



THE SEASON OF LENT

2026 Lent Challenge: Pursuing Jesus During Lent

Lent is an opportunity to pursue a deeper relationship with God. The central question of the season is simple: what will help you draw closer to the Lord? There are a variety of ways people choose to do that. One historic way Christians have answered that question is through three intentional spiritual practices – giving in, giving up, and giving away.

Give In

Giving in means committing yourself more fully to the practices that place you before God, and spending more time in His presence. This may include:

- following a daily devotional,
- increasing your Scripture reading,
- adding new rhythms of prayer such as confession, intercession or singing, participating in prayer gatherings
- going on prayer walks.
- focusing on a particular area of spiritual growth, such as humility or gracious speech.

Give Up

Giving up is an invitation into the biblical discipline of fasting. In its most basic form, fasting is abstaining from food as an expression of humility and

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dependence on God—not as a way to manipulate Him. If your health allows, consider fasting one day a week during Lent, skipping one or more meals, while remaining well hydrated. Others may practice a partial fast by setting aside things that exert undue influence over the heart, such as social media, entertainment, sweets, alcohol, or other comforts. These fasts sharpen our spiritual appetite and heighten our awareness of God's presence.

Give Away

Giving away calls us to generous love expressed through our resources, time, and energy. Jesus gave everything for us – and Lent is a time when we can purposefully imitate His generosity. This may look like financial generosity toward missions, benevolence, the church, or someone in need, or intentionally serving others through acts of kindness, hospitality, or using your skills for the good of someone else.

Sundays

Sundays have historically been seen as "feast days" during Lent – a day of reprieve from whatever we are fasting from. They are also a reminder that our disciplines are always a response to Christ's finished work, not a means of earning His grace. Sundays are also how we arrive at 40 days of Lent between Ash Wednesday and Easter – they are not "counted" as part of Lent.

Daily Devotional Resources

For the direct links to these Lent reading plans, visit www.christtherock.org/easter.

- *The Lent Experience Challenge*: RightNow Media
Create a free RightNow Media account at: www.christtherock.org/media
- *A Lenten Devotional* by N.T. Wright
- *Journey to the Cross Lent Reading and Devotional Plan* (free download)
- *Fifty Reasons Why Jesus Came to Die* (free download)
- *A Hunger for God* (free download)
- *Meditations in the Book of Isaiah - Lent Devotional* (free download)
- *40 Days of Lent Bible Reading Plan* on YouVersion app:
Chronological readings of Holy Week through all 4 Gospels
- *Journeying With Jesus Lent Devotional Plan* on YouVersion App:
40 Day Reading Plan in Matthew 27 and 28 with Devotionals