

## 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.

### 3.1.2026. Second Sunday of Lent

#### **Second Sunday of Lent | Reading : Mark 3:19-27**

*"19 and Judas Iscariot, who betrayed him. 20 Then Jesus entered a house, and again a crowd gathered, so that he and his disciples were not even able to eat. 21 When his family[b] heard about this, they went to take charge of him, for they said, 'He is out of his mind.' 22 And the teachers of the law who came down from Jerusalem said, 'He is possessed by Beelzebul! By the prince of demons he is driving out demons.' 23 So Jesus called them over to him and began to speak to them in parables: 'How can Satan drive out Satan? 24 If a kingdom is divided against itself, that kingdom cannot stand. 25 If a house is divided against itself, that house cannot stand. 26 And if Satan opposes himself and is divided, he cannot stand; his end has come. 27 In fact, no one can enter a strong man's house without first tying him up. Then he can plunder the strong man's house.'"*

Overcoming evil is an essential ingredient in the life of Jesus. Not only does he conquer evil in the midst of personal temptation, but he also constantly wrenches men and women free from malignant evil whenever it manifests itself in human suffering and pain. Jesus, according to the New Testament writers,

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

is the Divine Agent sent into this world to liberate human beings from the bonds of evil in its many different forms.

Not surprisingly, as we see in our reading, his opponents don't like this. They accuse him of being in league with the demon Beelzebul. Even as this very early stage in Jesus' ministry, naysayers are already looking for a reason to do away with him. Gospel-writer Mark wants to show that the shadow of the cross is beginning to fall across Jesus' life long before the events of Golgotha.

But Jesus responds differently to his opponents' tactics. He refuses to respond to evil with the weapons of evil. He simply points out that their accusations are not logical. If Satan is driving out Satan, then the Evil One is fighting against itself. Instead, Jesus overcomes evil and brings God's kingdom of freedom to all who are held captive by its dark powers.

How do we share in this victory today? We can face the darkness within our lives honestly and name it for what it is. We can confess our complicity in the societal evils around us. We can call out for the crucified and risen One to deliver us. We can take action against the injustice around us. Most of all, we can keep on demonstrating the power that is stronger than evil: the power of self-giving and crucified love.

#### **Reflection**

1 John 3:8 reminds us, "The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work." How does this Bible verse inspire and encourage you?

#### **Prayer**

Heavenly Father! Please help me to see beyond the corrupted world and to profess your victory has already reigned over the evil ones!

**Day 11 : 3.2.2026.**

**Theme : ABBA | Reading : Mark 14:36**

*“Abba, Father,” he said, ‘everything is possible for you. Take this cup from me. Yet not what I will, but what you will.’ ”*

Abba is the special word Jesus uses to address God. Roman Catholic priest Albert Nolan points out, “As a way of addressing and referring to God, it was unique.” This term combines deep reverence, warm intimacy, and confident trust that displays the kind of relationship Jesus shares with his heavenly Parent.

But Jesus takes this term one step further. Not only does Jesus express this familial relationship with God, but he also wants his followers to do the same. When they pray, Jesus tells his disciples to say, “Father.” They can share in the same kind of intimate relationship with God that Jesus has.

The wonderful news is that we can too! When we open our hearts to the Spirit of Jesus, we are enabled to cry out, “Abba.” Now we also can begin to live as Abba’s children, knowing we are deeply loved and cherished, held in that timeless embrace from which we can never be separated.

**Daily Practice**

Take this word Abba into all your activities today. Whisper it often to express your heart’s intention to be in touch with God in the middle of all you do.

**Prayer**

Galatians 4:6-7 reminds us, “6 Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” 7 So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir.” Dear Heavenly Father, we thank you for adopting us as your sons and daughter, so that we can inherit all kinds of blessings and gifts from you, and to experience You in our daily lives!

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

**Day 12 : 3.3.2026.**

**Theme : BREAD | Reading : Matthew 6:11**

*“Give us today our daily bread.”*

In the prayer that Jesus teaches his disciples, he invites them to ask for daily bread. This request points us toward our utter dependence on God for sustaining our lives. This phrase emphasizes God’s provision—God offers us what we really need on a daily basis.

What are those specific things that we honestly need right now? To ask for these things is what beloved children do naturally when they turn to the one they call Father. We simply ask our heavenly Parent for what we need for today or we ask for what we need now.

Of course, when we pray like this, we must also look beyond ourselves and our own needs. It is impossible to pray for our daily bread without the painful awareness of those who don’t have any bread at all. The act of praying for our daily bread encourages us to acknowledge our hungry neighbor.

**Daily Practice**

At one mealtime today, cut a slice of bread. As you eat it, give thanks to God who sustains you with every breath you take.

**Prayer**

Lord, help me to be sensitive on Your provision with a grateful heart every day, whether it is my daily meal or everything I experience every day, help me to see Your provision and mighty deeds!



**Day 13 : 3.4.2026.**

**Theme : WATER | Reading : John 4:13-14**

*“Jesus answered, ‘Everyone who drinks this water will be thirsty again, 14 but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.’ ”*

Water is one of the most powerful images that Jesus uses to describe himself. When Jesus calls himself our “living water,” he means he satisfies our deepest thirsts. Not only does this water quench our thirst but it also becomes like a spring bubbling up inside of us, filling us with the life God wants to give us.

For what do we thirst? Theologian and humanitarian Jean Vanier points out that to be thirsty in biblical language is to be “dried up inside,” “to feel totally empty and in anguish.” To be thirsty is to long for love, acceptance, and affirmation. In other words, it is to thirst for a heart-to-heart connection with the living and loving God.

Jesus invites those who thirst to come to him and drink his life-giving water. To drink from Jesus is to receive his Spirit in our lives. The water Jesus offers makes our lives new.

### **Daily Practice & Prayer**

Whenever you drink water today, say this prayer : “Lord, in my thirst for you, give me your water of life.” Every sip of water can serve as a reminder of the living water of Jesus.

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

**Day 14: 3.5.2026.**

**Theme : TIME | Reading : Mark 1:15**

*“ ‘The time has come,’ he said. ‘The kingdom of God has come near. Repent and believe the good news!’ ”*

The Greek New Testament uses two words for time: *chronos* and *kairos*. The first word refers to clock time, chronological time. This is time measured in seconds, minutes, hours, days, weeks, months, and years. We refer to *chronos* when we ask someone, “What time is it?”

The second word, *kairos*, refers to God’s time, time in the sense of divine destiny, Jesus often speaks of time in this way—“The time is fulfilled,” My hour has not yet come, or “The tune is coming when...” He sees his whole life as fulfilling God’s destiny, completing the work he was sent to do.

Too often we live our lives determined only by *chronos* time. We forget about the importance of *kairos* time. But what would it mean for us to give attention to both kinds of time? Perhaps our short time here on earth would become charged with eternal significance.

### **Daily Practice**

Finish this sentence each time you check the time today: “In my life right now, it is God’s time for.....”

### **Prayer**

Lord, please help me to cherish my time and discern your time so that I can fulfill your will in my daily life!

**Day 15 : 3.6.2026.**

**Theme : PEACEMAKER | Reading : Matthew 5:9**

*“Blessed are the peacemakers,  
for they will be called children of God.”*

Despite constant talk of the value of peace, we find very little in this world. Both our public and personal lives reflect our tragic lack of peace—spiraling cycles of violence, unhealthy addictions, and destructive tensions that divide families, communities, and countries. We are far better at loving the idea of peace than at making peace within the realities of our lives.

So our need for peace cries out to heaven as one of the deepest yearnings of the human heart. We seek different kinds of peace—the peace of no longer being suffocated by addiction and anxiety, the peace of being removed from violence and division, the peace of freedom from fear and injustice. We long for God’s Shalom that the ancient prophets proclaim.

Lent is a good time to pray the prayer of Saint Francis: “Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love. Where there is injury, pardon.” Peace spreads when we turn this prayer into deliberate action. Then we make this transition from peace-lovers to peacemakers.

### **Daily Practice**

Think of someone with whom you are not on good terms. Ask God, “Lord, how can I be peacemaker in this relationship?” Seek God’s guidance in the role of peacemaker.

### **Prayer**

*(Saint Francis’ Prayer)* : Lord, make me an instrument of your peace.

Where there is hatred, let me sow love.

Where there is injury, pardon. Where there is doubt, faith.

Where there is despair, hope. Where there is darkness, light.

Where there is sadness, joy.

O Divine Master,

grant that I may not so much seek to be consoled, as to console;

to be understood, as to understand; to be loved, as to love.

For it is in giving that we receive. It is in pardoning that we are pardoned,

and it is in dying that we are born to Eternal Life. Amen.

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**Day 16 : 3.7.2026.**

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

*“or 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.”*

Sometimes we make the gospel too small. We reduce it to individuals being reconciled to God or even to God forming a special community. But God’s work goes far beyond those acts. God’s plan includes the healing of the whole world.

God’s loving arms surround the globe. They embrace very human being, nation, and culture. They embrace the trees, mountains, rivers, and every living thing. God wants to rescue, restore, and reconcile the whole world.

God invites us to be part of this divine dream. We cannot take on all human needs and struggles, but we can serve God by taking a small role in healing and reconciliation wherever our lives take us.

### **Daily Practice**

Today when you read the newspaper, read it through the eyes of Jesus. When you watch the nightly news, ask Jesus what breaks his heart. What is God laying on your heart about the world? How are you called to respond?

### **Prayer**

Heavenly Father! Help me firmly believe in the saving power of the gospel. The gospel not only gives people eternal salvation and hope, but also makes believers become new creations. Help me to remember the broken, the suffering, the oppressed, the sinful, the unbelieving ones, so that God’s eternal kingdom of light can touch their lives!

