

Lenten Journal



40 days of inspirational sayings
and Bible verses with room for
you to record your responses,
thoughts, and prayers.

Yvon Prehn



Lenten Journal Introduction

Lent helps us to put the Christian life into a biblical perspective. Traditionally it is a time to focus on fasting, prayer, and service to others. It is a time to practice saying “no” to ourselves in little things so we can say a bigger “yes” to God in the larger dimensions of life.

We know the value of discipline to achieve our goals in every other area of life and this time of year reminds us of the importance of discipline in the Christian life.

The discipline of fasting during Lent has broadened to mean fasting from harmful mental and emotional practices or those things that keep us from deepening our Christian lives. To discover the areas that need work takes honest self-evaluation.

If there was ever a time when a Lenten self-evaluation might be useful after the season of the Covid pandemic, now is the time. It has been a time of incredible difficulty, loss, and isolation beyond what we ever imagined. We have lost health, loved ones, jobs, homes, friends. For most of us, our stress levels have been far above anything we experienced before and that we did not believe we could live with on a daily basis.

But we are still here, and we are still trying to serve Jesus as best we can.

I am looking forward to this Lent more than I ever remember. I am looking at it as a time to think, pray, and process the last year. Many externals have already been stripped out of my life and a flippant, “I’ll give up sweets for Lent,” or something similar seems almost sacrilegious.

I am wanting to dig deeper, to think about my walk with the Lord, and what needs to go in my heart and mind to make me more pleasing to Him.

To help do that, I looked up inspirational quotes and verses appropriate for Lent and put them into a journal format that I am sharing with you. It is for 40 days. Traditionally you can take off Sundays because as the Catholic Church puts it:

Sundays, even during Lent, are a celebration of the resurrection of Jesus Christ and are not part of the penitential season. We rejoice in the resurrection of the Lord on Sundays. If you feel that forsaking your Lenten sacrifices on Sundays is like cheating then you are encouraged to maintain your sacrifices. A person is certainly free to continue one’s Lenten sacrifices on Sundays, but the Catholic Church does not require anyone to do this.

You can start using this journal on Ash Wednesday and use it until Holy Saturday, the day before Easter. My prayer for all of us during this time is that we grow closer to our Lord and more pleasing to Him as we forward to celebrating His resurrection.

Grace & peace,
Yvon Prehn
www.Bible805.com

A personal note from Yvon Prehn

One of the most important things you can do during Lent and always is to read your Bible and make it the North Star and foundation for your life.



When Jesus was talking to people, whose lives were filled with challenges and questions, like ours are today, he summed up their core problem by saying,

“You are in error, because you don’t know the scriptures or the power of God.” Matt. 22:29

Just as it was for them, not knowing the scriptures—our Bible—is the core cause of our problems today.

To help you learn to know, trust, and apply the Bible, I’ve got resources for you. Please go to www.Bible805.com where you will find links to a podcast about the Bible, blogs, notes, videos, and other resources that will help you ground your life in God’s Word.

Some popular posts and podcasts you may find helpful are:

- ⇒ ***The Bible—Human Story or Divine Revelation?—answer & implications, part 1*** (this also has some fascinating content about God’s view of Time)
- ⇒ ***What is truth? how historical truth relates to religious truth, plus what makes the Christian Bible unique among other scriptures***
- ⇒ ***9 Reasons to Read or Listen to Your Bible in Chronological Order, plus 5 Reasons Why You Probably Haven't Read Your Bible in Chronological Order, and Why Your Bible Isn't in Chronological Order—the history & why it matters***

All these and many more are at www.Bible805.com. You can listen to the podcast on iTunes or anywhere else you listen to podcasts.

My prayer for all of you is that during this Lent and always you will get into God’s Word and allow it to change your life and help you become more and like Jesus.