimate partner, the loss of a job, or the rejection from a close friend. Whatever it may be, this pool of tears is where Christ wants to meet us during the season of Lent.

### **Daily Practice**

Take some time today to be alone with the Lord. Share aloud your pool of tears and listen to what God has to say in response.

### **Prayer**

Heavenly Father, please help me to converse with you about my painful experience. I know this is not easy because I need to face all the pain. Please surround me with Your protection and give me the courage to talk to You, knowing that You listen, You comfort, You forgive, You have mercy, You heal, You guide, You can turn everything into a blessing!

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Day 24 : 3.17.2026.

**Theme : BUT | Reading : John 3:16**

*“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish **but** have eternal life.”*

The verse from the Gospel of John reminds us that a word does not need to be long in order to be important. **But** is a very short word, yet it is essential in grasping the hopeful message of Good Friday and Easter Sunday. In fact, it almost sums up what these two days are all about.

God knows there is a Good Friday side to life. We sin, we hurt one another, and we die — all parts of the failing and futile reality in which we live. If they were the only parts and if sin and death had the final word, life would be terribly despairing and dismal.

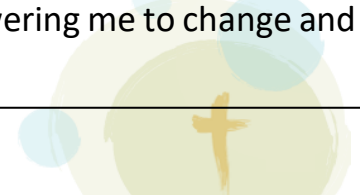
**But** we also experience an Easter side to human life. God does not abandon us to the grave. God’s care for us is so great that God comes to us in Jesus Christ so that those who believe in him will not perish but share in the undying life that God gives.

### **Daily Practice**

Every time you use the word **but** today in a sentence, remind yourself of God’s gift of love and eternal life.

### **Prayer**

O God! What a wonderful Lord You are! You can turn water into wine, you can raise the dead, and you can free people from the bondage of sin. You can use the power of resurrection to work on me, empowering me to change and renew, and to love you even more!



**Day 25 : 3.18.2026.**

**Theme : WAY | Reading : John 14:6**

*“Jesus answered, ‘I am the way and the truth and the life. No one comes to the Father except through me.’ ”*

Lent provides us with an opportunity to find our way again. Every day we use pathways, walkways, motorways, driveways, and highways whenever we want to go somewhere. Even with these trails as our guides, we can get lost.

Two thousand years ago when Jesus came into our world, he offered himself to lost humanity as “the way.” Just a few years later, the earliest followers of Jesus began calling themselves “people of the Way.” (See Acts 9:2). When we follow Jesus, we enter into a lifelong journey in his company.

Lent encourages those of us who feel lost to get our lives back on track. It turns us toward Christ who meets us where we are, offers his life as the way, and invites us to follow.

### **Daily Practice**

Wherever you walk, run, cycle, or drive today, affirm who are as a follower of Christ : You are a person of the Way. What does it mean for you to walk in Jesus’ company?

### **Prayer**

Dear Heavenly Father, please help me know that the choices I make today and the time and energy I invest are all the path destined by You, not the choices I make based on my flesh and self. Even if it is as small as a word, an action, or a thought, please help me to know and discern whether all these are leading me to walk in the Lord’s will.

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**Day 26: 3.19.2026.**

**Theme : FREE | Reading : John 8:31-32**

*“31 To the Jews who had believed him, Jesus said, ‘If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free.’ ”*

One of the great hymns that Charles Wesley wrote during the eighteenth-century Evangelical Awakening in England contains this line : “My chains fell off, my heart was free, I rose, went forth, and followed Thee.” These words give us a glimpse of the radical freedom Jesus promises to his followers.

Christ frees us from those chains holding our lives in bondage — the chains of fear, addiction, and evil — from which we seek release. Christ also frees us for a new life of discipleship, obedience, and adventure. We are set free to love, to praise, and to serve God with our whole being.

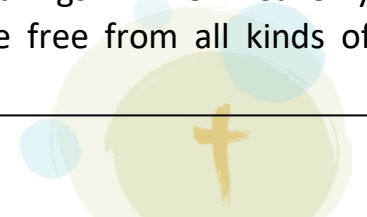
When we follow Christ, he liberates us from our shackles to become the people that God wants us to be. This is the glorious freedom offered to the children of God!

### **Daily Practice**

Consider this question today : What addictions and unhealthy attachments keep me from experiencing freedom in Christ?

### **Prayer**

Heavenly Father, pray for the Holy Spirit to enlighten me and reveal the unhealthy and sinful things in me. Heavenly Father, please release and set me free from all kinds of bondage.



**Day 27 : 3.20.2026.**

**Theme : SIN | Reading : 1 John 1:8**

*“If we claim to be without sin, we deceive ourselves and the truth is not in us.”*

Sin is a three-letter word that we do not like to use today. Many years ago a psychiatrist named Karl Menninger wrote a book titled *Whatever Became of Sin?* The book underlined the importance of rediscovering sin as a concept that helps explain the mess we have made of our world and of so many of our relationships.

Sin, biblically understood, is rebellion against God. Usually this rebellion takes the shape of our refusal to love. We prefer to go the way of selfishness and self-centeredness. The results of this tragic rebellion lie all around us in our broken relationships, broken communities, and broken nations.

Lent provides a wonderful opportunity to let the unselfish and other-centered kind of love that took Jesus to the cross flow more freely throughout our lives. Then our broken lives will overflow in love toward God and our neighbor.

**Daily Practice**

One practical way for the love of Christ to flow through you is to extend forgiveness to someone who has hurt you. Think of a person today to whom you might offer forgiveness. How can you show the love of Christ to this person?

**Prayer**

Heavenly Father! Help me to receive love and the forgiveness of You, and to obey Your command to forgive others, because this is Your destiny, so that my love can not only love the lovable people, but also love the people I am incapable of loving!

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**Day 28 : 3.21.2026.**

**Theme : ENEMIES | Reading : Matthew 5:44-45**

*“44 But I tell you, love your enemies and pray for those who persecute you, 45 that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.”*

We all have enemies. Sometimes we don't like to admit this. We want to think that we love everyone and that everyone loves us, but that is highly unlikely. Sometimes these enemies pop up even in our family circle!

One of the most difficult challenges for a Christ-follower is loving his or her enemies. Not only does Jesus do this but he also wants us to do so. Obviously Jesus believes that there can be little spiritual growth until we start to love those whom we consider enemies.

Often the first step in loving enemies is praying for them. Praying for our enemies discourages us from saying or doing anything nasty to those we dislike. Prayer also has the power to change our attitudes. Maybe this is why Jesus specifically tells his disciples to pray for their enemies.

**Daily Practice**

Pick someone today with whom you are not on speaking terms. Take a few minutes to pray specifically for God's blessing on his or her life .

**Prayer**

Heavenly Father! Please help me to forgive those who have wronged me, even those who have hurt me and my enemies. May your unconditional love fill me so much that I can be like Jesus Christ and love my enemies!

