



# ROAD TO RESURRECTION

WEDNESDAY, MARCH 5 - SUNDAY, APRIL 20, 2025

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## WHAT IS LENT?

Lent is a season on the Christian calendar when Christians prepare to commemorate Jesus's life, death, and resurrection. We do this by reflecting on our spiritual lives, repentance of our sins, and consecrating ourselves to God.

## WHAT IS THE HISTORY OF LENT?

The origin of Lent has biblical roots and was practiced in the early Christian church. Lent is connected to the 40-day and 40-night fast of Jesus in the wilderness. Jesus' prayers and fasting prepared Him to overcome the temptation and future trials he would face from Satan. We walk in the footsteps of Jesus as we prepare our hearts and minds to face and overcome our temptations and trials.

## WHAT IS THE PURPOSE OF LENT?

During Lent, believers are encouraged to abstain from certain foods and habits while reflecting on their own spiritual life and seeking forgiveness and reconciliation with God and others. It is six weeks of prayer, devotion and self-discipline practiced by fasting and self-denial.

## WHEN IS LENT?

Historically, Lent is a 40-day period (not counting Sundays) that begins on Ash Wednesday and concludes on Resurrection Sunday. These 40 days include intentional days of remembrance that guide our hearts and thoughts toward thanking God for His great love.





## HOW DO WE PRACTICE LENT?

# PRAYER

Set aside time each day to personally:

- Seek the Lord in prayer.
- Read the appropriate Scriptures, reflect on the Lord Jesus, and pray in line with each day's theme.
- Join BMBC during our morning prayer call from 6:45 – 7 am. The dial in conference number is (425) 436.6381 and the access code is 272263#. Let's pray together on the following days:
  - Wednesday, March 05, 12, 19, and 26
  - Wednesday, April 2, and 9
  - Monday – Friday, April 14 – April 19

There is more than one model to guide your time in prayer. One example is the Disciple's Prayer in Matthew 6:5-15. We also suggest using the acronym P.R.A.Y.:

- Praise: Express gratitude to God for who He is and what He has done
- Repent: Confess your sins to God and ask Him for forgiveness
- Ask: Ask God to meet your needs and the needs of others
- Yield: Focus on the will of God's being done in our lives and within the world





## HOW DO WE PRACTICE LENT?

# FASTING

Should I give up something for Lent? Yes. We encourage you to join us in a corporate fast. Fasting is a spiritual discipline that refers to abstaining from food or other bad habits for spiritual good. It is a call to self-denial. Ask yourself “What are the one or two things I must give up to pursue God in a greater way?” Consider choosing one or two of these options that are best for you as you discretely and privately follow the Holy Spirit’s lead.

- Daniel Fast: Avoid eating meats and treats. Instead consume rice, beans, vegetables, and fruits.
- Digital Detox: Intentionally reduce the time you spend on devices or completely disconnect from your devices (social media, shows, etc.)
- Sugar Fast: Reduce your sugar intake or abstain from eating sugar completely.
- Consumer Fast: Cutting back on consumeristic culture like shopping and eating out.

We will break our fast on Sunday, April 20. Remember your stomach may have shrunk considerably and your digestive system has gone into a type of hibernation. So consider breaking your fast with a light meal of fresh fruits and vegetables with a good deal of inner rejoicing. **For medical advice regarding your personal condition, please consult a doctor.**





# THE HABITS OF JESUS

**Wednesday | 3/5/2025**

*Captivated by Scriptures*

“It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’” – Matthew 4:4

**Thursday | 3/6/2025**

*The Perfect Life of Jesus*

And they were astonished beyond measure, saying, “He has done all things well. He makes both the deaf to hear and the mute to speak.” – Mark 7:37

**Friday | 3/7/2025**

*Spending Time Alone With the Father*

Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. – Luke 6:12

**Saturday | 3/8/2025**

*Withdrawing to Pray*

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. – Mark 1:35



# THE LIFE OF JESUS

**Monday | 3/10/2025**

The Surpassing Glory of Jesus' Life

"Now My soul is troubled, and what shall I say? Father, save Me from this hour? But for this purpose I came to this hour. Father, glorify Your name."

– John 12:27-28

**Tuesday | 3/11/2025**

Effecting the Glory and Praise of God

"Glory to God in the highest, and on earth peace, goodwill toward men!"

– Luke 2:14

**Wednesday | 3/12/2025**

According to the Father's Will

Jesus answered them, "I told you, and you do not believe. The works that I do in My Father's name, they bear witness of Me. – John 10:25

**Thursday | 3/13/2025**

Work that Led to the Cross

I have glorified You on the earth. I have finished the work which You have given Me to do...I have manifested Your name to the men whom You have given Me out of the world. – John 17:4 & 6

**Friday | 3/14/2025**

Modeling Dedication to God's Glory

"By this My Father is glorified, that you bear much fruit; so you will be My disciples." – John 15:8

**Saturday | 3/15/2025**

Our Human Destiny is Christlikeness

For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. – Romans 8:29



# THE WORK OF JESUS

**Monday | 3/17/2025**

**A Soul Feeding Satisfaction**

Jesus said to them, “My food is to do the will of Him who sent Me, and to finish His work. – John 4:34

**Tuesday | 3/18/2025**

**He Demonstrated He Was Sent by The Father**

But I have a greater witness than John’s; for the works which the Father has given Me to finish – the very works that I do – bear witness of Me, that the Father has sent Me. – John 5:36

**Wednesday | 3/19/2025**

**God Manifested in the Flesh**

“If I do not do the works of My Father, do not believe Me; but if I do, though you do not believe Me, believe the works, that you may know and believe that the Father is in Me, and I in Him.” – John 10:37-38

**Thursday | 3/20/2025**

**The Laboring Light of the World**

“That the works of God should be revealed in him. I must work the works of Him who sent Me while it is day; the night is coming when no one can work. As long as I am in the world, I am the light of the world.” – John 9:3-5

**Friday | 3/21/2025**

**Energized Work With Weariness of Body**

Now Jacob’s well was there. Jesus therefore, being wearied from His journey, sat thus by the well. It was about the sixth hour. – John 4:6

**Saturday | 3/23/2025**

**Sabbath Rest From Work**

And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat. So they departed to a deserted place in the boat by themselves.  
– Mark 6:31-32



# THE PRECIOUS BLOOD OF JESUS

**Monday | 3/24/2025**

**Precious and Powerful Blood**

Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption.

– Hebrews 9:12

**Tuesday | 3/25/2025**

**Propitiation: The Just God Satisfies His Wrath**

Whom God set forth as a propitiation by His blood, through faith, to demonstrate His righteousness, because in His forbearance God had passed over the sins that were previously committed, to demonstrate at the present time His righteousness, that He might be just and the justifier of the one who has faith in Jesus. – Romans 3:25-26

**Wednesday | 3/26/2025**

**Justification: Declares Guilty Sinners Righteous**

Much more then, having now been justified by His blood, we shall be saved from wrath through Him. – Romans 5:9

**Thursday | 3/27/2025**

**Redemption: Purchases Freedom for the Spiritually Captive**

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace. – Ephesians 1:7

**Friday | 3/28/2025**

**Reconciliation: Brings Us in Relationship to God**

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. – Ephesians 2:13

**Saturday | 3/29/2025**

**Pacification: Makes Peace With God**

For it pleased the Father that in Him all the fullness should dwell, and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross.

– Colossians 1:19-20

# THE WONDERFUL CROSS OF JESUS

**Monday | 3/31/2025**

**It Takes The Eyes of Faith to See**

But we preach Christ crucified, to the Jews a stumbling block and to the Greeks foolishness, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. – 1 Corinthians 1:23-24

**Tuesday | 4/1/2025**

**Unsuspected Power and Wisdom**

But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty; and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are, that no flesh should glory in His presence. – 1 Corinthians 1:27-29

**Wednesday | 4/2/2025**

**He Took God's Wrath For Us**

Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, "Cursed is everyone who hangs on a tree"), that the blessing of Abraham might come upon the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith. – Galatians 3:13-14

**Thursday | 4/3/2025**

**A Magnified Expression of Love**

Greater love has no one than this, than to lay down one's life for his friends.  
– John 15:13

**Friday | 4/4/2025**

**The Rich and Glorious Wounds of Christ**

But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed.  
– Isaiah 53:5

**Saturday | 4/5/2025**

**Blood Flowing from His Heart to Ours**

Knowing that you were not redeemed with corruptible things, like silver and gold, from your aimless conduct received by tradition from your fathers, but with the precious blood of Christ, as of a lamb without blemish and without spot. – 1 Peter 1:18-19



# TRIUMPHANT FUTURE OF JESUS

**Monday | 4/7/2025**

**Fearful Yet with Great Joy**

“O Death, where is your sting? O Hades, where is your victory?” The sting of death is sin, and the strength of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ. – 1 Corinthians 15:55-57

**Tuesday | 4/8/2025**

**The Declaration of an Unstoppable God**

God raised up, having loosed the pains of death, because it was not possible that He should be held by it. – Acts 2:24

**Wednesday | 4/9/2025**

**The Son Ascended and is Exalted**

Now when He had spoken these things, while they watched, He was taken up, and a cloud received Him out of their sight. – Acts 1:9

**Thursday | 4/10/2025**

**A Sovereign Ruler to Satisfy Our Souls**

I was watching in the night visions, and behold, One like the Son of Man, coming with the clouds of heaven! He came to the Ancient of Days, and they brought Him near before Him. Then to Him was given dominion and glory and a kingdom. – Daniel 7:13-14

**Friday | 4/11/2025**

**He Purged Sins and Receives Continual Praise**

Who being the brightness of His glory and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high.  
– Hebrews 1:3

**Saturday | 4/12/2025**

**The Slain and Glorified Lamb**

Then He said to Thomas, “Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing.” – John 19:33



# PASSION/HOLY WEEK

## Holy Monday | 4/14/2025

### Hope Amidst Controversy

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me." – John 14:6

## Holy Tuesday | 4/15/2025

### Son of David and Son of God

The LORD said to my Lord, "Sit at My right hand, till I make Your enemies Your footstool." – Psalms 110:1

## Spy Wednesday | 4/16/2025

### Treasure the Savior

Why was this fragrant oil not sold for three hundred denarii and given to the poor? – John 12:5

## Maundy Thursday | 4/17/2025

### The Anguish and Joy of His Love

"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. – John 13:34

## Good Friday | 4/18/2025

### God's Greatest Good in Evil

"But as for you, you meant evil against me; but God meant it For good, in order to bring it about as it is this day, to save many people alive. – Genesis 50:20

## Holy Saturday | 4/19/2025

### The Promise of Rescue

But when they came to Jesus and saw that He was already dead, they did not break His legs. – John 19:33





IN HIM WE HAVE REDEMPTION  
THROUGH HIS BLOOD, THE  
FORGIVENESS OF SINS, IN  
ACCORDANCE WITH THE RICHES OF  
GOD'S GRACE

**EPHESIANS 1:7**

