

SOLE TO SOUL

These cards are a gift to help you begin Lent with a focused family, friend, or individual devotional time. The season of Lent lasts from Ash Wednesday (March 2 this year) through the Saturday before Easter.

These 14 cards will give you scriptures for two weeks. You can reuse them through the season or find your own verses after the first 14 days.

How to best use these cards:

- Check in first with each other. You might ask, "How was your day?" or "How is it with your soul?"
- Read the scripture out loud and discuss each person's responses to the 3 questions.

- Walking together and talking together is a beautiful way to be attentive and intentional.

- While this may not work for everyone on every day, you could also do this during a meal, while sitting together perhaps outside, or while riding in the car together.

Close each time together with one thing you are grateful for today. Bless one another. You might take the hand of someone with you and use your finger (or "blessing balm" if you have it) to draw a cross on the back of their hand, call them by name and say, "You are a blessing." If you are alone, you can do this for yourself. If you are with a group, you can all take turns until everyone has received a blessing. Close in prayer.

DAY ONE

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY TWO

Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing. Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.

Psalms 100:1-3, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY THREE

And now faith, hope, and love abide, these three; and the greatest of these is love.

1 Corinthians 13:13, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY FOUR

I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.

Joshua 1:9, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY FIVE

O LORD, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and are acquainted with all my ways.

Psalms 139:1-3, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY SIX

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Philippians 4:4-8, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY SEVEN

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Micah 6:8, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY EIGHT

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Romans 12:1-2, The Message

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY NINE

The seed is healthy: the vine will give its fruit. The land will give its produce; the heavens will give its dew. I will give the remnant of this people all these things.

Zechariah 8:12, CEB

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY TEN

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 3:22-23, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY ELEVEN

Hear, O Israel: The Lord is our God, the Lord alone. You shall love the Lord your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.

Deuteronomy 6:4-9, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY TWELVE

I'm convinced that nothing can separate us from God's love in Christ Jesus our Lord: not death or life, not angels or rulers, not present things or future things, not powers or height or depth, or any other thing that is created.

Romans 8:38-39, CEB

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY THIRTEEN

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Matthew 6:34, The Message

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

DAY FOURTEEN

*Then I heard the voice of the Lord saying,
"Whom shall I send, and who will go for us?"
And I said, "Here am I; send me!"*

Isaiah 6:8, NRSV

What does this tell us about God?

What does this mean for you as a child of God?

How can this passage become real in your life?

