DAILY LENTEN GUIDE

Vista Ridge United Methodist Church
Daily Scripture Posted on Facebook | @vrumc

Self-Examination
Ash Wednesday – Psalm 51:6-12
Thursday – Job 6:24-25a
Friday – Psalm 139:23-24
Saturday – Matthew 7:1-5

Week 1 | Prayer
Sunday – Romans 8:26-27
Monday – Psalm 103
Tuesday – Matthew 6:7-13
Wednesday – Psalm 150
Thursday – Matthew 26:36-46
Friday – James 5:13-18
Saturday – Mark 9:14-27

Week 2 | Scripture
Sunday – Psalm 1:1-13
Monday – Hebrews 4:11-13
Tuesday – Colossians 3:1-17
Wednesday – Luke 10:38-42
Thursday – James 1:19-25
Friday – Acts 17:1-12
Saturday – Proverbs 24:30-34

Week 3 | Fasting
Sunday – Matthew 6:16-18
Monday – Isaiah 58:1-7
Tuesday – Daniel 10:1-14
Wednesday – Nehemiah 1:4-11
Thursday – Esther 4:12-17
Friday – Acts 13:1-3
Saturday – Joel 2:12-17

Week 4 | Confession
Sunday – 1 John 1:5-9
Monday – Psalm 51:1-4
Tuesday – Matthew 5:21-24
Wednesday – Mark 1:1-5
Thursday – James 5:13-16
Friday – Proverbs 28:13
Saturday – Hosea 14:1-7

Week 5 | Worship
Sunday – 1 Corinthians 10:31-33
Monday – John 4:19-24
Tuesday – John 6:52-58
Wednesday – Revelation 5:6-14
Thursday – Isaiah 6:1-8
Friday – Psalm 96
Saturday – Psalm 148

Week 6 (Holy Week) | Silence
Sunday – Mark 14:26-41
Monday – Ecclesiastes 3:7-8
Tuesday – Proverbs 17:27-28
Wednesday – Proverbs 19:20-21
Maundy Thursday – Psalm 62:5-7
Good Friday – Exodus 3:4-5
Saturday – Lamentations 3:25-26

Week 7 | Gratitude
Easter Sunday – Luke 24:1-12; 52-53
Monday – Psalm 118:1-6, 29
Tuesday – 2 Corinthians 1:14-16
Wednesday – 1 Thessalonians 5:16-18
Thursday – Psalm 103:1-5
Friday – Philippians 4:4-6
Saturday – Philippians 4:12-13