

A  
SEASON  
OF  
*Grace*

Lenten  
Devotions  
*For Seniors*



ASH WEDNESDAY

# Turning Back

*Return to the LORD your God, for he is gracious and merciful ...* ✚ **JOEL 2:13**

The season of Lent is about turning back to God when we have wandered away from him. It is a time for us to regroup and reengage with our Savior.

*Dear Jesus, reorient us to our life in you. Amen.*

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**START:** Begin new disciplines of faith today.

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**READ:** Deuteronomy 6:6-8

THURSDAY AFTER ASH WEDNESDAY

# From East to West

*As far as the east is from the west, so far he removes our transgressions from us.* ✚ **PSALM 103:12**

We can determine the distance between two locations quickly. But there is one distance that is incalculable—the space God has put between us and our sins.

*Jesus, thank you for going the distance on the cross that we might never see our sins again. Amen.*

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**CONFESS:** Bring your sins to Christ today.

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**READ:** Psalm 51:3-4

FRIDAY AFTER ASH WEDNESDAY

# Right-Hand God



*He stands at the right hand of the needy ...*

✦ PSALM 109:31

During Lent we set aside spiritual pretense. We start with ashes on our forehead to mark us “needy.” We need a Savior. We need forgiveness. We need mercy. We need grace. We need a right-hand God. And we have one!

The right hand, or arm, was a biblical symbol of strength. Moses and Miriam sang, “Your right hand, O Lord, glorious in power—your right hand, O Lord, shattered the enemy” (Exodus 15:6). Even now, Jesus sits at the right hand of the Father in glory.

The Psalmist shares a mystery. God stands at our right hand! He is our strength! Lent shows us our neediness. Jesus journeying to Jerusalem is God on our right. Jesus betrayed; Jesus on trial; Jesus crucified; Jesus dead in the tomb. All of it is God on our right hand. I know there is one more *big* example, but it is still Lent! God is *your* strength.

**DON SCHATZ** | *Lynnwood, WA*

*Jesus, thank you for being my strength.*

*I need it. Amen.*

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**SEEK:** Flex your right arm and remember who is your strength.

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**READ:** Exodus 15:1-22

# A Lenten Love Letter

*For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. ✚ JOHN 3:16*

Dear \_\_\_\_\_, (*insert your own name—this is personal*)

Do you know what love is? I have loved you forever—really, forever—and wanted you for my own. But you and all human beings were more interested in doing things your own way. I left my Father’s home in heaven, came to earth to live among you, suffered and died to pay for all your sins. On Easter I rose from the dead, then ascended victoriously to heaven. By grace the salvation I accomplished is yours by faith. By grace you live in my love now and forever. By grace you share my love with everyone you know.

Love,  
Jesus

**EILEEN RITTER** | *Byron Center, MI*

*Lord Jesus, I thank you for your boundless love.  
Help me to share that love with others. Amen.*

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**MAKE:** Do you paint, embroider, do woodworking or another craft? Make a simple project that shows Jesus’ love, and give it to a friend.

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**READ:** 1 John 3:11-24

SUNDAY, THE FIRST WEEK OF LENT

# Through Jesus



*The law indeed was given through Moses;  
grace and truth came through Jesus Christ.*

✦ JOHN 1:17

On Mount Sinai, Moses received God's Law and then taught that Law to the people of Israel. The people trembled in fear as they came to meet God at the mountain, so Moses was the mediator through whom they received God's commands.

Grace, God's undeserved favor for sinners, was shown to us on Mount Calvary. There, the Son of God, the mediator of grace, was lifted up on a cross. Jesus took onto himself all of our transgressions against God's Law. He suffered the penalty of death that we deserved for our sins. We meet God at the cross, but we do not tremble in fear because "we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand" (Romans 5:1-2).

**CAROL GEISLER** | *Orange, CA*

*Lord Jesus, lead us to live in the grace and truth that we have through faith in your name. Amen.*

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**WATCH:** Whenever you see a cross, remember the grace and truth that came to us in Jesus.

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**READ:** John 1:14-18; Colossians 1:15-20

MONDAY, THE FIRST WEEK OF LENT

# Power From God

*But those who wait in the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.* ✚ ISAIAH 40:31

When we attempt to do things using our own energy, we find ourselves depleted. Much like the difference between something that runs on a battery charge and something that plugs into the outlet on the wall. When we plug into God, the source of all strength and energy, we don't have to worry about losing our charge. Our power comes from a limitless supply.

How do we plug in?

We spend time in prayer and meditation. We read Scripture. We go to church. We surround ourselves with people who support our faith journey. We look for ways to serve and encourage others. We honor the Sabbath, and give ourselves a true day of rest.

**KRISTIN ARMSTRONG** | *Austin, TX*

*Lord, help us this Lent to find ways to plug in to our faith and renew our strength. Amen.*

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**SEEK:** Seek opportunities to create quiet connection with God for rest and renewal.

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**READ:** 2 Timothy 1:8-10; 2 Peter 1:2

TUESDAY, THE FIRST WEEK OF LENT

# Reach Toward Jesus



*“If I but touch his clothes, I will be made well.”  
Immediately her hemorrhage stopped; and she felt in  
her body that she was healed of her disease.*

✦ MARK 5:28-29

Grace is a gift. Sometimes we need only reach for it, allowing God to respond. The Gospel account of the woman with the hemorrhage is an example of a faith that reaches for God in a moment of need.

Swept forward in a crowd rushing after Jesus to watch him work another miracle, this woman thinks that if only she could touch his cloak, she would be healed. Scripture says Jesus feels his power go out from him. He identifies her and responds to her bold act with gentleness: “Daughter, your faith has made you well; go in peace, and be healed of your disease” (Mark 5:34). Like the suffering woman in this Gospel, often it is simply enough that we reach toward Jesus, asking him for his grace, seeking his healing touch.

**GREG ERLANDSON** | *Washington, D.C.*

*Jesus, give me the faith of this brave woman who  
reached out to you. Amen.*

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**REFLECT:** This Lent, think about the times you reached toward the Lord, and he responded.

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**READ:** Mark 5:25-34



WEDNESDAY, THE FIRST WEEK OF LENT

# A Manner Worthy

*Live your life in a manner worthy of the gospel of Christ ...* ✚ PHILIPPIANS 1:27

So many lines penned by St. Paul are bumper-sticker worthy. This one even works well in traffic: Drive ... “in a manner worthy of the gospel.”

But who I am kidding? It works universally too.

Pay your bills “in a manner worthy of the gospel.”

Wait your turn “in a manner worthy of the gospel.”

When irked, keep your good humor “in a manner worthy of the gospel.”

When your old friend tells you the same old story for the fourth time, listen “in a manner worthy ...”

This is a call for grace-filled living in all circumstances. Let’s apply Paul’s counsel to our Lent activities. Whether we are praying more intentionally, or fasting, or giving gifts, whatever we do in this time of preparation, let’s aim to live each day “in a manner worthy of the gospel.”

**PAT GOHN** | *Boxford, MA*

*Dear Jesus, help us to live our Lenten days in ways that point to you. Amen.*

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**THINK:** What small step can you take to re-make one thing in your life “in a manner worthy of the gospel”?

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**READ:** Proverbs 15:3; Ephesians 5:15-20



THURSDAY, THE FIRST WEEK OF LENT

# A Lenten Journey



*Teach me your way, O LORD, and lead me ...*

✦ PSALM 27:11

A wonderful way to travel through Lent is to read portions of the Psalms every day. After all, the Psalmists are sharing their thoughts on their pilgrim journey. Their observations as children of God are very inspirational.

Why not sojourn through Lent by meditating first on Psalm 27? At the same time ponder the words of the hymn “Lead Me; Guide Me.”

As the days go by, pick other psalms, enriching your Lenten journey. Then choose an appropriate hymn to go with each psalm. You won’t be disappointed as you walk down your Lenten path.

**WALTER M. SCHOEDEL** | *Webster Groves, MO*

*O Holy Father, enrich our spiritual lives as we make Lent count in enhancing our spiritual walk through our meditations on the psalms and hymns. Amen.*

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**MEDITATE:** Meditate on psalms with an appropriate hymn every few days as you observe Lent. Maybe ask a friend to help you pick the psalms and the hymns.

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**READ:** Psalm 27:11-14; Psalm 16:2, 5-6, 11

# A SEASON OF *Grace*



Our days are full of grace, in every season of our lives. The daily devotions in this LARGE PRINT special edition for Lent highlight the message and theme of the graces that bless the lives of older adult Christians. These reflections help seniors ponder Christ's journey to the cross and empty tomb for their salvation and encourage them to faithfully share with younger generations the grace they have experienced through the crucified and risen Savior.

This book, along with many other Creative Communications for the Parish products, is available on [amazonkindle](#) and [nook](#).