

Wednesday Night Lenten Family Devotion Time – Soup for the Soul

Ash Wednesday: February 17

Shepherd

“I am the good shepherd,” Jesus said. “I know my own, and my own know me. I lay down my life for the sheep.” (John 10:14-15)

Jesus, our shepherd, promises to remember us and keep looking for us, even when we seem to be lost. What does it mean to say that Jesus is our “shepherd”? (He knows us, leads us, protects us, and keeps us from harm.) What in your life would you be a “shepherd” for (protect and look after it no matter what)?

Prayer: Dear Jesus, help me to hear your voice and respond to your call. Thank you for giving me all that I need. Amen.

Week 2: February 24

Dirt

Don't use dirty or foolish or filthy words. Instead, say how thankful you are. Ephesians 5:4

What is the difference between DIRT and SOIL? One way to think about this is that dirt can be described as soil where it is not supposed to be. For example, soil is a good thing when it is in a garden or a yard, providing nourishment and protection for plants and flowers and grass. However, if you walk through that **soil** and then bring it inside on your shoes, that mess is now called **dirt** because it's not supposed to be on the carpet or wood floor. The things we say to our friends and family can be compared to soil and dirt. Like soil, some words are useful and important for growth; others are more like dirt and need to be washed away. What are some ways we can make sure our words are like soil, and not dirt?

Prayer: God, help me to watch my words and use words that are helpful, positive and necessary. May my words and actions be good soil for growth in faith and love. Amen.

Week 3: March 3

Kindness

No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. 1 John 4:2

The world is so full of negativity these days. What would it be like if everyone was only able to send kind or positive messages to each other, either through what we say or a written note or a text or email? Do you think you could try this for one day? What do you think it would feel like?

Prayer: Dear God, help me to see good things in other people. Help me to treat others with kindness, even when it is hard to do. Amen.

Week 4: March 10

Overflow

May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. 1 Thessalonians 3:12

Have you ever accidentally let something overflow (the bath water, a drink cup, a kiddie pool, your dog's water bowl, etc.)? Or, have you ever held a cup under the faucet and just watched as the water spilled over the edges and poured into the sink? God's love for us – and the love that he wants us to have for Him and for others – is just like that cup. It just keeps pouring over and over and never stops. How have you experienced God's overflowing love and laughter today?

Prayer: Dear Lord, let me be the source of love that overflows from you through me to all whom I encounter this day. Amen.

Week 5: March 17

Life

Jesus says, "I came so that everyone would have life, and have it to the fullest." John 10:10

Think about how the trees look in the middle of winter. All the leaves have fallen off and they look dead. But are they? No, they are simply sleeping during the long winter, getting ready to wake up again. Even when spring feels far away, the tree is getting preparing. Buds will be coming, followed by leaves. The tree is alive, even when there is not one leaf we can see. Jesus brings life to all people. Sometimes people compare Jesus to the tree of life with roots in fresh water, leaves of healing, and so many kinds of fruit. One thing is sure: Jesus brings life to you and me. What will you do with your life today?

Prayer: Jesus, Tree of Life, help me to taste and see the life you offer. Amen.

Week 6: March 24

Peace

And a harvest of righteousness is sown in peace by those who make peace. James 3:18

Do you ever wish for some “peace and quiet”? During the past year, we have all spent a lot of time at home with our family members. We all love our families and spending time with them, but too much time together without much break can become difficult – we all need a little “peace” or alone time now and then. If we love God, we know that our peace comes from Him, so no matter what might be happening in the house or the world around us, we can always find our peace by spending a little time with God. How will you spend time with God today? In prayer? By reading your bible? Doing this devotional activity with your family? What are some ways you could help someone else to experience God’s peace?

Prayer: (feel free to say this prayer or to simply sit in the silent peace of God) Dear Lord, thank you for the peace you offer me. Please help me to come back to you to find that peace whenever life feels hectic. Amen.

Week 7: March 31

Promise

And remember, I am with you always, to the end of the age. Matthew 28:20b

Have you ever made a pinky promise to someone? This verse from the Bible is kind of like Jesus making a pinky promise with each of us. He will be with us, always. That is an amazing thing, right? You are never alone because Jesus promises to be with you. Jesus will be with you when life gets messy and difficult, and when we feel like nobody cares. The best part about Jesus’ promise is that he will be with us when we celebrate, too. In fact, there is no time – whether it is boring, sad or happy – that the promise of Jesus does not follow us. What kind of pinky promises do you make? Do you keep them?

Prayer: Hey there, Jesus! I know that sometimes I forget that you are always with me, but I just wanted to say “thank you” for always having my back. It is awesome to know that I am never alone! Help me remember your promise each time I see my pinkies. Amen.

