



seeking:

honest questions
for deeper faith

daily devotional cards *FOR LENT*

Written by: Rev. Sarah A. Speed

WEEK OF ASH WEDNESDAY | WEDNESDAY



seeking:

*Is this the fast
that I choose?*

**At the end of
your life, what
do you want
people to say
about you?**

WEEK OF ASH WEDNESDAY | THURSDAY



seeking:

*Is this the fast
that I choose?*

**Is there a
spiritual
practice you
would like to
develop? If so,
what and why?**

WEEK OF ASH WEDNESDAY | FRIDAY



seeking:

*Is this the fast
that I choose?*

**Are you
using
your time
wisely?**



prayer

God, if I am seeking a legacy, let me seek the right one. Let me not be distracted by shiny, fleeting things. Do not let me get sucked into the whirlpool of ego and insecurity. Instead, give me the wisdom to sink into you, allowing any legacy of mine to grow from and toward you. Amen.

Beginning with Ash Wednesday and continuing through the beginning of Easter, use these daily devotional cards to expand and deepen your spiritual walk through Lent. You might place the stack of cards by your bed to read first thing in the morning or right before you sleep at night. Perhaps use the cards as prompts to journal and reflect. Day by day, may these prayers remind you that, as you seek God, God is always seeking you.

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prayer

God of today and tomorrow, Lent reminds us that these days are precious, running past us quicker than we can imagine. It is so easy for me to spend my time on things that do not matter, or that do not bring me joy. Give me a detailed eye to assess my time and make changes that allow me to use my days better. Each day is a gift from you. Let my life reflect my gratitude. Amen.



prayer

Holy God, I do not want to skim the surface of you—skipping and bouncing like a stray rock across the water. I want to sink to the bottom. I want to spend as much time with you as I do with everyone else. So course-correct my energy. Lead me deeper into practices that quiet the wild waters of this world. With hope I pray, amen.

WEEK OF ASH WEDNESDAY | SATURDAY



seeking:
*Is this the fast
that I choose?*

**In what
ways
can you
grow
closer
to God?**

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THE FIRST WEEK OF LENT | SUNDAY



seeking:
*Who will you
listen to?*

**What
voices are
helpful in
your life
right now?**

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THE FIRST WEEK OF LENT | MONDAY



seeking:
*Who will you
listen to?*

**Who
inspires
your
faith?**

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THE FIRST WEEK OF LENT | TUESDAY



seeking:
*Who will you
listen to?*

**Jesus was
tempted in the
wilderness.
What distractions
in your life pull
you off-center?**

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prayer

God of the still, small voice, my ears are full of chatter. Every day there is another ad, another reminder, another voice speaking. Help me recognize the voices in my life that point me toward you. Help me recognize the voices of empowerment, of hope, of connection and belonging. Fill my ears with those good news messages so that I might never forget who I am and who I belong to. Amen.



prayer

Ever-present God, I know that you are with me always, and yet, it is easy for me to move through my days without paying much attention. As I enter into this Lenten season, highlight ways for me to grow closer to you so that by Easter, I might know you even more clearly. With hope in my heart, I pray. Amen.



prayer

Centering God, more often than I would like to admit, I find myself chasing rabbit trails. I focus on things that do not ultimately matter. I dwell. I ruminate. I marinate in frustrations. Help me recognize unhealthy distractions for what they are, and then give me strength and wisdom so that, like Jesus in the desert, I too might say no. Amen.



prayer

God of my ancestors, there are so many people who have shaped my faith. Today, I give thanks for those people. I am grateful for those who have shown me forgiveness, who have taught me how to pray, who have inspired my faith and told me the stories of scripture. I would not be where I am today without them, so thank you for this cloud of witnesses. Amen.

THE FIRST WEEK OF LENT | WEDNESDAY



seeking:
*Who will you
listen to?*

**Where in
your life
would you
like to
say yes?**

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THE FIRST WEEK OF LENT | THURSDAY



seeking:
*Who will you
listen to?*

**What
voices are
harmful
to you?**

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THE FIRST WEEK OF LENT | FRIDAY



seeking:
*Who will you
listen to?*

**Whose voices are
represented in
your social media
feeds or your
news sources?
What voices
are missing?**

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THE FIRST WEEK OF LENT | SATURDAY



seeking:
*Who will you
listen to?*

**Who in your life
is an excellent
listener? What
makes them so?
How can you
learn from them?**

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prayer

Loving God, one of the hardest things to do is recognize and name the voices that harm us—voices of comparison or negativity, messages of scarcity. Give me the strength to pluck those voices from my mind. Drown out the voices of temptation and harm, and replace them with your voice of love and affirmation. Amen.



prayer

Creating God, there are countless voices that ask for our time, energy, and creativity. Sometimes I wonder—am I saying yes to the right things? Do I need to adjust? Am I stretched too thin? Am I missing out on something you are calling me to? Give me the wisdom to hear your invitations and the conviction to say yes to the things that matter most. Gratefully I pray, amen.



prayer

Listening God, you have gifted certain people with the spiritual gift of listening. For that, I give you thanks. I have been comforted, encouraged, and strengthened in my faith by good listeners. Help me learn from them so that I too may bless other people with a listening ear. Amen.



prayer

God of all people, I have the opportunity to curate the voices I listen to. I can listen to only those who think and look like me, or I can curate my social media feeds and news sources to include a wide array of voices. Help me recognize if there are voices missing from my life right now. If there are voices that are silenced, bring them to my heart. Amen.

THE SECOND WEEK OF LENT | SUNDAY



seeking:
*How do we
begin again?*

**Is it ever
too late
to begin
again?**

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THE SECOND WEEK OF LENT | MONDAY



seeking:
*How do we
begin again?*

**Where
did you
see God
today?**

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THE SECOND WEEK OF LENT | TUESDAY



seeking:
*How do we
begin again?*

**What is
something
you are
learning
right now?**

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THE SECOND WEEK OF LENT | WEDNESDAY



seeking:
*How do we
begin again?*

**When was
the last
time you did
something
new?**

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prayer

God, sometimes we play Marco Polo. Sometimes you leave breadcrumbs on the path for me. Other times you tap me on the shoulder and we start to dance. No matter how I find you, I know you're always there. Give me a spirit to see you. Help me pay attention. Amen.



prayer

Holy God, this is one of the questions I ask myself—is it too late? Have I missed the window? Is it really possible for me to unlearn and relearn new habits? When I begin to doubt, I remember that you called Sarah and Abraham to be parents and start a new generation at an old age. Surely, there is new life for me as well. Give me the courage to laugh with joy when opportunities for new beginnings walk my way. Amen.



prayer

God of new life, when was the last time I did something new? Was it when I learned to knit? When I tried latkes for the first time? When I ran a different running route? Like a child with eyes of wonder, help me look for the new opportunities in my life. May those glimpses of newness remind me that you are always creating, and always inviting me to begin again. There is holiness in that. Amen.



prayer

Creator God, sometimes I have to stop and think about it—what am I learning these days? What is my body trying to teach me? What is my soul yearning for? If I'm not careful, I could ignore life's lessons and simply carry on, but I want to do more than carry on. I want to grow. I want to learn. Help me learn. Amen.

THE SECOND WEEK OF LENT | THURSDAY



seeking:
*How do we
begin again?*

**What
prevents
you from
starting over
or beginning
again?**

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THE SECOND WEEK OF LENT | FRIDAY



seeking:
*How do we
begin again?*

**Where
are you
trying to
grow?**

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THE SECOND WEEK OF LENT | SATURDAY



seeking:
*How do we
begin again?*

**How is
God calling
you in this
season
of life?**

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THE THIRD WEEK OF LENT | SUNDAY



seeking:
*Will you give
me a drink?*

**Jesus asks
for a drink
(John 4).
When was
the last time
you asked
for help?**

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prayer

Oh holy God, the list is long. I'm terrible with Excel sheets. I'm not very patient. I am quick to keep score. I think I'm right most of the time. And if someone embarrasses me, it can take days to recover. Where am I *not* trying to grow? Give me a humble heart that I might embrace change with hope. Remind me that we are all works in progress, and that even in my shortcomings I am loved and claimed by you. Amen.



prayer

Holy God, whenever I think about beginning again there is a fear that climbs up on top of my chest and hunkers down. It is scary to think about trying new things, starting over, going in a new direction. Remove the weight from my chest and help me see that beginning again does not *have* to be a scary thing. It can be a joyful, hopeful thing. It can feel like resurrection. And when I say to myself that there are no new beginnings in my life, remind me that I am wrong. You start each day anew. Every day is a chance to begin again. Amen.



prayer

Empathetic God, for some reason, asking for help is not very easy. I tell myself that I'll be a burden to others. I tell myself that I *should* be able to do it all, when in reality, we all need a little help from time to time. Remind me that even Jesus asked for help. He asked the Samaritan woman for a drink. Let that be a holy reminder to me that it's okay to ask for help. Amen.



prayer

Gracious God, sometimes your call is a tug to pay attention. Other times it comes as an invitation. No matter how it arrives, I don't want to miss it! In the midst of a busy world, open my heart to you. Help me not only hear your call, but like Abraham and Sarah, give me the courage to follow your call. Amen.

THE THIRD WEEK OF LENT | TUESDAY



seeking:
*Will you give
me a drink?*

**Jesus knows
the Samaritan
woman fully (John
4). How does it
make you feel to
know that we are
known by God,
and held in grace?**

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seeking:
*Will you give
me a drink?*

**What
actions,
if taken,
would make
you proud of
yourself?**

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THE THIRD WEEK OF LENT | WEDNESDAY



seeking:
*Will you give
me a drink?*

**What can
you offer
the world?
Are you
offering it?**

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THE THIRD WEEK OF LENT | THURSDAY



seeking:
*Will you give
me a drink?*

**When was the
last time you
told someone
about your faith?
What made that
possible? What
made that hard?**

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prayer

Holy God, I want to be someone who is quick to be generous. I want to be someone who draws up water, even when the well is deep. I want to be someone who befriends strangers, who speaks about my faith, and who asks meaningful questions. Those actions would make me proud. Give me the courage to follow through. With hope I pray, amen.



prayer

Jesus of Nazareth, you knew the Samaritan woman's entire life. I can only assume that that means you know mine as well. You know my wins. You know my failures. And even still, you love and claim me. Let that truth sink in. Let it permeate my heart. Let my weary spirit float atop that good news. Amen.



prayer

Gracious God, I believe, deep in my bones, that you offer a type of love, belonging, and care that so many people are hungry for. And yet, I rarely talk about my faith with others. Why is that? Flood my spirit with conviction, that I might have the courage to speak about my faith just like the Samaritan woman did. Show me how to be convicted and gentle, how to speak and listen, all at the same time. With hope, Amen.



prayer

God of our stories, the Samaritan woman offered her bucket. She offered her truth. She offered her testimony. Am I offering all that I have to give? Are there ways I can give more, or give differently? Am I offering care to my neighbors as well as to myself? The world can ask so much of us. Help me find the pathways to give what I can, and give with joy. Amen.

THE THIRD WEEK OF LENT | FRIDAY



seeking:
*Will you give
me a drink?*

**What are
you thirsty
for? What
do you
long for?**

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THE THIRD WEEK OF LENT | SATURDAY



seeking:
*Will you give
me a drink?*

**After the Samaritan
woman meets Jesus,
she runs through the
streets telling people
about him (John 4).
What are you that
passionate about?
What do you want
people to know?**

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THE FOURTH WEEK OF LENT | SUNDAY



seeking:
Who sinned?

**How
do you
describe
God?**

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THE FOURTH WEEK OF LENT | MONDAY



seeking:
Who sinned?

**In John 9, the
disciples make
assumptions about
the reason for a
man's blindness.
When have you made
an assumption? How
have you changed
your mind?**

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prayer

Speaking God, I assume it was you that planted that fire in my belly. I assume it was you that gave me a voice to speak about the things I am most passionate about, so like the Samaritan woman, grant me the courage to run and tell that. The world needs truth tellers and hope planters. Let me be one of them. Amen.



prayer

God, I am thirsty. I am thirsty for change. I am thirsty for rest. I am thirsty for a deeper connection with you. There are so many things that I long for. Help me see those inner aches as sign posts, leading me toward a truer version of myself. Help me listen to your call, which is tucked into those longings. Amen.



prayer

God of patience, changing one's mind can be like a slow and painful journey of dismantling and reassembling furniture in your mind. It does not come easily, and yet, scripture reminds us that holiness can be found in changing our minds. Help me see where I may need to dismantle and reassemble. Guide me in that faithful work. Amen.



prayer

Holy God, there are so many names for you. How could I use just one? I could call you Friend, Healer, Creator, Teacher. The list goes on. As I move through Lent and continue to read your stories, remind me that you are bigger than my imagination. For that, I give thanks. Amen.

THE FOURTH WEEK OF LENT | TUESDAY



seeking:
Who sinned?

Connecting sin with disease was something the disciples had to unlearn (John 9). What are you trying to unlearn?

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THE FOURTH WEEK OF LENT | WEDNESDAY



seeking:
Who sinned?

Where in your life do you need healing?

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THE FOURTH WEEK OF LENT | THURSDAY



seeking:
Who sinned?

The disciples seek answers and clarity from Jesus. What answers do you seek?

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THE FOURTH WEEK OF LENT | FRIDAY



seeking:
Who sinned?

Jesus heals a blind man who then professes his faith saying, "Lord, I believe" (John 9). What do you believe—about yourself, and about God?

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prayer

Healing God, I could use your help today. There are things that I carry, things that I wrestle with, things that bring a heaviness to my life. If you can, offer healing. Bind yourself to the broken parts of me. Smear mud on my eyes. Call me by name. Heal what hurts. With hope I wait, amen.



prayer

God, I have stereotypes to unlearn. I have negative self-talk to unlearn. I have to unlearn the societal message that my worth comes from my productivity. There are so many messages floating around in my head that do not come from you. Unravel those messages, and pull me back toward your embrace. Amen.



prayer

Gracious God, I am always inspired when I hear other people say, "Lord, I believe." It makes me ask myself—what do I believe—about you, about community, about myself? I believe that you are a gracious and loving God. I believe that I am held in your embrace. Give me faith, like the man born blind, to carry that conviction and believe for all of my days. Amen.



prayer

Omnipotent God, I have dozens of questions bubbling up inside me—how, and why, and for how long? I know your love is not a Magic 8 Ball, spitting out pithy answers to the world's wonderings, so I will keep bringing my questions to you. I will keep asking. I will keep seeking, and I trust that you will meet me in the middle. With hope for your promised day I pray, amen.

THE FOURTH WEEK OF LENT | SATURDAY



seeking:
Who sinned?

The healed man is isolated from his community due to his faith in Jesus (John 9). Where and when has your faith felt like something that isolates you? When has it connected you?

THE FIFTH WEEK OF LENT | SUNDAY



seeking:
Can these bones live?

Where do you find peace?

THE FIFTH WEEK OF LENT | MONDAY



seeking:
Can these bones live?

What do you worry about?

THE FIFTH WEEK OF LENT | TUESDAY



seeking:
Can these bones live?

When all seems lost, how do you hold onto hope?



prayer

God of peace, it's not often that I slow down to think about the things that truly calm my spirit and anchor me to you. However, with the world threatening to run us ragged, I have to ask: what is it that brings me peace? How do I find it? How do I hold onto it? Help me sift through the pieces of my life to recognize what truly brings me peace so that even in hard seasons, these bones may live. Amen.



prayer

Jesus of Nazareth, you never said that being a person of faith would be easy. In today's world, being a person of faith can feel isolating. However, it also ties me to community. Help me remember that in the ups and the downs, and help me always remember that you are with me. I am never alone. Amen.



prayer

God, some days feel like dead bone days. Like Ezekiel in the desert, I'm not sure these bones can live (*Ezekiel 37*). Like Ezekiel in the desert, I'm not sure anything good can come from this day. When those days come, remind me that you are a God who breathes life into dust. May I rest in that promise. Amen.



prayer

Jesus of Nazareth, I imagine that you worried. I imagine you worried about your friend Lazarus and whether or not he would be okay. I imagine you worried about returning to Jerusalem and what would happen when you did (*John 11*). Maybe worry is a symptom of love, but it is not a symptom that you let control you. So give me the courage to recognize my worries and to continue moving forward, just as you did. With hope I pray, amen.

THE FIFTH WEEK OF LENT | WEDNESDAY



seeking:
*Can these
bones live?*

**Jesus weeps
for his friend
Lazarus (John
11). What grief
do you carry
in this season?**

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THE FIFTH WEEK OF LENT | THURSDAY



seeking:
*Can these
bones live?*

**Even though it is
dangerous for Jesus to
go to Judea, he goes
in order to be with his
friend Lazarus (John 11).
Who in your life has
gone that extra mile
for you? Who would you
walk the extra mile for?**

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THE FIFTH WEEK OF LENT | FRIDAY



seeking:
*Can these
bones live?*

**What
makes
you
weary?**

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THE FIFTH WEEK OF LENT | SATURDAY



seeking:
*Can these
bones live?*

**What
relationships
matter most
to you in this
season?**

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prayer

Holy God, my life would simply not be complete without friends and family. When I look back over the years, it is the memories created with the people that I love that gives me the greatest sense of joy. Help me cherish that for the sacred gift that it is. For just as Jesus had Lazarus, I have people of my own. Thank you for those people, God. Amen.



prayer

Jesus, friend of Lazarus, Lent has a way of stirring up the grief we carry from year-to-year. Lent brings to mind the various endings in our life—the end of relationships, identities, seasons, and opportunities. Remind us that you know what that grief feels like, which means we are not alone in the heaviness of it all. Thank you for the companionship. Amen.



prayer

Triune God, from the very beginning you wired us for friendship, for community, for belonging. And yet, relationships are so hard! Vulnerability and trust can take so long! Give me an open heart to pour into the people in my life that mean the most to me. Do not let me withhold my care, but instead, may the love I feel for those who matter the most to me draw me closer and closer to you. Amen.



prayer

God, is there truth embedded in my weariness? Is there something for me to learn from the exhaustion that knows my name? Show me how to be gentle with myself. Show me how to sift through my weariness, and how to lift my eyes when the yoke is heavy, so that I can find you in my midst. Amen.

HOLY WEEK | PALM / PASSION SUNDAY



seeking:
*Where are
you headed?*

**Palm Sunday
could easily be
compared to
a parade or a
social march.
What do you,
or would you,
march for?**

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HOLY WEEK | MONDAY



seeking:
*Where are
you headed?*

**On Palm Sunday
the people cry,
“Hosanna,”
which means,
“Save us.” What
is something
you’d like to ask
God’s help with?**

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HOLY WEEK | TUESDAY



seeking:
*Where are
you headed?*

**Where are
you going?
What are
you working
toward?**

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HOLY WEEK | WEDNESDAY



seeking:
*Where are
you headed?*

**What lights
your soul on
fire? What
are you
passionate
about?**

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prayer

Gracious God, there are seasons when all I say is, "thank you," and then there are seasons when all I say is, "help." Remind me that in both the good and the bad, you are here for me. I can bring you the burdens on my heart and you will surround me like a cocoon. Today, I need help with _____. Thank you, God. Amen.



prayer

God of the parade, when I think about you on Palm Sunday I can't help but wonder: would I have been there? Would I have been in the crowd? Would I have been waving palm branches? Would I have seen you? I'll never know, but what I do know is that I can decide what parades and marches I will show up for today. So when I gather with my neighbors, let me catch a glimpse of you. Lead my feet to the march. Amen.



prayer

God of the spark, you weave passion into our hearts for a million different things. Surely this gift is intentional. Surely the passion swirling in my gut is an invitation, a call. Grant me the wisdom to listen to the truth in those rumblings, and the courage to act on them. Amen.



prayer

God of the road, you know that our life is a journey—we take one step at a time. As the season of Lent comes to an end, I ask you: where am I headed from here? Is there work you need me to do? Are there relationships you need me to foster? Am I being called? Am I being sent? As Lent winds down, turn my heart to the days that follow so that I may continue journeying with you. Amen.

HOLY WEEK | MAUNDY THURSDAY



seeking:
*Will you wash
my feet?*

**Jesus shows
his love to the
disciples by
washing their feet
(John 13). How do
you show love to
others? To God?
To yourself?**

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HOLY WEEK | GOOD FRIDAY



seeking:
*Why have you
forsaken me?*

**What
are you
afraid
of?**

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HOLY WEEK | HOLY SATURDAY



seeking:
*Why have you
forsaken me?*

**What emotions
does this week
stir up in you?
How do you
sit with those
emotions?**

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EASTERTIDE | EASTER SUNDAY



seeking:
*Who are you
looking for?*

**Where
are you
experiencing
new life?**

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prayer

Jesus, you know that the world can be a scary place. Our human capacity for cruelty shows up in full force this week. So as we wade through the heaviness of your final days, help me learn from the heaviness in my own life. What am I afraid of? How can I invite you into that fear? Is that fear trying to teach me anything? I need you. Every day, I need you. Amen.



prayer

Gracious God, it's easy to give love. It's sometimes harder to receive it. You washed the disciples' feet, which was an intimate and generous way of saying to them, "I love you." Do I do anything as generous as this? Can I love my neighbors more? Can I love you more? Can I love myself more? Show me how to wash their feet. Show me how to love more freely. Amen.



prayer

Risen God, you bring us with you on Easter Sunday, giving us new life—a renewed hunger for faith, a louder curiosity, a more vibrant sense of self. Whatever it is for each of us, help us recognize the holiness in that newness. Help me see the gift in this season. Amen.



prayer

God of our best days and our worst days, this week is laden with emotions. I feel the joy and the fear of Palm Sunday. I feel the grief and the love of Maundy Thursday. I feel the pain and the injustice of Good Friday. Help me to sit with these emotions instead of running from them. Allow me to be present to the full story so that I might be present to you. Amen.

EASTERTIDE | MONDAY



seeking:
*Who are you
looking for?*

**Where and
when do you
feel closest
to God?**

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EASTERTIDE | TUESDAY



seeking:
*Who are you
looking for?*

**Where have
you felt God
this Lenten
season?
What have
you learned?**

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EASTERTIDE | WEDNESDAY



seeking:
*Who are you
looking for?*

**What is
bringing you
energy in
your life
right now?**

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EASTERTIDE | THURSDAY



seeking:
*Who are you
looking for?*

**What will
you seek
in this new
season of
life? What
are you
looking for?**

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prayer

God of the journey, I have spent the last six weeks walking this Lenten path, seeking after you. This seeking has led me deeper into faith and closer to you. So as I reflect back on this Lenten season, help me appreciate the lessons that have been learned. Help me carry that same curiosity into the coming days.

With joy in my heart, amen.



prayer

Mary found you in the garden. I find you in music, in crowded tables, in the feeling of coming home. I find you in the sunrise, in quiet mornings with the dog stretched over my lap. I find you in the children's choir, in a warm cup of coffee, in Communion breadcrumbs scattered all around the floor. I find you all over the place, holy God. Keep meeting me there. Amen.



prayer

God of the empty tomb, I know that Easter does not mean the work of seeking stops. Instead, you are now on the loose—out in the world, anywhere and everywhere. So my seeking only continues as I look for your fingerprints all around me. Give me clarity for the things I seek, and the energy to continue the work. Amen.



prayer

Holy God, I could write a novel about the joys in my life—the things that jumpstart my heart, the things that make me feel most alive. What a gift! Tie a string from the center of my soul to those sources of life-giving energy, that I might never lose my way. Amen.