

SAINT PAUL A.M.E. CHURCH, JACKSONVILLE PRESENTS



i believe in WHOLENESS

40 DAYS OF LENT: A HOLISTIC JOURNEY

MIND • BODY • SPIRIT • FINANCIAL • EMOTIONAL • RELATIONAL

*“Before anything changes on the outside,
something has to change on the inside.”*

SAINT PAUL A.M.E. CHURCH, JACKSONVILLE
LENTEN SEASON | 2026



WELCOME TO THE LENTEN JOURNEY

Lent is a sacred season of reflection, repentance, and renewal. Over the next 40 days, we are committing to holistic growth focusing on the mind, body, spirit, and financial stewardship.

Each week centers on one area of life, challenging us to release what hinders us and strengthen what honors God. As part of this journey, you are encouraged to give up one thing: something that distracts, weighs you down, or competes with God's purpose in your life.

At the end of Lent, prayerfully consider whether that thing belongs back in your daily routine. This devotional is designed to guide you through Scripture, reflection, prayer, and journaling so transformation doesn't stop at Resurrection Sunday.

HOW TO USE THIS DEVOTIONAL:

- Meditate on daily scripture
- Reflect honestly
- Journal intentionally
- Pray consistently
- Implement daily actions
- Track your Lenten fast weekly
- Invite God into every area of your life

DAILY PRAYER CALL

MONDAY - FRIDAY

6:45 AM

Prayer Conference Line

Phone Number: (720) 843-2390

Access Code: 1847057#

WEEK 1: THE MIND (RENEWAL & DISCIPLINE)

PRAYER FOR THE MIND

God, renew my thoughts and align my mind with Your truth. Lord, I surrender my thoughts, attitudes, and assumptions to You. Remove fear, negativity, and doubt. Replace them with wisdom, clarity, peace, and faith. Help me to think like Christ and walk in purpose. Amen.

Day	Scripture	Reflection	Action
1	Romans 12:2	Transformation starts with how you think. God renews us from the inside out.	Identify one negative thought pattern to surrender.
2	Phillippians 4:8	What you dwell on shapes who you become.	Replace one negative thought with truth today.
3	2 Timothy 1:7	Fear is not your default faith is.	Pray against fear and walk in confidence.
4	Isaiah 26:3	Peace comes from focused trust.	Limit distractions that disturb your peace.
5	Proverbs 4:23	Guarding your mind protects your future.	Fast from harmful media today.
6	Colossians 3:2	Elevate your thinking above circumstances.	Start your day with Scripture before scrolling.
7	Psalms 19:14	Thoughts eventually become words and actions.	Journal what God has renewed this week.

DAILY JOURNALING LOG

Day 1

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 3

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 2

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 4

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

DAILY JOURNALING LOG

Day 5

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 6

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 7

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

WEEKLY REFLECTION

1. WHAT CHALLENGED ME THE MOST THIS WEEK?

2. WHAT DID I LEARN ABOUT MYSELF?

3. WHERE DID I SEE GROWTH?

4. WHAT AM I STRUGGLING TO GIVE UP OR LET GO?

5. WHAT DO I FEEL GOD CALLING ME TO CONTINUE AFTER LENT?

My Lenten Fast Check-In:

What I am giving up: _____

☐ I remained committed ☐ I struggled but stayed intentional ☐ I need to reset

Is this something I should pick back up after Lent? Why or why not?

WEEK 2: THE BODY (STEWARDSHIP & DISCIPLINE)

PRAYER FOR THE BODY

God, help me steward my body with discipline and gratitude. Father, thank you for the body You've given me. Help me to honor You in how I care for it. Give me discipline where I've been careless and strength where I've been weak. Amen.

Day	Scripture	Reflection	Action
8	1 Corinthians 6:19–20	Your body is God's dwelling place.	Make one healthy choice today.
9	1 Corinthians 9:27	Discipline strengthens purpose.	Practice self-control in one area.
10	Romans 6:12	Don't let habits rule you.	Identify a habit you need to surrender.
11	3 John 1:2	God desires wellness in every area.	Pray for healing physical or emotional.
12	Hebrews 12:11	Growth is uncomfortable but necessary.	Push through discomfort without quitting.
13	Galatians 5:22–23	Self-control is a spiritual fruit.	Say "no" where you usually say "yes."
14	Isaiah 40:31	Strength comes from the Lord.	Rest intentionally today.

DAILY JOURNALING LOG

Day 8

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 10

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 9

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 11

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

DAILY JOURNALING LOG

Day 12

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 13

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 14

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

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WEEK 3: THE SPIRIT (PRAYER & OBEDIENCE)

PRAYER FOR THE SPIRIT

God, draw me closer to You. Lord, deepen my relationship with You. Create in me a clean heart and renew my spirit. Teach me to listen, obey, and trust You fully. Let my life reflect Your presence. Amen.

Day	Scripture	Reflection	Action
15	Matthew 6:33	Seek God first everything else follows.	Begin today with prayer.
16	Psalms 51:10	Renewal requires humility.	Confess and release what's blocking intimacy.
17	Luke 9:23	Following Jesus requires daily surrender.	Lay down one personal desire.
18	James 4:8	God responds to closeness.	Spend 10 quiet minutes with God.
19	John 15:5	Apart from Him, nothing lasts.	Stay connected through prayer and Scripture.
20	Psalms 119:105	God's Word directs our path.	Read Scripture aloud today.
21	Galatians 2:20	Christ lives through you.	Reflect on spiritual growth this week.

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Day 15

What stood out in the Scripture?

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My Practical Action Today

Day 17

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 16

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 18

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

DAILY JOURNALING LOG

Day 19

What stood out in the Scripture?

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My Practical Action Today

Day 20

What stood out in the Scripture?

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My Practical Action Today

Day 21

What stood out in the Scripture?

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My Practical Action Today

WEEKLY REFLECTION

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WEEK 4: THE FINANCIAL (STEWARDSHIP & TRUST)

PRAYER FOR FINANCIAL WHOLENESS

od, help me trust You as my source. Father, I release anxiety, fear, and control over my finances. Teach me to be a faithful steward. Align my spending, saving, and giving with Your will. I trust You to provide for every need. Amen.

Day	Scripture	Reflection	Action
22	Matthew 6:21	Your money reveals your priorities.	Review where your resources go.
23	Proverbs 3:9	Honor God with what you have.	Give intentionally today.
24	Luke 16:10	Faithfulness starts small.	Be disciplined in one financial area.
25	Philippians 4:19	God is your source.	Release financial anxiety in prayer.
26	Proverbs 21:5	Planning leads to peace.	Create or adjust a budget.
27	Hebrews 13:5	Contentment protects your heart.	Fast from unnecessary spending.
28	Malachi 3:10	Trust unlocks provision.	Reflect on obedience this week.

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Day 22

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My Practical Action Today

Day 24

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 23

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 25

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

DAILY JOURNALING LOG

Day 26

What stood out in the Scripture?

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My Practical Action Today

Day 27

What stood out in the Scripture?

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My Practical Action Today

Day 28

What stood out in the Scripture?

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My Practical Action Today

WEEKLY REFLECTION

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WEEK 5: INTEGRATION (WHOLE-LIFE ALIGNMENT)

PRAYER FOR THE WHOLE-LIFE ALIGNMENT

God, bring every area of my life into alignment with Your will. Lord, I surrender my mind, body, spirit, and finances to You. Let there be no part of my life that is off-limits to Your Spirit. Create balance where there is chaos and purpose where there is drift. Help me to love You with all my heart, soul, strength, and mind. Amen.

Day	Scripture	Reflection	Action
29	Luke 10:27	God desires all of you.	Pray for alignment in every area.
30	1 Thessalonians 5:23	Holiness includes every part of life.	Evaluate balance in mind, body, spirit, finances.
31	Proverbs 16:3	Commitment brings clarity.	Recommit your life to God's purpose.
32	Psalms 127:1	God must be the foundation.	Surrender control.
33	Micah 6:8	Walk humbly and obediently.	Serve someone today.
34	Hebrews 12:1	Let go of excess weight.	Decide what stays gone after Lent.
35	Psalms 34:1	Praise sustains discipline.	Thank God for growth so far.

DAILY JOURNALING LOG

Day 29

What stood out in the Scripture?

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My Practical Action Today

Day 31

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 30

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

Day 32

What stood out in the Scripture?

What is God revealing / What must I release?

My Practical Action Today

DAILY JOURNALING LOG

Day 33

What stood out in the Scripture?

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My Practical Action Today

Day 34

What stood out in the Scripture?

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My Practical Action Today

Day 35

What stood out in the Scripture?

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My Practical Action Today

WEEKLY REFLECTION

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HOLY WEEK: PREPARATION & RESURRECTION

PRAYER FOR PREPARATION & RESURRECTION

God, prepare my heart to experience the power of the cross and the joy of resurrection. Father, I thank You for the sacrifice of Your Son. As I reflect on the price paid, help me to live a life worthy of the call. Let the old things stay buried and the new life in Christ flourish within me. I choose discipline over excuses and growth over comfort. Amen.

Day	Scripture	Reflection	Action
36	Matthew 21:9	Welcome the King daily.	Worship intentionally.
37	John 13:14–15	Servanthood reflects Christ.	Serve quietly.
38	Matthew 26:41	Stay spiritually alert.	Pray against temptation.
39	John 19:30	The price has been paid.	Reflect on the cross.
40	Matthew 28:6	New life begins now.	Walk forward transformed do not return to what God delivered you from.

DAILY JOURNALING LOG

Day 36

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Day 38

What stood out in the Scripture?

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My Practical Action Today

Day 37

What stood out in the Scripture?

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My Practical Action Today

Day 39

What stood out in the Scripture?

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DAILY JOURNALING LOG

Day 40

What stood out in the Scripture?

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My Practical Action Today

MY RESURRECTION COMMITMENT

WHAT GOD HAS TRANSFORMED IN ME:

WHAT I AM LEAVING BEHIND:

NEW HABITS I AM COMMITTED TO MAINTAINING:

PRAYER OF COMMITMENT

Lord, thank You for meeting me in this season. I choose discipline over excuses, growth over comfort, and obedience over familiarity. Help me walk forward in new life. Amen.

**40 DAYS COMPLETED.
A LIFETIME TO LIVE CHANGED.**