

EMBODIED  
PROMISES



A JOURNAL FOR LENT  
AT CTK

**2024**





THIS JOURNAL BELONGS TO





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*Dear Christ the King Community,*

*As we join together this Lenten season, I hope that you will take the time to pause and spend some time deepening your relationship with God.*

*This journal will provide a unique opportunity for you to reflect on scripture and discern our Lenten theme of the Embodied Promise that God has made and continues to make to you and through you.*

*I invite you to listen deeply, to breathe expansively, and to delight in this time and space set aside for you to dwell with God.*

*May this Lenten journey be enriched, and may Jesus, Word made flesh, be revealed to you in new and surprising ways.*

*Grace and peace to you, and especially hope,*

*Rev. Dr. Jennifer Hope-Tringali*  
*Senior Pastor*





## Notes about this journal

*This journal is a reference, resource, notebook, coloring book, creative space, scrapbook, and memory keeper. Use this as you please. In these pages, you will find handy info for Lent as well as prompts designed to support your reflections.*

*We encourage you to use the blank spaces to make the journal your own in whatever way is useful to you. We invite you to read the entire passage listed for each day. Then you may study further line-by-line or by picking one part of the text to focus on and explore what feels right for your reflection!*

*Wishing you peace and promises fulfilled,*

*Rachel McWhirter*

*Director of Digital Ministry*





# a Prayer for Embodied Promise

*O God of Creation,*

*with gratitude for the gift of embodiment, we humbly recognize the sacred promises woven into our being as we acknowledge the profound connection between spirit and flesh; a promise made manifest in our earthly journey. Guide us to embrace the interconnected promises of love, compassion, and purpose. May our actions reflect the sacred contract of kindness and empathy, guiding us through life's challenges with strength and grace. May the harmonious dance of spirit and flesh be a symphony of fulfilled promises, making us vessels of hope, healing, and timeless commitments.*

*In Christ, our guiding star, our eternal promise.*

*Amen.*





# Ash Wednesday

## February 14



Psalm 51:1-17





## ESSENTIAL QUESTIONS: PSALM 51:1-17

### *Verse 1-2: Recognition of Sin*

*In what ways can you relate to the psalmist's plea for mercy and cleansing in these verses?*

*How does acknowledging our sins contribute to a humble heart?*

### *Verse 3-4: Awareness of Wrongdoings*

*Reflect on how verse 3 resonates with the acknowledgment of personal wrongdoing.*

*How does recognizing our sins impact our relationship with God and others?*

### *Verse 5-6: Reflection on Human Nature*

*What insights did you discover about human nature in these verses?*

*How does understanding our inherent imperfections influence our approach to repentance?*

### *Verse 7-9: Plea for Cleansing and Transformation*

*How does the imagery of being "cleansed with hyssop" impact your understanding of God's forgiveness?*

*In what areas of life do you seek purification and a renewed spirit?*

### *Verse 10-12: A Prayer for Renewal*

*What does the psalmist ask for in these verses regarding the heart, spirit, and God's presence?*

*How can you align your prayers for renewal with the plea for a steadfast spirit?*

### *Verse 13-15: Commitment to Teach and Praise*

*In what ways can the experience of forgiveness lead to a commitment to guide others on the right path?*

*How can expressing gratitude and praise be a natural response to God's mercy in your life?*

### *Verse 16-17: God's Desire for Authentic Worship*

*What does it mean to offer a broken spirit and a contrite heart in worship?*

*How can your Lenten journey be a time of genuine repentance, leading to a transformed and authentic relationship with God?*

# RESPOND + REFLECT

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# 1st Sunday in Lent February 18



Genesis 9:8-17





## ESSENTIAL QUESTIONS: GENESIS 9:8-17

### *Verse 8-9: God's Covenant with Noah*

*Reflect on God's covenant with Noah and the promises made in these verses.*

*How does the concept of a covenant shape your understanding of God's relationship with humanity?*

*Consider the symbolism of the covenant with the rainbow. How does it serve as a reminder of God's faithfulness and mercy?*

### *Verse 10-11: The Establishment of the Covenant*

*What role do the elements of the covenant—every living creature and the earth—play in emphasizing its comprehensive nature?*

*How might recognizing God's commitment to all of creation influence your sense of responsibility towards the environment and fellow creatures?*

### *Verse 12-13: The Sign of the Covenant*

*Explore the significance of the rainbow as a sign of the covenant. How does this visual reminder impact your faith and assurance in God's promises?*

*Consider the dual purpose of the rainbow as both a reminder for God and for humanity. How does this mutual remembrance deepen the covenant's meaning?*

### *Verse 14-16: The Timeless Nature of the Covenant*

*What does it mean for the covenant to be an "everlasting covenant" and extend to all generations?*

*How does the enduring nature of God's promises in this passage offer comfort and assurance in times of uncertainty?*

### *Verse 17: God's Covenant as a Sign of God's Character*

*Reflect on the idea that the rainbow serves as a reminder of God's character. In what ways does God's unchanging nature and fidelity impact your trust in His promises?*

*How might the knowledge of God's faithfulness influence your approach to challenges and uncertainties?*

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# 2nd Sunday in Lent February 25



Genesis 17:1-7, 15-16





## ESSENTIAL QUESTIONS: GENESIS 17:1-7, 15-16

### *Verses 1-2: The Almighty God's Appearance to Abram*

*What significance do you find in God revealing Himself as "God Almighty" (El Shaddai) in this passage?*

*Reflect on Abram falling facedown before God. How does this posture symbolize reverence and humility in the presence of the Almighty?*

### *Verses 3-6: God's Covenant with Abram*

*Consider the emphasis on God establishing a covenant with Abram. How does the covenantal relationship shape Abram's identity and purpose?*

*In what ways can you relate to Abram's experience of God's promise in your own faith journey?*

### *Verses 7: The Everlasting Covenant*

*Reflect on the concept of an "everlasting covenant." How does this eternal nature of the covenant influence your understanding of God's faithfulness?*

*In what ways does the promise of God's presence throughout generations provide a sense of security and continuity?*

### *Verses 15-16: The Promise of a Son to Sarah*

*Explore the dynamics of God's promise to Sarai (Sarah) and the renaming of Abram and Sarai. How do these changes signify a new phase in God's plan?*

*Consider the interplay of divine intervention and human response in the fulfillment of God's promise. How does this dynamic shape your understanding of God's involvement in your life?*

### *Verses 15-16: The Blessings and Nations through Isaac*

*Reflect on the specific blessings and nations that are promised through Isaac. How does this detail connect with broader themes of God's plan for humanity?*

*Consider the trust required in waiting for the fulfillment of God's promises. How might patience and faith be integral to receiving God's blessings?*

*These questions can be used for personal reflection or in a group setting to explore the themes of covenant, promise, and faith as presented in Genesis 17:1-7, 15-16.*

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# 3rd Sunday in Lent

## March 3



Exodus 20:1-17



## ESSENTIAL QUESTIONS: EXODUS 20:1-17

### *Verses 1-2: The Context of Revelation*

*Reflect on the context of God's revelation to Moses on Mount Sinai. How does the setting impact the significance of the commandments?*

*Consider the role of God as the one who brought the people out of Egypt. How does this past experience shape the authority behind the commandments?*

### *Verses 3-6: Commandments 1 and 2 - Worship and Idols*

*Examine the first two commandments concerning the worship of God and the prohibition of idols. How do these commandments establish the foundation of monotheism? Reflect on the idea that God is a jealous God. How might this concept be understood in the context of exclusive devotion and loyalty?*

### *Verses 7-11: Commandments 3 and 4 - Reverence and Sabbath*

*Explore the significance of taking the Lord's name in vain. How does this commandment relate to reverence and respect for God's name?*

*Reflect on the commandment to observe the Sabbath. How does the Sabbath concept promote rest, worship, and acknowledgment of God's role as the Creator?*

### *Verses 12-16: Commandments 5-9 - Honor, Life, Purity, Truth, and Integrity*

*Consider the commandment to honor one's parents. How does the principle of honoring authority figures contribute to societal order?*

*Reflect on the commandments related to life, purity, truth, and integrity. How do these commandments guide ethical behavior and relationships?*

### *Verse 17: Commandment 10 - Contentment and Coveting*

*Explore the significance of the commandment against coveting. How does this commandment address the internal attitudes that can lead to harmful actions?*

*Reflect on the relationship between contentment and a faithful life. In what ways can cultivating contentment align with the principles outlined in the commandments?*



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# 4th Sunday in Lent

## March 10



Numbers 21:4-9





## ESSENTIAL QUESTIONS: NUMBERS 21:4-9

### *Verses 4-5: The Israelites' Complaint and God's Response*

*Consider the Israelites' complaint in these verses. What does it reveal about human tendencies during challenging times?*

*Reflect on God's response to the complaint. How does this interaction highlight the importance of turning to God in times of distress?*

### *Verses 6-7: The Bronze Snake as a Symbol of Healing*

*Explore the symbolism of the bronze snake that God instructs Moses to make. How does this act of looking at the snake become a symbol of faith and healing?*

*Consider the connection between the bronze snake and the healing power of faith in God. In what ways does this narrative foreshadow themes of redemption in Christian theology?*

### *Verses 8-9: The Serpent on a Pole and God's Provision*

*Reflect on the divine provision of healing through a physical symbol. How does this act of God emphasize the connection between faith and healing?*

*Consider the simplicity of the remedy – looking at the bronze snake. How might this simplicity reflect God's grace and accessibility in times of need?*

### *Connection to Jesus' Words in John 3:14-15*

*Explore the connection between Numbers 21:4-9 and Jesus' words in John 3:14-15. How does the bronze snake serve as a type of foreshadowing of Christ's redemptive work on the cross?*

*Reflect on the idea of lifting up the Son of Man, paralleling the lifting of the bronze snake. How does this connection deepen your understanding of Jesus as the source of spiritual healing?*

*These questions can be used for personal reflection or in a group setting to explore the themes of faith, healing, and divine provision in Numbers 21:4-9.*

# RESPOND + REFLECT

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# 5th Sunday in Lent

## March 17



Jeremiah 31:31-34



## ESSENTIAL QUESTIONS: JEREMIAH 31:31-34

### *Verses 31-32: The Promise of a New Covenant*

*Reflect on the prophecy of a new covenant in these verses. What distinguishes this new covenant from the old covenant?*

*Consider the significance of God initiating this new covenant. How does this emphasize God's grace and faithfulness despite human shortcomings?*

### *Verse 33: The Covenant Written on Hearts*

*Explore the idea of God's law being written on the hearts of His people. What does this imagery convey about the internalization and personalization of God's commands?*

*Reflect on the transformative power of having God's law written on hearts. How does this internalization influence one's relationship with God and others?*

### *Verse 34: Knowing the Lord*

*Consider the promise that all will know the Lord. How does this imply a deep and personal relationship with God?*

*Reflect on the significance of forgiveness in the context of knowing the Lord. How does forgiveness pave the way for reconciliation and intimacy with God?*

### *Connection to Jesus and the New Covenant*

*Explore the connection between Jeremiah's prophecy and Jesus Christ as the fulfillment of the new covenant. How does Jesus' sacrifice embody the essence of this new covenant?*

*Reflect on Jesus' words during the Last Supper, where He speaks of the cup as the blood of the new covenant. How does this connection deepen your understanding of Jeremiah's prophecy?*

*These questions can be used for personal reflection or in a group setting to explore the themes of the new covenant, internal transformation, and intimate knowledge of God as outlined in Jeremiah 31:31-34.*

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# Palm Sunday

## March 24



Isaiah 50:4-9a



## ESSENTIAL QUESTIONS: ISAIAH 50:4-9A

### *Verse 4: The Servant's Gift of Teaching*

*Consider the role of the servant as a teacher. How does the servant receive the ability to sustain the weary with a word?*

*Reflect on the impact of words and teaching in your own life. How can words bring comfort and sustenance to those who are weary?*

### *Verse 5: The Servant's Obedience and Open Ears*

*Explore the servant's obedience and willingness to listen. How does the image of the servant having open ears exemplify attentiveness to God's guidance?*

*Reflect on the importance of listening in your own relationship with God. In what ways can open ears lead to greater understanding and obedience?*

### *Verse 6: The Servant's Endurance and Response to Opposition*

*Reflect on the servant's endurance in the face of opposition. How does the willingness to endure suffering for the sake of others characterize the servant?*

*Consider instances in your life where facing opposition has been challenging. How can the servant's example inspire resilience and faithfulness?*

### *Verse 7: The Servant's Trust in God*

*Explore the servant's trust in God, even in the midst of adversity. How does the servant's unwavering trust serve as a model for reliance on God's strength?*

*Reflect on moments in your own life when trust in God sustained you through difficulties. How can trust in God influence your responses to challenges?*

### *Verses 8-9a: The Assurance of God's Support*

*Consider the assurance that God will vindicate the servant. How does this promise reinforce the idea that ultimate justice rests in God's hands?*

*Reflect on the servant's confidence in God's support. In what ways can this assurance influence your own trust in God's faithfulness?*

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