



Lent devotional

Questions and reflections

Lent devotional

Welcome to Compassion's Lent devotional journey.

Each week offers a theme to reflect on, with daily Scripture, short prompts, and weekend ideas to deepen your walk with Jesus.

These studies are an invitation to follow Jesus' lead; to see, feel and move with compassion in your everyday life. As you reflect on his amazing love and sacrifice in the lead-up to Easter, may these prompts inspire action rooted in love.

Whether you're reading alone, with family, or in a group, we pray this will be a season of renewal and hope.

How to use this booklet

- Read the verse in your preferred Bible translation.
- Reflect on the prompt or prayer given: how is Jesus leading me today?
- Close with your own prayer or try the family activity if you're doing this together.





Esther
Burkina Faso

Week one

Return to God

Monday

JOEL 2:12–13

Reflection:

“What would it look like to ‘**return with all my heart**’ this week?”

Wednesday

PSALM 42:2

Question:

“Where am I thirsty for God’s presence today?”

Friday

JEREMIAH 29:12

Activity:

Take 5 minutes of quiet to share your needs with God.

Tuesday

MATTHEW 4:1–11

Prayer:

“Jesus, strengthen me to resist shortcuts and to trust your word so that I’ll have courage to follow your lead and live with compassion and generosity.”

Thursday

1 PETER 5:6–7

Prayer:

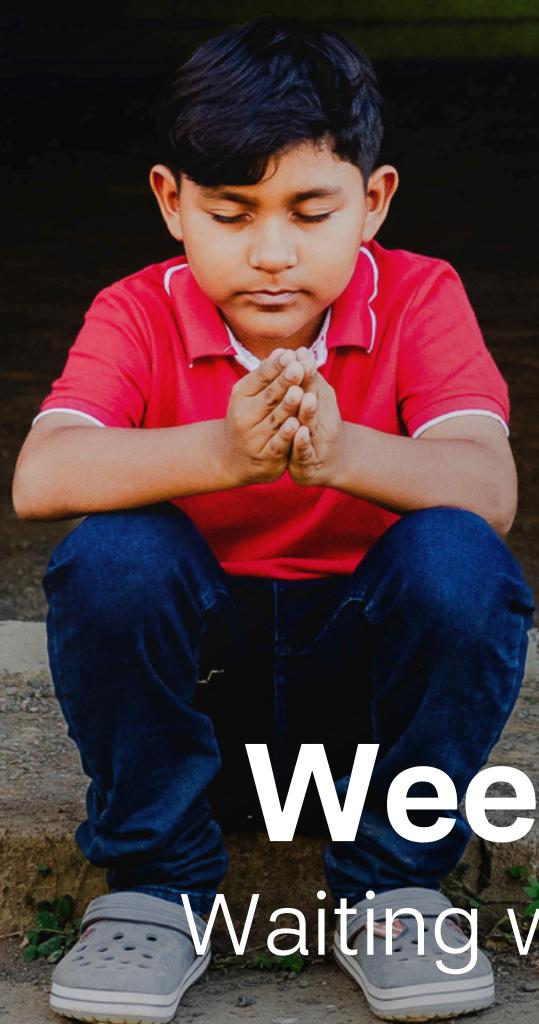
“I cast my anxiety on you because you care for me.”

Weekend idea

Read the *Ash Wednesday prayer theme* (humility, returning to God) and adapt a two-line prayer for your household. Ask for a renewed heart and the grace to love others as Jesus leads.

Family activity

Each write things you want to say sorry to God about, then burn the papers in a bonfire or on a plate (adult supervision required). Read 1 John 1:8–9 and thank God that all our sin is paid for and forgiven through Jesus.



Week two

Waiting with hope

Monday

ISAIAH 30:18

Question:

“Where is God inviting me to wait with expectancy?”

Wednesday

PSALM 130:5–6

Activity:

Set a daily ‘watch’ time (morning/evening) to read these verses. Wait in silence or spend time sharing your heart with God and asking for his Holy Spirit to grow your trust and patience.

Weekend idea

Practice “waiting well”. Ask God what it looks like to be patient, obedient, God-centred, joyful in your waiting. Look at the [Lent prayer about waiting](#).

Family activity

Before a meal, show a box. Inside are hidden cress seeds, cotton wool, cups, and a folded Bible verse (Psalm 27:14). Say the box will be opened after the meal – they need to wait! During the meal, discuss this week’s Lent studies: what has encouraged or challenged you? Afterwards, open the box and plant the seeds on damp cotton wool in the cups. Who can learn the Bible verse by heart before the cress grows?

Tuesday

PSALM 27:14

Prayer:

“Give me courage to wait and take heart.”

Thursday

MICAH 7:7

Question:

“What would trusting God look like in one concrete decision today?”

Friday

LAMENTATIONS 3:25

Prayer:

“Lord, you are good to all who seek you. Help me to seek you with all my heart, and please strengthen my hope in you by your Spirit.”



Keilah
Indonesia

Week three

The true fast

Monday

ISAIAH 58:6

Question:

“What ‘yoke’ could I help lift for someone this week?”

Wednesday

MATTHEW 6:16–18

Prayer:

“Teach me how to fast for your eyes alone.”

Friday

PSALM 62:5

Activity:

Replace one scroll/snack/stream with 10 minutes of silent trust, resting in all God’s promises to you.

Tuesday

HOSEA 12:6

Activity:

Choose one act of mercy (phone call, meal, donation, advocacy) as a way of moving with compassion today.

Thursday

ROMANS 12:12

Question:

“Where can I be ‘faithful in prayer’ for someone I know who is struggling?”

Weekend idea

Use the “true fast” prayer theme to intercede for the vulnerable.

Family activity

As a family, commit to one practical action. Consider fasting from something - it could be a meal, or it could be technology/social media. Use the time gained for a positive action.

Week four

Seek first



Monday

MATTHEW 6:21

Question:

“What does my spending of time and money show about what I treasure?”

Wednesday

PSALM 25:4–5

Activity:

Pray these verses during your commutes today, asking God to “show me, teach me, guide me.”

Friday

JOHN 10:10

Prayer:

“Lead me into the fullness of life, which only you can offer.”

Tuesday

MATTHEW 6:33

Prayer:

“Re-order my desires so your Kingdom is first.”

Thursday

PHILIPPIANS 3:10–11

Question:

“What do I learn about ‘knowing Christ’ from these verses?” Discuss with another Christian how these verses help or challenge.

Weekend idea

Pause and ask: What step of obedience is Jesus leading me to take? Pray intercessions for change (peace, justice, comfort for the grieving) drawn from the [Lent prayers blog](#).

Family activity

Each take a cause you care about and write a prayer of intercession. Each write a second prayer, naming a person you’d love to come to know Jesus. Read out your prayers together.



Week five

Strength to persevere

Monday

ISAIAH 40:31

Prayer:

“Renew my strength as I hope in you.”

Wednesday

JOHN 16:33

Activity:

Name one worry; place it under Jesus' declaration: “Take heart! I have overcome the world.”

Friday

GALATIANS 5:5

Question:

“What would it look like to persevere in waiting with the help of the Holy Spirit? How might this change my choices, conduct, conversation?”

Tuesday

PSALM 33:20–22

Question:

“How can I practice hopeful waiting with others, not alone?”

Thursday

ZEPHANIAH 3:17

Prayer:

“Quiet me with your love today.”

Weekend idea

Share as a family or with friends inspiring examples of perseverance (Bible character, ‘famous’ Christian or maybe a relative or church member). What wisdom can you learn from other Christians whose confidence is in the Lord?



Júlia
Brazil

Week six

Wake-up call

Monday

ISAIAH 60:1

Question:

“What needs awakening in my spiritual life so I can shine for Jesus?”

Wednesday

JOHN 3:14–18

Activity:

Share the good news. You don't have to explain the whole gospel! In the words of Jeremy Marshall, you can 'scatter a seed of hope' maybe in a text or as part of a conversation. Ask the Holy Spirit to guide you to share something of your love for Jesus. This is how we follow Jesus' lead and show his compassion.

Weekend idea

If you're able, go for a prayer walk. Otherwise, find a view or image of God's creation that inspires you. Spend time dwelling on the hope we have in God. Ask God to move in ways only he can, doing far more than we can ever ask or imagine (Ephesians 5:20). Write down specific prayers and keep them safe (in a journal or your Bible) so you can look back and see how God answers.

Tuesday

MICAH 5:4

Prayer:

“Shepherd me in your strength and keep me secure.”

Thursday

PSALM 62:5

Prayer:

“My hope is from you alone.”

Friday

PSALM 16:11

Question:

“Where can I choose joy rooted in trust today?”



*Felices
Pascuas*

Week seven
Holy week

Monday

ZECHARIAH 9:9

Prayer:

“Hosanna—welcome, King Jesus.”

Wednesday

LUKE 22:14–23

Activity:

Share simple bread and drink at home; thank Jesus for the new covenant.

Friday

(Good Friday)

LUKE 23:44–46

Prayer:

“Into your hands I commit my spirit.”

Saturday

(Holy Saturday)

LUKE 23:50–56

Question:

“How can I wait with hope when heaven feels silent?”

Tuesday

LUKE 19:28–42

Question:

“If Jesus walked into my community today, what would he see and feel? How am I moved to respond?”

Thursday

(Maundy Thursday)

JOHN 13

Activity:

Take a moment to serve someone in a simple way; offer a drink, clear their plate, or pray a blessing over them. How can you reflect Jesus' example of humble love?

Sunday

(Easter Sunday)

LUKE 24:1–6

Prayer:

“He is risen! Fill us with resurrection life.” (Consider using a short celebration prayer from the Lent prayers at breakfast.)

“
Whoever
welcomes one
such child
in my name welcomes me”

MATTHEW 18:5



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