

40-Day Lenten Scripture Reading Plan

Prepared for 2026 by Rev. Michelle Shrader, Grace United Methodist Church

Week 1 — Turning Toward God

Day 1 – Psalm 51: Where do I most need God’s mercy right now?

Prayer: Merciful God, create in me a clean heart and renew a right spirit within me. Amen.

Day 2 – Isaiah 55:6-9: What does it look like for me to truly seek God today?

Prayer: Lord, draw my heart toward your higher ways and teach me to trust your wisdom. Amen.

Day 3 – Joel 2:12-17: What would wholehearted return to God look like in my life?

Prayer: God of compassion, soften my heart and bring me home to you. Amen.

Day 4 – Luke 15:11-24: Where do I see myself in this story of grace?

Prayer: Loving Father, thank you for running toward me with forgiveness. Amen.

Day 5 – Matthew 6:1-6, 16-21: What practices help me seek God quietly and sincerely?

Prayer: God, shape my devotion so it is for you alone. Amen.

Day 6 – Micah 6:6-8: How can I practice justice, mercy, and humility today?

Prayer: Lord, guide my steps in kindness and humble obedience. Amen.

Day 7 – Romans 12:1-2: What needs renewing in my mind and spirit?

Prayer: Transform me, God, into a living offering of love. Amen.

Week 2 — Trusting God in the Wilderness

Day 8 – Matthew 4:1-11: What temptations distract me from trusting God?

Prayer: Strengthen me, Christ, to choose faithfulness over fear. Amen.

Day 9 – Exodus 16:2-15: Where has God already provided for me?

Prayer: Provider God, help me trust your daily bread. Amen.

Day 10 – Psalm 63: When do I most hunger for God?

Prayer: Satisfy my soul, O Lord, with your presence. Amen.

Day 11 – Isaiah 40:28-31: Where do I need God's renewing strength?

Prayer: Lift me when I grow weary, faithful God. Amen.

Day 12 – John 6:35-40: What does it mean that Christ is my bread of life?

Prayer: Jesus, nourish me with life that lasts. Amen.

Day 13 – Proverbs 3:5-8: Where am I leaning on my own understanding?

Prayer: Teach me to trust you fully, Lord. Amen.

Day 14 – Hebrews 4:14-16: What burdens can I bring to Christ today?

Prayer: Compassionate Savior, receive my struggles with grace. Amen.

Week 3 — Surrender and Obedience

Day 15 – Luke 9:23-27: What cross am I being called to carry?

Prayer: Give me courage to follow you, Jesus. Amen.

Day 16 – John 12:23–26: What must I release to bear new fruit?

Prayer: God, help me surrender what hinders life. Amen.

Day 17 – Psalm 25:4–10: Where do I need God’s direction?

Prayer: Lead me in your truth, faithful Guide. Amen.

Day 18 – Jeremiah 29:11–14: How do I trust God’s future for me?

Prayer: Lord, anchor me in hope beyond what I see. Amen.

Day 19 – Philippians 2:5–11: How can I embody Christ’s humility today?

Prayer: Shape my heart like yours, Jesus. Amen.

Day 20 – Matthew 26:36–46: Where am I praying, “not my will”?

Prayer: Strengthen my obedience, loving Father. Amen.

Day 21 – Romans 6:3–11: What new life is God awakening in me?

Prayer: Raise me into resurrection living, Lord. Amen.

Week 4 — Hope in Suffering

Day 22 – Isaiah 53: How does Christ’s suffering speak to mine?

Prayer: Suffering Savior, hold me in your healing love. Amen.

Day 23 – Psalm 22: When have I felt abandoned yet held?

Prayer: God, stay near in my darkest cries. Amen.

Day 24 – 1 Peter 2:21–25: How can I follow Christ through hardship?

Prayer: Shepherd of my soul, guide me through pain. Amen.

Day 25 – John 16:16–24: Where do I see sorrow turning to joy?

Prayer: Turn my mourning into hope, Lord. Amen.

Day 26 – 2 Corinthians 4:7–12: How is God’s power working in my weakness?

Prayer: Shine your light through my fragility, God. Amen.

Day 27 – Lamentations 3:19–26: What does hope look like in waiting?

Prayer: Faithful God, your mercies meet me each morning. Amen.

Day 28 – Hebrews 12:1–3: What endurance is God building in me?

Prayer: Fix my eyes on Jesus, source of perseverance. Amen.

Week 5 — Waiting Between Death and Life

Day 29 – John 11:17–27: Where do I need resurrection faith?

Prayer: Christ, speak life into my waiting. Amen.

Day 30 – Psalm 130: What am I crying out to God for?

Prayer: Hear my voice, redeeming Lord. Amen.

Day 31 – Ezekiel 37:1–14: Where do I long for new breath?

Prayer: Spirit of God, revive dry places in me. Amen.

Day 32 – Romans 8:18–25: How does hope reshape my suffering?

Prayer: Hold me steady in patient hope, God. Amen.

Day 33 – John 14:1–7: What fears does Christ calm?

Prayer: Let not my heart be troubled, Lord. Amen.

Day 34 – Revelation 21:1–5: What future promise sustains me?

Prayer: Make all things new in me, God. Amen.

Day 35 – Mark 8:31–35: What life emerges through letting go?

Prayer: Teach me to lose life in order to find it. Amen.

Holy Week — The Third Day is Coming

Day 36 – Matthew 21:1–11: How do I welcome Christ as King?

Prayer: Hosanna, Lord — reign in my life. Amen.

Day 37 – John 13:1–17: Whom am I called to serve?

Prayer: Wash me in humility and love, Jesus. Amen.

Day 38 – Matthew 26:26–30: What does communion awaken in me?

Prayer: Thank you for the gift of yourself, Christ. Amen.

Day 39 – John 19:16–30: What does the cross reveal about God's love?

Prayer: Crucified Savior, hold me in redeeming grace. Amen.

Day 40 – Matthew 28:1–10: Where is resurrection breaking through?

Prayer: Risen Lord, fill me with Easter joy and new life. Amen.