

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.

2.22.2026. First Sunday of Lent

First Sunday of Lent | Reading : Mark 1:12-15

"12 At once the Spirit sent him out into the wilderness, 13 and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. 14 After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. 15 "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Another kind of life is available to each one of us, right where we are, right now. This astounding offer lies at the heart of Jesus' message about the availability of the kingdom of God. Jesus brings us not so much a new piece of advice or a new social agenda or a new kind of spirituality but a new kind of life. How can we describe life in the kingdom? It is an intimate life in which we come to know God personally as Abba. It is a shared life through which we come to discover ourselves as a part of God's family. It is a transformational life in which we are gradually changed into the people that God wants us to be. It is a powerful life in which God acts together with us for the good of others and the healing of our world. It is a loving

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

life in which we become more responsive to those around us. Above all, it is an eternal life that cannot be snuffed out by death. We deeply long for life in the kingdom. This longing is written in capital letters in the hollows of our souls, in the pain of our relationships, and in the strife in our communities. In spite of the abundance of techniques for self-fulfillment and self-help, we still witness and experience despair, addiction, and what seems a tragic inability to get along with those closest to us. We do not appear to live well.

To enter the joy of life in the kingdom, we need to open ourselves to repentance and trust. We must walk a daily journey of turning toward the risen Christ and learning from him how to live our lives. As we do this, he steps out from the pages of the Gospels as our ever present companion and gives us the courage to follow him.

Reflection

Please read and meditate on 2 Corinthians 5:17: "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" What does this verse mean to you? What is the state of your life after receiving salvation? In what areas you want to give glory to the Lord? In what areas you need to seek God's transformation and healing?

Prayer

Dear Lord, change our hearts so that we can welcome and embrace your transformative power into our lives. Help us to grow and change in ways that reflect your love and grace. Remove all the things in our lives that is not pleasing you, so that your Lordship can take over us and transform us to be Christ-like disciples.



Day 5 : 2.23.2026.

Theme : STILL | Reading : Psalm 46:10

“He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’”

We often place magnets proclaiming this verse in Psalms on our fridges. But there is a huge difference between sticking this verse on the fridge and living it out. Finding stillness and silence in a world conditioned to noise, busyness, and words is not easy. Little wonder we often lack personal and intimate knowledge of the Eternal One.

The psalmist emphasizes that we need to be still to know God. Perhaps this is why our souls yearn for stillness. In their restlessness they long for that silent communion with God for which they are created. Aware of this, Desmond Tutu writes, “Each one of us wants and needs to give ourselves space for quiet.” It is in stillness we come to know that our hearts long for: the Divine Presence alive in us. In this way, we can see the importance of fostering a life of outer and inner stillness.

Daily Practice

We can experiment with stillness and silence by purposefully not listening to our car radios or music as we drive or ride the bus or subway. These modes of transport will become mobile places of stillness here we can enter the quietness with God in the midst of the daily rush. Remind yourself that God meets you in the silence.

Prayer

Lord! May you be the center of my life. Please help me to put my thoughts and mind into you in my daily life.

Day 6 : 2.24.2026.

Theme : LOVE | Reading : 1 John 3:18

“Dear children, let us not love with words or speech but with actions and in truth.”

We often think of love as certain kind of feeling. But if we wait for loving feelings, we may never get around to actually loving. On the other hand, when we perform a loving deed, the loving feelings often come along as well.

These loving deeds need not be big. We choose to act in love by taking small steps whenever we can. A smile, a handshake, a hug, a phone call, a greeting, a visit—these are little steps toward love. “Each step,” writes Henri J. Nouwen, “is like a candle burning in the night.”

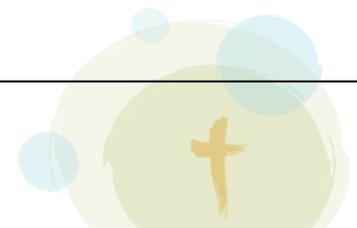
Lent invites us to practice loving. God passionately loves us—not for us to save it all up in our hearts but to give it away to those around us. We can begin right now, right where we are, with the people nearest us.

Daily Practice

Ask God’s direction in taking small steps of love today. Begin with your closest neighbors or those with whom you live and then include each person who crosses your path today. Consciously fill the day with the light of loving deeds, however small, wherever you go.

Prayer

Lord, give me the initiative and strength to take a loving action according to your will and guidance.



Day 7 : 2.25.2026.

Theme : LIGHT | Reading : John 8:12

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’ ”

Darkness resides around and within us. We experience different kinds of darkness: the darkness of intense pain and suffering, the darkness of loneliness and grief, the darkness of evil and sin, and most especially the darkness of death itself. Being overwhelmed by darkness can cause difficulty, confusion, and pain.

Christ enters the darkness of our world as the light. His life both echoes and fulfills the prophecy of Isaiah: “The people who walked in darkness have seen a great light” (9:2). Right up to the present moment, the radiant light of Christ continues to shine among us.

When we follow Christ, his light penetrates our darkness. It illuminates our lives with his direction, delivers us from dark powers, and empowers us to live fuller and freer lives. Indeed, we become children of light in a darkened world!

Daily Practice

Light a candle in a working space or somewhere in your home as a reminder of good news of John 8:12. Ask yourself, *What are the dark areas in my life?* Bring these areas to the living Christ and let the light of Christ that the darkness has never extinguished shine in.

Prayer

Lord, give me the courage to face my inner darkness. Help me to repent and be transformed by your light and power!

Day 8 : 2.26.2026.

Theme : SEE | Reading : John 9:25

“He replied, ‘Whether he is a sinner or not, I don’t know. One thing I do know. I was blind but now I see!’ ”

We desire to see and to be seen. How often have we said to absent loved ones, “It would be so good to see you again”? We also want others to seek our presence. Feeling unnoticed or ignored can be very painful. An elderly person expressed her pain to me: “People walk past me as though I am invisible.”

Christian faith involves a new way of seeing. When Jesus becomes part of our lives, we see people and things more clearly in our world. John Newton, the converted slave owner and hymn writer, described his inner transformation in these words, “Was blind, but now I see.”

God’s grace opens blind eyes so that they might see with the eyes of Christ. So let’s reflect on our spiritual eyesight. Do our hurried lives make everything and everyone a passing blur? Is it time for our eyes to be touched by Christ? May our eyes become more and more like his, eyes that can truly see others for who they are.

Daily Practice

Look out your window today at God’s creation. Let your eyes focus on something of beauty. Look at the people you meet today and see in their faces the beauty of their God-given uniqueness. Give thanks throughout the day for the gift of new eyes that Christ gives to us.

Prayer

Lord, help me to regain my spiritual eyesight so that I can be sensitive about whatever you want me to see!

Day 9 : 2.27.2026.

Theme : ASK | Reading : Matthew 7:7

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

“Ask,” Jesus teaches, “and it will be given you.” This teaching applies both to the way we approach others and the way we approach God. As Dallas Willard points out, “How beautiful it is to see relationships in which asking and receiving are a joyful and loving way of life.”

Asking for what we need does not mean we get everything we ask for. But through asking, we learn humility, discover our interdependence, and allow both others and God to show their care for us. It is the way our relationships with God and one another become more real, honest, and intimate.

Asking may prove difficult for some of us. As we grow up, we tend to hide our real needs. Because we want to look strong, in control, and self-sufficient, we don’t ask. Lent challenges us to become aware of our need for God’s grace and help. It invites us to truly see how needy we are, to stop pretending, and to ask.

Daily Practice

Ask for help either from God or from a trusted friend in something today about which you are struggling and anxious.

Prayer

Lord, help me to be vulnerable before someone I trust in Christ, so that I can learn to be ministered by our Lord or by others.

Day 10 : 2.28.2026.

Theme : WORDS | Reading : Matthew 12:36

“But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken.”

Words carry much spiritual power. They wound and heal. They break down and build up. They discourage and encourage. Jesus places eternal value on them when he says we will be judged by the words we have spoken. Words are always more than words.

We dare not underestimate the damage that harmful words cause. They can destroy confidence, tarnish reputations, spread rumors, split families, divide communities, and spark wars. The old saying “Sticks and stones can break my bones, but words will never hurt me” is a lie.

In contrast, helpful words of love and appreciation have the potential to bring blessing and life. They can make God’s love real for those around us. During Lent, let us think carefully about how we speak to others.

Daily Practice

Make today a Lenten blessing day. Consciously use words in ways that heal, build up, and encourage. Seek to do this in as many conversations as you can during the day.

Prayer

Lord, please discipline my mouth so that whatever comes out of my mouth would be like “Like apples of gold in settings of silver is a ruling rightly given” (Proverbs 25:11) that can bless the others.

