

THE WEEK OF ASH WEDNESDAY | **WEDNESDAY**

Full
to the Brim
With all
that you
are

REMINDER FOR THE DAY

God loves
the real you—
the messy,
authentic,
honest you.

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THE WEEK OF ASH WEDNESDAY | **THURSDAY**

Full
to the Brim
With all
that you
are

REMINDER FOR THE DAY

We are safe
to bring our
anger and
fear to God.

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THE WEEK OF ASH WEDNESDAY | **FRIDAY**

Full
to the Brim
With all
that you
are

REMINDER FOR THE DAY

We are safe
to bring our
joy and delight
to God.

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THE WEEK OF ASH WEDNESDAY | **SATURDAY**

Full
to the Brim
With all
that you
are

REMINDER FOR THE DAY

Faith is a
constant
returning to
God. Each day
we get to
practice again.

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PRAYER

Dear God, I know in my head that you are big enough for my anger, but my heart is afraid to speak. Open up a path of clear communication between us. Give me the strength to lay it all out there—my fear, my grief, my hurt. I don't want to keep anything from you. Amen.



PRAYER

God, I am so used to putting on a filter. We slide into different versions of ourselves based on the room we're in, but I don't want to do that with you. I want to bring my full self, the one you created. Give me the strength to pull back the layers. Give me the strength to bring exactly who I am to you, knowing it is more than enough. Amen.



PRAYER

Dear God, I confess—I am guilty of thinking about a million other things in a day before I think about you. Forgive me for the boomerang nature of my faith—always coming and going. Instill in me a gravitational pull back to you, so that my returning becomes more frequent day by day. And when I mess up, remind me that there is always tomorrow. Amen.



PRAYER

God who created laughter, remind me that you are here for more than just hard times. You would love to hear about that which delights me and brings me joy, so slow me down long enough to name the goodness in my life out loud and give you thanks. Amen.

THE FIRST WEEK OF LENT | **SUNDAY**

Full
to the Brim *{Even
in the
desert}*

REMINDER FOR THE DAY

Even in the
wilderness,
God does not
leave us alone.

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THE FIRST WEEK OF LENT | **MONDAY**

Full
to the Brim *{Even
in the
desert}*

REMINDER FOR THE DAY

There is more
to life than the
temptations of
this world.

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THE FIRST WEEK OF LENT | **TUESDAY**

Full
to the Brim *{Even
in the
desert}*

REMINDER FOR THE DAY

We have the
power to choose
the life we
long to live.

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THE FIRST WEEK OF LENT | **WEDNESDAY**

Full
to the Brim *{Even
in the
desert}*

REMINDER FOR THE DAY

Saying
"no"
can be
holy.

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PRAYER

God, we live in a world that is obsessed with money, status, power, and beauty. Extracting myself from those waters is like pulling myself out of quicksand. I need your help. I want to be known for the things you care about—love, justice, humility, mercy, joy—not likes, follows, wealth, or status. There is more to life than the world often lets on.

Help me to see that more clearly. Amen.



PRAYER

Gracious God, one of the easiest lies I can tell myself is: I am alone. It's so tempting for me to believe that the burdens I carry rest on my back and no one else's. It's so easy for me to believe I go unseen in this big world, but that is a lie. You are with me. Even in the wilderness, you are with me. On my better days, I know that. Help me to know that when the world falls apart. Amen.



PRAYER

God of words, be in my mouth. Help me to say “no” to the things that steal my joy, steal my energy, and steal my sense of self. So often you walked away from the crowd to find time alone. Give me the strength to do the same. Give me the strength to say “no,” to take care of myself, and to know that a healthy “no” can be a holy thing. Amen.



PRAYER

God of the wilderness, you said “no” to Satan. You chose another way—a more beautiful and just way. So when life feels out of control, remind us that we too are creators of our lives. Remind us that like you, we too have the power to say “yes” and “no.” Give us the strength to use it. Amen.

THE FIRST WEEK OF LENT | THURSDAY

Full
to the Brim *{Even
in the
desert}*

REMINDER FOR THE DAY

Saying "yes" can be holy, when that yes moves you closer to God and closer to your true self.

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THE FIRST WEEK OF LENT | FRIDAY

Full
to the Brim *{Even
in the
desert}*

REMINDER FOR THE DAY

When life feels like the desert, remember, Jesus has been there too. You are not alone.

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THE FIRST WEEK OF LENT | SATURDAY

Full
to the Brim *{Even
in the
desert}*

REMINDER FOR THE DAY

The wilderness lasted for 40 days. Whatever you're going through, remember, this is a season.

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THE SECOND WEEK OF LENT | SUNDAY

Full
to the Brim *{Under
God's
wing}*

REMINDER FOR THE DAY

God is gathering you in. Rest in that truth.

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PRAYER

Gracious God, from time to time I find myself in a desert—a place where the wheels fall off the track, the days are hot, the nights are cold, and I feel utterly alone. When those days come, whisper into my ear that you too have been here before. Let that truth rattle around in my bones and wash comfort over me. For if you have walked this desert path before, then surely

I am not alone. Amen.



PRAYER

God of affirmation, I want to be brave enough to say “yes” to the things you place in my path that are meant for me. Do not let imposter syndrome, fear, shame, or scarcity silence a “yes” that you have in mind. Give me the courage to say “yes,” and let those “yes” responses pull me closer to you, and closer to the person you call me to be. Amen.



PRAYER

God who gathers us in, it is so comforting for me to imagine you scooping up humanity under your wing. Grant me the faith to feel that in my own life—to trust and see that you are always gathering me in. Amen.



PRAYER

God, 40 days can feel like an awfully long time when you’re in the desert. Remind me that, in time, everything comes to an end. The leaves fall. The snow melts. The cicadas rest. Seasons come and seasons go. When things are going haywire, give me the courage to count the days. Slowly but surely, this too shall pass. Amen.

THE SECOND WEEK OF LENT | MONDAY

Full
to the Brim } Under
God's wing

REMINDER FOR THE DAY

God loves you
like a mother
hen—fierce,
unfailing, and
protective.

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THE SECOND WEEK OF LENT | TUESDAY

Full
to the Brim } Under
God's wing

REMINDER FOR THE DAY

In the stress
of this life,
God is a
refuge.

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THE SECOND WEEK OF LENT | WEDNESDAY

Full
to the Brim } Under
God's wing

REMINDER FOR THE DAY

We are free to
come and go,
but there will
always be a place
for us under
God's wing.

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THE SECOND WEEK OF LENT | THURSDAY

Full
to the Brim } Under
God's wing

REMINDER FOR THE DAY

God
songs
for you.

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PRAYER

God of grace, scripture says you are a refuge—a home, a shelter through the storm. When I feel like the floor is falling out from the world around me, remind me that I am yours. Life can change, but you remain. Amen.



PRAYER

Holy God, I know that I am strong, but I am glad that I am not strong alone. Your love is bold and fierce. You are a protector, longing to shield me from that which grieves. Grant me wisdom enough to lean on you. Amen.



PRAYER

Loving God, so often I feel undeserving of your love. I don't pray enough. I don't give enough. I don't strive for justice enough. I could always be doing better, and yet you still long to be in a relationship with me. Erase the guilt that keeps me from you. Help me to trust that this love exists for me. Amen.



PRAYER

Merciful God, this love is not catch and release. I am free to come and go as I want and you love me all the same. What an amazing gift. Strengthen my faith so that more of the time, I want more of you. Amen.

THE SECOND WEEK OF LENT | **FRIDAY**

Full
to the Brim } Under
God's wing

REMINDER FOR THE DAY

Humans need seven types of rest—creative, emotional, mental, physical, spiritual, social, and sensory. Which of these areas have you protected? Which needs protecting?

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THE SECOND WEEK OF LENT | **SATURDAY**

Full
to the Brim } Under
God's wing

REMINDER FOR THE DAY

Allow
yourself
space and
time to rest.

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THE THIRD WEEK OF LENT | **SUNDAY**

Full
to the Brim } You
are
worthy

REMINDER FOR THE DAY

You are worthy
of Sabbath
time.

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THE THIRD WEEK OF LENT | **MONDAY**

Full
to the Brim } You
are
worthy

REMINDER FOR THE DAY

Your worth is not
rooted in your
productivity.

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PRAYER

God who scoops me up and pulls me in,
I am longing for your care. My bones are
weary. My heart is heavy. I need a minute
to rest. Pull me into your embrace so that
I may breathe easily for a moment. Remind
me in between breaths that I am never
alone. Amen.



PRAYER

Gracious God, like a weary bird needs
a branch to rest on, I come sliding into
home—exhausted, fragile, and sore. Help
me create practices that protect my rest.
Show me the spaces where I can choose to
take care of myself. Remind me that this is
not a selfish act, for even you rested on the
Sabbath day. Amen.



PRAYER

God of today, for so long I have believed
the lie that my worth is rooted in my ability
to produce. Pull that myth from my brain.
Help me to see a new narrative. Help me to
trust that I am worthy regardless of what I
produce. Amen.



PRAYER

Holy God, I often feel like I am running a race
with no off ramp. I don't know how to allow
myself space and time to stop. Remind me
that the world will keep spinning even if I
rest. Remind me that I am worthy of time
for myself. Amen.

THE THIRD WEEK OF LENT | **TUESDAY**

Full
to the Brim { You
are worthy

REMINDER FOR THE DAY

You are worthy
of love and
belonging.

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THE THIRD WEEK OF LENT | **WEDNESDAY**

Full
to the Brim { You
are worthy

REMINDER FOR THE DAY

You are not
a waste of time
or resources.

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THE THIRD WEEK OF LENT | **THURSDAY**

Full
to the Brim { You
are worthy

REMINDER FOR THE DAY

You are
allowed to
make
mistakes.

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THE THIRD WEEK OF LENT | **FRIDAY**

Full
to the Brim { You
are worthy

REMINDER FOR THE DAY

You were
made in the
image of God.

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PRAYER

Holy God, remind me—I am not a waste of time or resources. I am worth investing in. I am worth taking care of. I am worthy of love, protection, and connection. When I forget, circle me with your Spirit. Bring me back to this place. Sing again to my soul. I am not a waste. I am yours. Amen.



PRAYER

God of creation, from the very beginning you made me good, just as I am. However, that truth is easy to forget. Our competitive world of filters and resumes whittles away at my self-worth. Infuse me with the confidence that I am worthy of love and belonging. Help me make decisions from that core belief. Help me trust that your good news exists for me. Amen.



PRAYER

Holy God, I know in my head that I was made good, that I was made in your image. However, that knowledge does not always translate to an immediate sense of self-worth. Bridge the gap for me. Carry my head's knowledge into my heart. Help me trust my own worth as one you call Beloved. Amen.



PRAYER

God of grace, you are a God of endless second chances, and yet I am so afraid of making mistakes. I am afraid of letting people down. I am afraid of failing in ways that matter. I am afraid of embarrassing myself. Remind me that there is grace for me here. Give me the courage to take risks, to stumble, to fall, to learn from it, and to grow. Amen.

THE THIRD WEEK OF LENT | SATURDAY

Full
to the Brim
You are
worthy

REMINDER FOR THE DAY

Your worth
comes from
God, who will
never stop
loving you.

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THE FOURTH WEEK OF LENT | SUNDAY

Full
to the Brim
Prodigal
grace

REMINDER FOR THE DAY

No matter how
far I wander,
God always
welcomes
me home.

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THE FOURTH WEEK OF LENT | MONDAY

Full
to the Brim
Prodigal
grace

REMINDER FOR THE DAY

God's grace is
over the top
and it exists
for me.

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THE FOURTH WEEK OF LENT | TUESDAY

Full
to the Brim
Prodigal
grace

REMINDER FOR THE DAY

When you realize
that you are not
where you want to
be, it is brave and
faithful to go in a
new direction.

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PRAYER

God who waits at the door for me, remind me that your grace is wide enough to encompass all my wandering. Remind me that no matter where I go, what mistakes I make, or the many ways I might lose my way—you will always welcome me home with joy and celebration. Thanks be to God for a love like that. Amen.



PRAYER

Creator God, when my self-esteem is shrinking, when I worry that I am not good enough, when I feel so small—surround me. Silence those voices of self doubt. Amplify the voices of love and belonging. Teach me to see myself the way you always do. Amen.



PRAYER

God, when I realize I am in the wrong place, give me the strength to change paths. It is scary to go in a new direction, and yet I know in my heart that following your call to be the person I am meant to be is the brave and faithful thing. So guide my feet. Be a lamp to my path. Give me courage.

Give me peace. Amen.



PRAYER

Holy God, here on earth we tend to give grace in “I owe you’s.” Rarely does it feel over the top, lavish, or excessive. Therefore, it can be hard for me to wrap my mind around the way you shower grace on all of us. Help that truth sink in. Let it change me. Amen.

THE FOURTH WEEK OF LENT | WEDNESDAY



REMINDER FOR THE DAY

We do not earn
God's grace,
we simply
receive it.

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THE FOURTH WEEK OF LENT | THURSDAY



REMINDER FOR THE DAY

In different seasons
of our life, we might
be the prodigal
child, the parent,
or the sibling. No
matter our role,
there's a seat for us
at God's table.

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THE FOURTH WEEK OF LENT | FRIDAY



REMINDER FOR THE DAY

In a world that
loves an eye for
an eye, let your
grace overflow.

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THE FOURTH WEEK OF LENT | SATURDAY



REMINDER FOR THE DAY

It is a
courageous
thing to say
you're sorry
when you lose
your way.

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PRAYER

Holy God, help me remember that when it comes to the story of the prodigal son, I play all three roles. I can make the same mistakes, but I can also make the same gracious choices. Therefore, help me be like the prodigal son who was quick to apologize. Help me be like the older brother who aimed for righteousness, and help me be like the father who celebrated love at every turn. I can be all three. Amen.



PRAYER

God, sometimes I am the prodigal son—knee-deep in my own mistakes and far from home. When I get to those places, give me the courage to pull myself from the mud and to walk toward you. Give me the courage to own my mistakes, to apologize, and to make better choices tomorrow. We are all just works in progress, trying to grow in the direction of love. Amen.



PRAYER

God of grace, I am overwhelmed by your love—the kind of love that gives without receiving, the kind of love that does not keep score, the kind of love that holds on to the likes of me, the kind of love that offers grace without requirement. I am changed by your goodness. Amen.



PRAYER

God, your grace is like a river. It flows everywhere and it touches everything. Help me to live with a similar spirit. Give me the compassion to hold grace that overflows. Amen.

THE FIFTH WEEK OF LENT | **SUNDAY**

Full
to the Brim *Brazen
acts of
beauty*

REMINDER FOR THE DAY

It is a gift
to love
others
boldly.

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THE FIFTH WEEK OF LENT | **MONDAY**

Full
to the Brim *Brazen
acts of
beauty*

REMINDER FOR THE DAY

The way you live
your life can
inspire others.
Do not be afraid
to share it.

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THE FIFTH WEEK OF LENT | **TUESDAY**

Full
to the Brim *Brazen
acts of
beauty*

REMINDER FOR THE DAY

There is no one
right way to
worship, to pray,
or to practice our
faith. If it is heartfelt
and loving, God
welcomes it.

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THE FIFTH WEEK OF LENT | **WEDNESDAY**

Full
to the Brim *Brazen
acts of
beauty*

REMINDER FOR THE DAY

If your faith
revolves around
love, you should
never be afraid
to share it with
the world.

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PRAYER

Holy God, Mary poured perfume on your feet and it was etched into the pages of time, for her simple action reminds us that love can be beautiful and brave simultaneously. Show me how to live my life with such brave truth. Remind me that sharing my faith and my love might be a gift to someone who needs to hear it. Give me the courage to speak. Give me the courage to act. Amen.



PRAYER

Dear God, do not let me hold back in love. Do not let me fear looking foolish over being loving. Do not let me hold words in, keeping them to myself, when they are meant to be said. Do not let me keep love to myself in this aching world. Amen.



PRAYER

Holy God, somewhere along the way, I began tucking my faith into my pocket. It was there, and it was mine, but I've been afraid of sharing it in case it offends or isolates. I am coming to see that it does the world no good for me to hide love away. Give me the courage that Mary had to love boldly—to give love away. Amen.



PRAYER

Jesus of Nazareth, I'm sure the perfume poured on your feet was messy, and yet, it was a gift. If that's true of perfume, then I trust you're okay with my restless worshiping, my fragmented prayers, and the times I stumble over my words or don't even know what to say at all. I long to be as faithful as Mary. Thank you for reminding us that devotion can come in many forms. Amen.

THE FIFTH WEEK OF LENT | THURSDAY



REMINDER FOR THE DAY

Beauty can help us pay attention to what is alive—in the world and in us.

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THE FIFTH WEEK OF LENT | FRIDAY



REMINDER FOR THE DAY

Create intentional moments in your day for yourself, the ones you love, and God. Do not let the day pass unnoticed.

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THE FIFTH WEEK OF LENT | SATURDAY



REMINDER FOR THE DAY

There may be critics when you follow your call. Trust your gut. Be brave anyhow.

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HOLY WEEK | PALM / PASSION SUNDAY



REMINDER FOR THE DAY

You are allowed to cry out.

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PRAYER

Mary knew that there was no time like the present. She'd just lost her brother. She was about to lose Jesus. She knew there was no time like the present, which meant there was no time to hold back on love or devotion. The same is true for me, but I forget it. Help me take inventory of my every day. Help me pause to create intentional moments. Wake me up enough to say "thank you" a dozen times each afternoon. I don't want to let the days slip by. Amen.



PRAYER

God, when the Pharisees told you to quiet the disciples, you said "no." No to silencing their voice. No to diminishing their truth. No to squelching what needs room to breathe. What a gift that "no" was, for now I trust that I too am free to cry out. I am free to bring you my joy, my grief, my pain, and my hosannas.

Thank you for a love like that. Amen.



PRAYER

Creator God, from time to time beauty can wake us up. It pulls us out of the gray of our day to day lives, lifts our heads up off our chests, and takes our breath away. What a gift that is. Maybe beauty is just a chance to say "thank you." So "thank you." Keep flooding this world with beauty—with perfume that smells rich, with sunsets that marvel, with paintings that wow, and with foods that warm. We are grateful. Amen.



PRAYER

Dear God, we all know the perfect sting of a critic, calling us out when we go our own way. We all know the fear that tells us to stay put, and the anxiety around doing a new thing. It can be all-encompassing. Remind us to trust our gut, to listen to our heart, and to follow where you lead. Help us be brave. Help us be faithful. Amen.

HOLY WEEK | MONDAY

Full
to the Brim

{ Even the
stones cry
out

REMINDER FOR THE DAY

The truth of
your life will
bubble up to
the surface.
Pay attention
to it.

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HOLY WEEK | TUESDAY

Full
to the Brim

{ Take off
your
shoes

REMINDER FOR THE DAY

You are worthy
of being
cared for.

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HOLY WEEK | WEDNESDAY

Full
to the Brim

{ Take off
your
shoes

REMINDER FOR THE DAY

Friendships
are a holy gift.
They are worth
protecting.

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HOLY WEEK | MAUNDY THURSDAY

Full
to the Brim

{ A cup
of
sorrow

REMINDER FOR THE DAY

God
cries out
with us.

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PRAYER

God of mercy, one of the last things you did for your disciples was wash their feet. It was love in action. Remind us that we are worthy of that same generous love. Help us receive and trust authentic love when it is given. We too are worthy of being cared for. Amen.



PRAYER

God of Palm Sunday, when the Pharisees told you to silence the disciples, you refused. Some things just cannot be silenced. Remind us that the same is true of our lives. Some things cannot be silenced. Help us listen to the messages our hearts, minds, and bodies are sending us. Amen.



PRAYER

Holy God, this week is immeasurably heavy as we remember the suffering you experienced. However, as we move through this heart-wrenching week, we find comfort in knowing that you are no stranger to tragedy. Like us, you know grief. Like us, you know pain and sorrow. So when grief, pain, and sorrow come knocking at our door, incline our ears toward you.

Surely, you cry out with us. Amen.



PRAYER

Gracious God, it feels fitting that you spent the last night of your life with your friends, for friends are one of the greatest gifts you have given to us. Help us cherish and cultivate meaningful friendships. Help us surround ourselves with people that inspire us. Gift us with the wisdom to reach for and protect meaningful relationships when we find them. Amen.

HOLY WEEK | GOOD FRIDAY

Full
to the Brim *{ A cup
of sorrow }*

REMINDER FOR THE DAY

On the
worst days of
our lives,
we are
not alone.

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HOLY WEEK | HOLY SATURDAY

Full
to the Brim *{ An
expansive
life }*

REMINDER FOR THE DAY

Be curious and
audaciously
hopeful.

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HOLY WEEK | EASTER SUNDAY

Full
to the Brim *{ An
expansive
life }*

REMINDER FOR THE DAY

Each day is a
chance for an
expansive life.

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Full
to the Brim
An expansive lent

DAILY
DEVOTIONAL
CARDS

Written by
Rev. Sarah A. Speed

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PRAYER

God of the resurrection, we long to be like Peter, who caught wind of the resurrection and ran toward the tomb with hope and curiosity. How much of our world could be cured with a little bit of hope and curiosity? Show us how to enact both of these skills into the daily fabric of our lives. Undoubtedly, our world is better for it. Amen.



PRAYER

Holy God, wrap your arms around me when the sky opens and the floor drops out. Wrap your arms around me when I lose my way and grief threatens to overflow. Wrap your arms around me when I'm too lost to even ask for you. I believe. Help my unbelief. Amen.

Beginning with Ash Wednesday and continuing through Easter Sunday, 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. Display the cards that resonate with you the most so you continue to see their reminders. Perhaps use the cards as prompts to journal and reflect. Day by day, may these prayers remind you of God's expansive love that fills us to the brim.

If you share photos of these cards on social media, tag us: [@sanctifiedart](https://www.instagram.com/sanctifiedart)



PRAYER

God of new life and new beginnings, you are forever inviting me into a deeper life—a life full to the brim with meaningful work, meaningful relationships, joy, beauty, awe, and wonder. Your resurrection is a reminder that new life is possible. As we move forward in this Easter season, give me the courage to build new life here. Amen.