

LENT

LENT AT CORNERSTONE

2025



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HOW TO USE THIS LENT GUIDE

This guide will serve as a companion through the seven weeks of Lent. Each week includes a reading from the book of John that corresponds with the upcoming Sunday sermon, as well as reflection questions, supplemental reading, and space to reflect on that week's suggested fast. You'll also find pages to take sermon notes on Sundays as we look together at the last words of Jesus and anticipate Easter Sunday.

As a church family, we desire for this Lent season to be both personal and corporate. We hope the time you spend in God's Word, prayer, and fasting during the week prepares your heart to gather on Sundays. When we gather for corporate worship, we will hear and respond to God's word, sing, pray, and partake in communion together.

**GRACE AND PEACE,
CORNERSTONE EQUIPPING MINISTRY**



PRAYER

Eternal Father,

*Thou are good beyond all thought,
But I am vile, wretched, miserable, blind;
My lips are ready to confess,*

*but my heart is slow to feel,
and my ways reluctant to amend.*

*I bring my soul to thee;
break it, wound it, bend it, mould it.*

*Unmask to me sin's deformity,
that I may hate it, abhor it, flee from it.*

*My faculties have been a weapon of revolt against thee;
as a rebel I have misused my strength,
and served the foul adversary of thine kingdom.*

*Give me grace to bewail my insensate folly,
Grant me to know that the way of transgressors is hard,
that evil paths are wretched paths,
that to depart from thee is to lose all good.*

*I have seen the purity and beauty of thy perfect law,
the happiness of those in whose heart it reigns,
the calm dignity of the walk to which it calls,
yet I violate and condemn its precepts.*

*Thy loving Spirit strives within me,
brings me Scripture warnings,
speaks in startling providences,
allures by secret whispers,
yet I choose devices and desires to my own hurt,
impiously resent, grieve, and provoke him to abandon me.*

All these sins I mourn, lament, and for them cry pardon.

Work in me more profound and abiding repentance;

*Give me the fullness of a godly grief
that trembles and fears,
yet ever trusts and loves,
which is ever powerful, and ever confident;*

*Grant that through the tears of repentance
I may see more clearly the brightness and glories of the saving cross.*

AN INTRODUCTION TO LENT

Lent is about the gospel. It is a time to narrow the focus of the Church to the life, death, and resurrection of Jesus Christ, and to turn from our sin and trust in His atoning work.

The season of Lent lasts approximately 40 days, excluding Sundays, between Ash Wednesday and Easter Sunday. The 40 days have obvious biblical parallels in the flood narrative (Gen. 6-8), the giving of the Law to Moses on Sinai (Exod. 24:12-18), Elijah's journey to Mount Horeb (1 Kings 19:1-12) and Jesus' fasting and temptation in the wilderness (Matt. 4:1-11, Mark 1:9-12, Luke 4:1-13). The last of these accounts is most relevant to the season.

Lent is celebrated each spring as the days begin to lengthen (the term Lent is from a Saxon word meaning "lengthen"). It is marked by periods of fasting and feasting. Each week, participants traditionally fast during the week and feast on Sundays. This pattern continues throughout the season as the Church journeys toward the Holy Week commencing on Palm Sunday. The final period of Lent is often referred to as the Triduum, beginning Maundy Thursday and continuing through Easter Sunday.

Originally a preparation period for those desiring to be baptized, Lent eventually became embedded into Christian tradition as a season for the Church to symbolically follow Christ into the wilderness. It is a time for fasting and self-denial, though not for denial itself. It is a period to empty ourselves of lesser things so that we might be filled with the greater things of the gospel.

Whereas Advent is a season of ever-increasing light awaiting the incarnation of Christ, Lent is a season of ever-decreasing light approaching the cross.

In our context, it is easy to get lost in the cultural expectations of Easter and miss out on the meaning. Lent is a reminder that the resurrection only occurred after the crucifixion. Rather than skipping over the ministry and crucifixion of Christ, Lent is a season to prepare ourselves for the joy of Resurrection Sunday as we enter the sorrow and pain which preceded it.

“

Lent is a season of
ever-decreasing light
approaching the cross.

WEEKLY FASTING

Each week, we have suggested an area of fasting to apply to our lives. These weekly fasts give us opportunities to pursue greater communion with Christ. By emptying our lives of commotion, clutter, and noise, we hope to find greater room for Him to speak through His Word. Rather than simply subtracting something from our lives, this is an opportunity to add something greater. May we begin to prepare our hearts accordingly.

Each fast represents a common comfort where our culture runs for distraction and dependence. Our hope is that in the season of Lent we would unplug these noises and leverage this silence for communing with the Lord. Within each week of this guide, you'll have the space to write down your personal reflections, discoveries, and prayers regarding your fasting experience.

The majority of the weeks will encourage you to abstain from something in its entirety. However, there are two weeks (1 and 7) that are an exception, and we'd particularly encourage you to plan ahead and consider a method that is best and wisest for you to participate. ***To be clear: Weeks 1 and 7 should not be absolute fasts.*** You'll find in those particular weeks some suggestions on the ways you could participate in a limited way.

WEEKLY FASTING SCHEDULE

WEEK 1	Food*
WEEK 2	Television & Movies
WEEK 3	Social Media & Internet
WEEK 4	Caffeine & Sweets
WEEK 5	Radio & Music
WEEK 6	Shopping for Non-Essentials
WEEK 7	Sleep*

* denotes limited fasts. Visit the corresponding weeks' pages for suggestions on how to participate in a limited and wise way

Additionally, there are a few ways to consider the fasts: You can view each weekly fast as a stand-alone fast for that particular week, or you could consider the possibility of building each week upon the next. For instance, you could continue the Week 1 fast into Week 2 and so forth to eventually do all seven fasts together. These fasts are not intended to be a burden, but rather an opportunity to create intentional inconvenience, likely discomfort, and extended margin to commune with God. At the same time, each fast, particularly food and sleep, should be stewarded wisely as your personal circumstances allow.

WEEKLY COMMUNION

In many ways, communion is a theme of the Lent season as we read and reflect, fast and pray, and gather for worship on Sundays. We want to create greater personal and corporate space for communing with God, and to consider together the great sacrifice that Christ made through His life, death, and resurrection for this communion to be made possible.

Each Sunday of the Lent season, we'll have the opportunity to partake of communion together in our corporate gatherings. During this time, we'll reflect on the past week's fasting invitation, respond to what we have heard from God's Word, and confess together our dependence on and gratitude for Christ. May we always remember with thanks His body broken was for us and His shed blood is our cup of salvation.

“

And he took bread, gave thanks, broke it, gave it to them, and said, “This is my body, which is given for you. Do this in remembrance of me.” In the same way he also took the cup after supper and said, “This cup is the new covenant in my blood, which is poured out for you.”

LUKE 22:19-20

O Changeless God,

*Under the conviction of thy Spirit I learn that
the more I do, the worse I am,
the more I know, the less I know,
the more holiness I have, the more sinful I am,
the more I love, the more there is to love.*

O wretched man that I am!

O Lord,

*I have a wild heart,
and cannot stand before thee;*

I am like a bird before a man.

How little I love thy truth and ways!

I neglect prayer,

*by thinking I have prayed enough and earnestly,
by knowing thou hast saved my soul.*

Of all hypocrites, grant that I may not be

*an evangelical hypocrite,
who sins more safely because grace abounds,
who tells his lusts that Christ's blood cleanseth them,
who reasons that God cannot cast him into hell,
for he is saved,*

*who loves evangelical preaching, churches, Christians,
but lives unholily.*

My mind is a bucket without a bottom,

*with no spiritual understanding,
no desire for the Lord's Day,
ever learning but never reaching the truth,
always at the gospel-well but never holding water.*

My conscience is without conviction or contrition,

with nothing to repent of.

My will is without power of decision or resolution.

My heart is without affection, and full of leaks.

My memory has no retention,

*so I forget easily the lessons learned,
and thy truths seep away.*

Give me a broken heart that yet carries home the water of grace.



WEEK ONE FAST:
FOOD

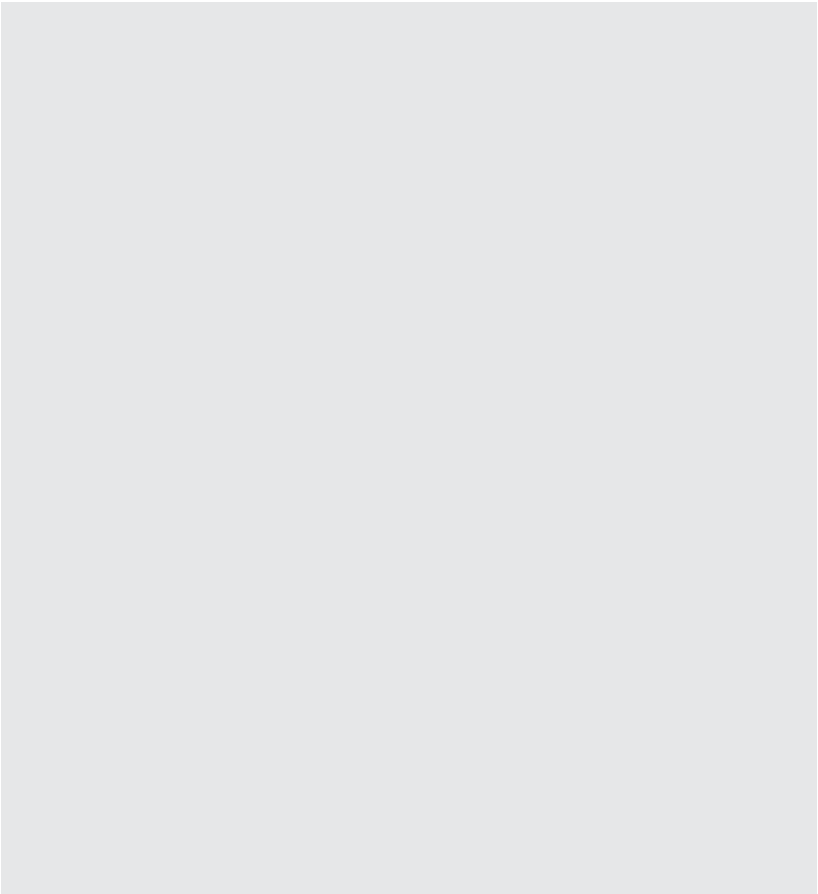
THIS WEEK'S READING:
JOHN 13:31-35

MARCH 3-9

Remember, this week is not an absolute fast.

READING REFLECTION

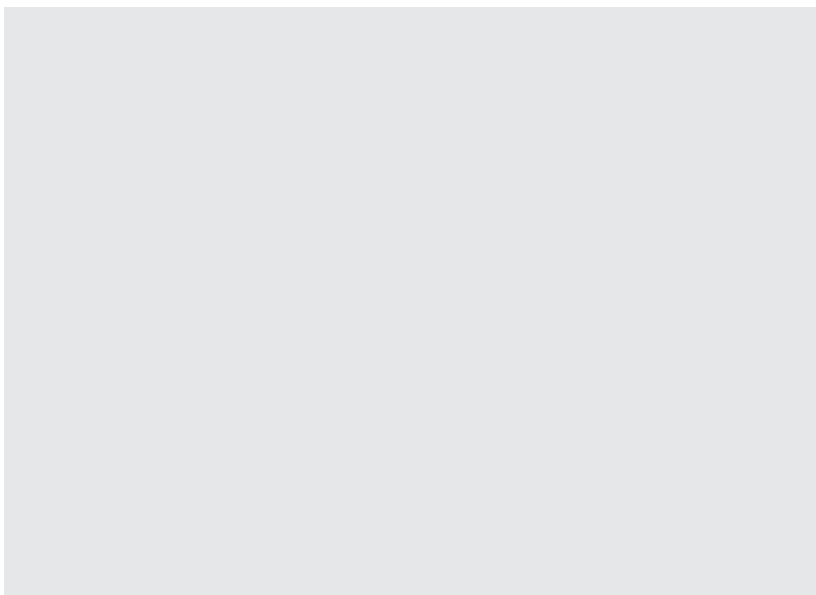
1. What does this passage of Scripture reveal about the nature and character of Christ?
2. What does this passage reveal about your own heart?
3. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to love one another?



FASTING REFLECTION

This week involves a fast from food. Choose an option that is wisest for you: fast from one meal each day, fast for one entire day, fast from eating out, or another option that creates space for you to spend with Christ in the place of eating.

1. How did this fast draw me closer to Christ and His suffering?
2. What did this fast reveal about my priorities?
3. What did this fast teach me about my dependence on and/or distraction of food?



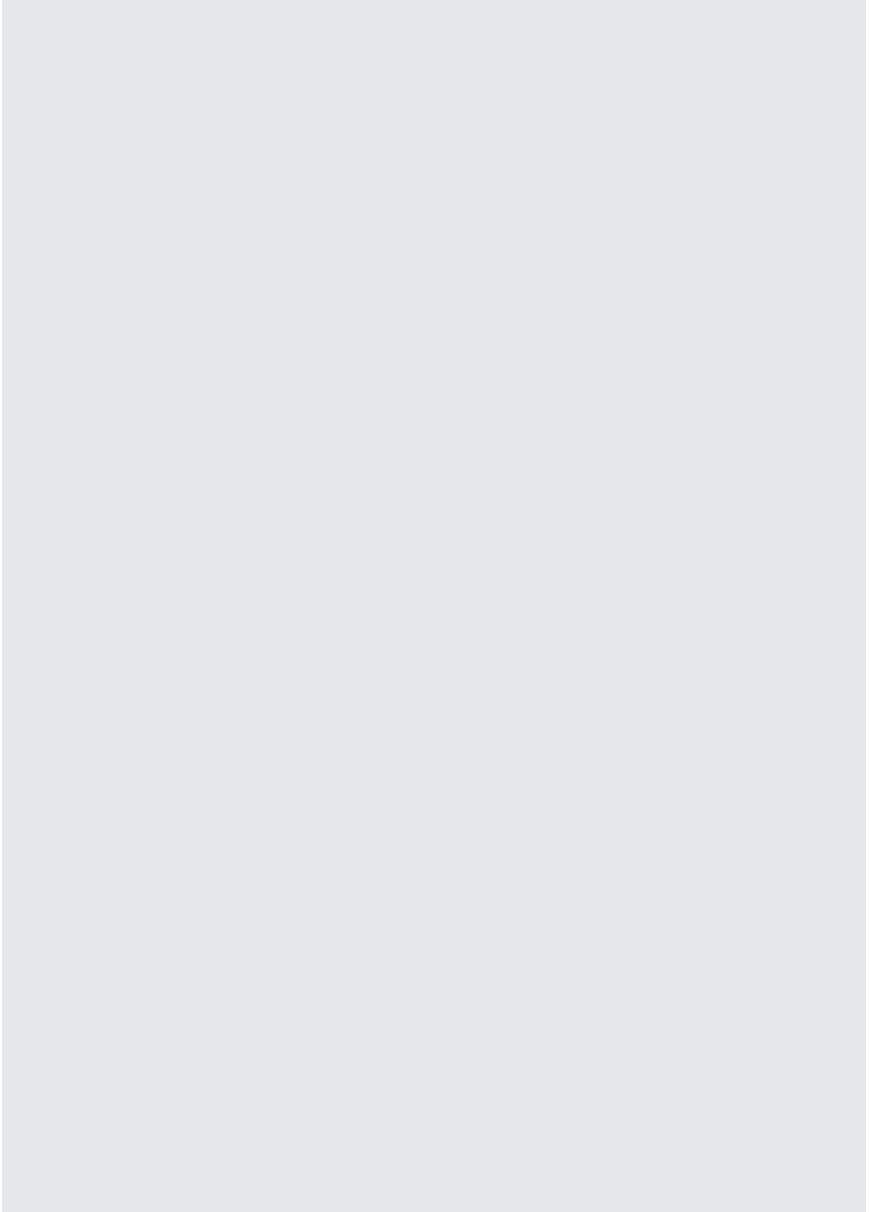
JOHN 6:35

"I am the bread of life," Jesus told them. "No one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again."



JOHN 13:31-35

MARCH 9





WEEK TWO FAST:

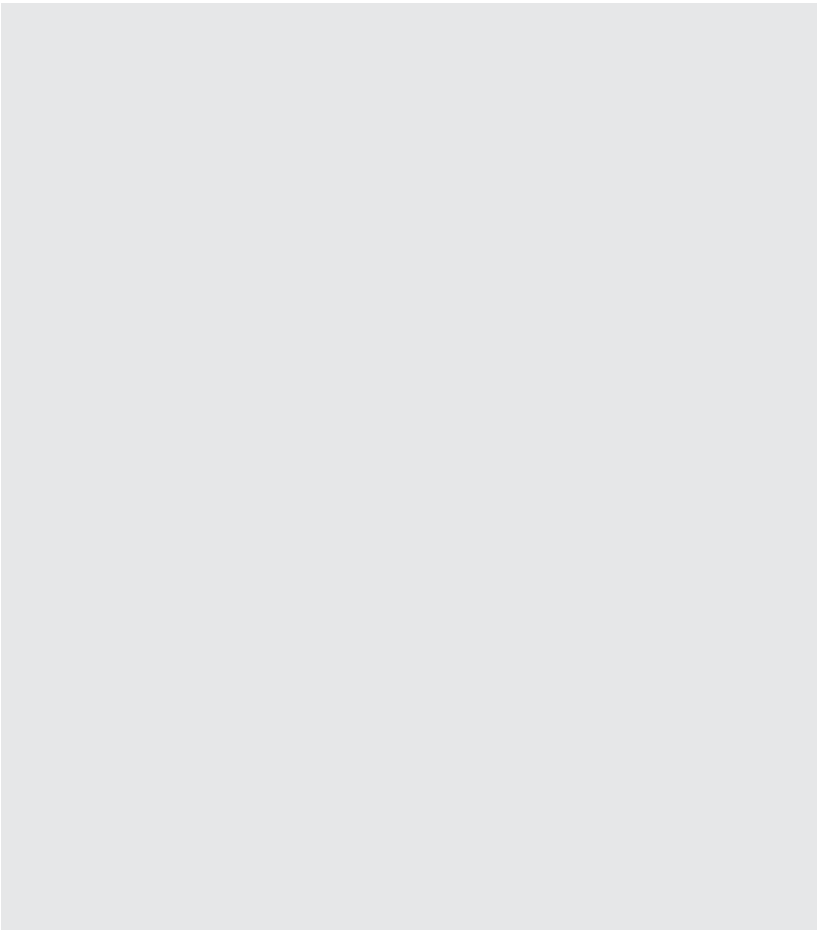
TELEVISION & MOVIES

THIS WEEK'S READING:
JOHN 14:1-14

MARCH 10-16

READING REFLECTION

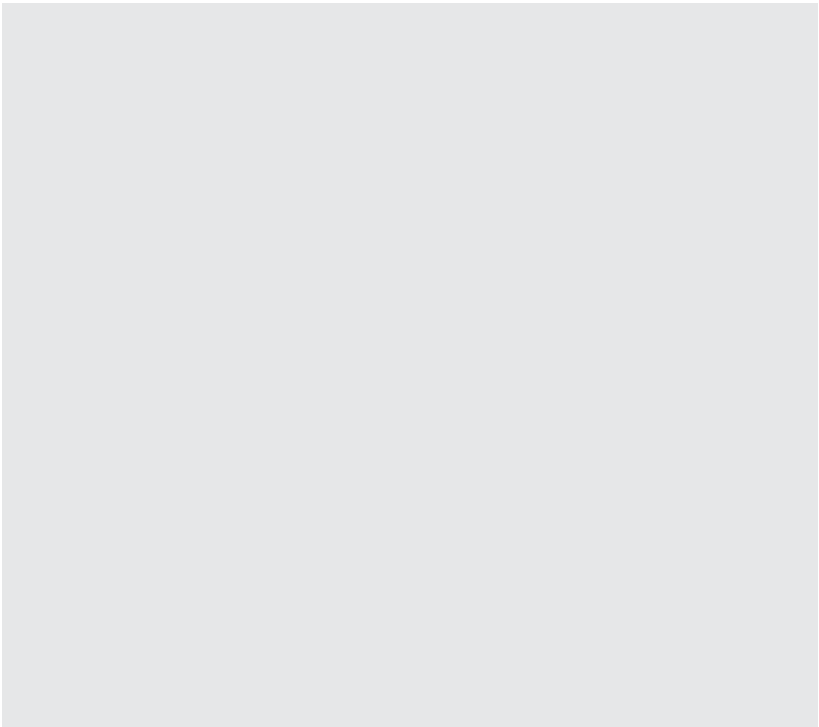
1. What does this passage of Scripture reveal about the nature and character of Christ?
2. What does this passage reveal about your own heart?
3. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to see the Father?



FASTING REFLECTION

This week involves a fast from television and movies. You are encouraged this week to take an absolute fast; meaning, no television and no movies.

1. How did this fast draw me closer to Christ and His suffering?
2. What did this fast reveal about my priorities?
3. What did this fast teach me about my dependence on and/or distraction of television and movies?



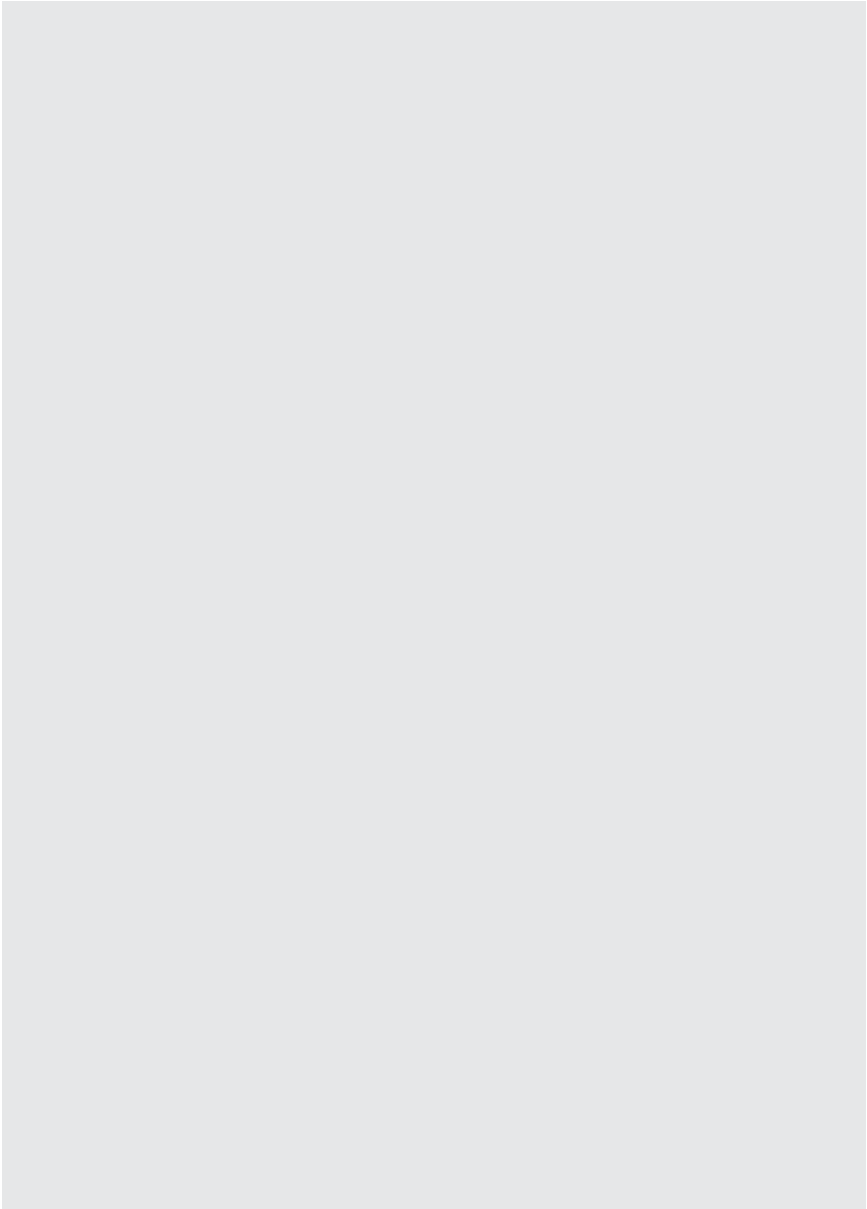
PSALM 119:37

“Turn my eyes from looking at what is worthless; give me life in your ways.”



JOHN 14:1-14

MARCH 16





WEEK THREE FAST:

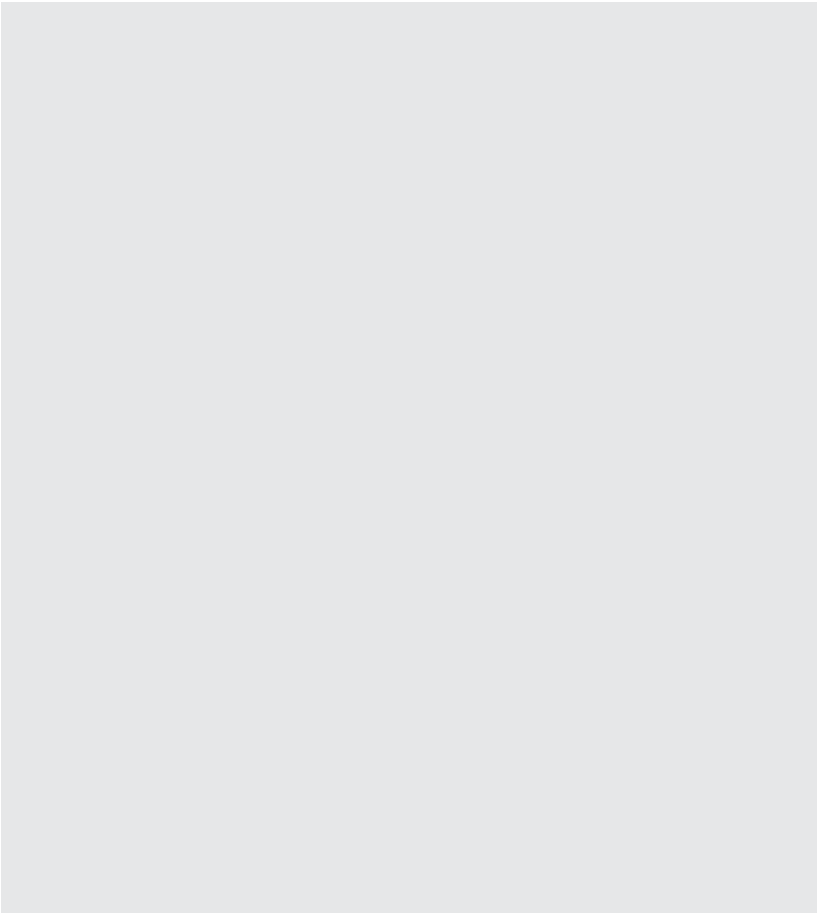
**SOCIAL
MEDIA &
INTERNET**

THIS WEEK'S READING:
JOHN 15:1-17

MARCH 17-23

READING REFLECTION

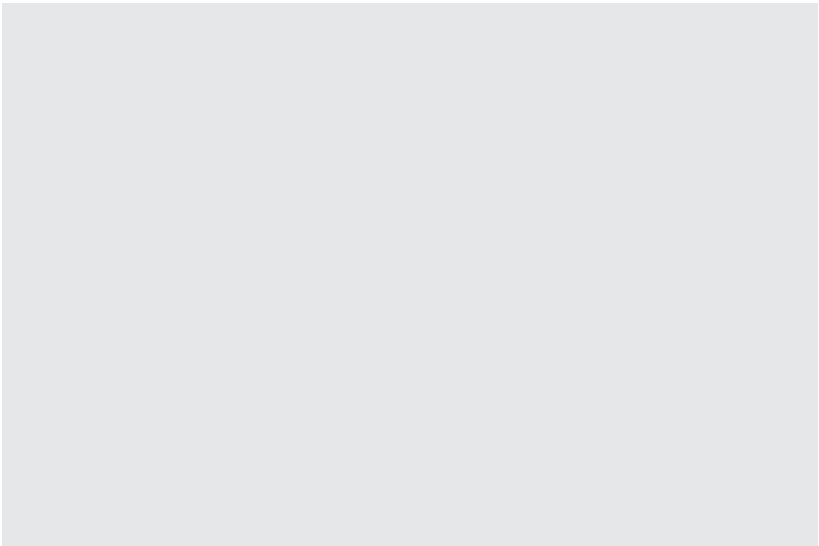
1. What does this passage of Scripture reveal about the nature and character of Christ?
2. What does this passage reveal about your own heart?
3. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to remain in Christ and His love?



FASTING REFLECTION

This week involves a fast from social media and the internet. You are encouraged this week to take an absolute fast; meaning, no social media or internet usage. However, if you are a student or employee that requires usage on these platforms or certain websites, consider how you might pre-plan posts or fast from all websites that are not required for school or your job.

1. How did this fast draw me closer to Christ and His suffering?
2. What did this fast reveal about my priorities?
3. What did this fast teach me about my dependence on and/or distraction of social media and internet?



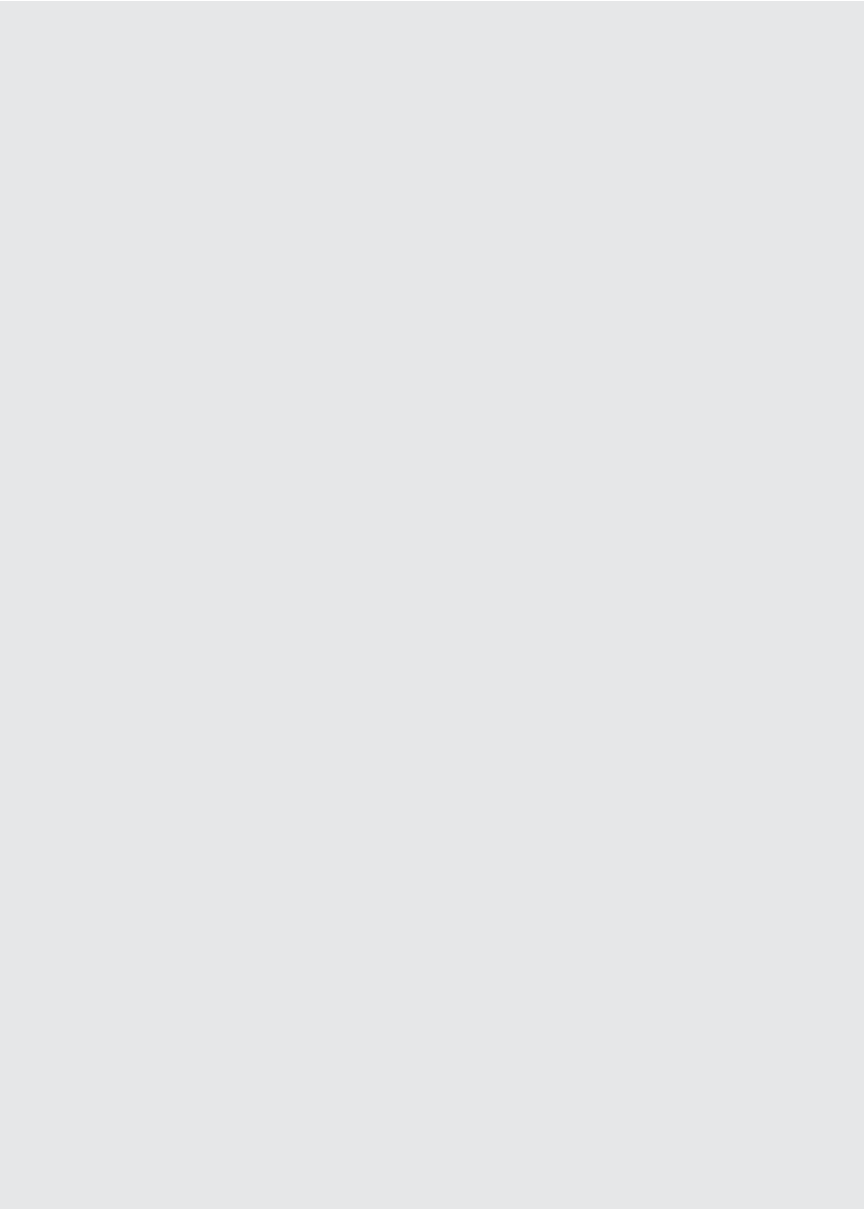
COLOSSIANS 3:2

“Set your minds on things above, not on earthly things.”



JOHN 15:1-17

MARCH 23





WEEK FOUR FAST:

CAFFEINE & SWEETS

THIS WEEK'S READING:

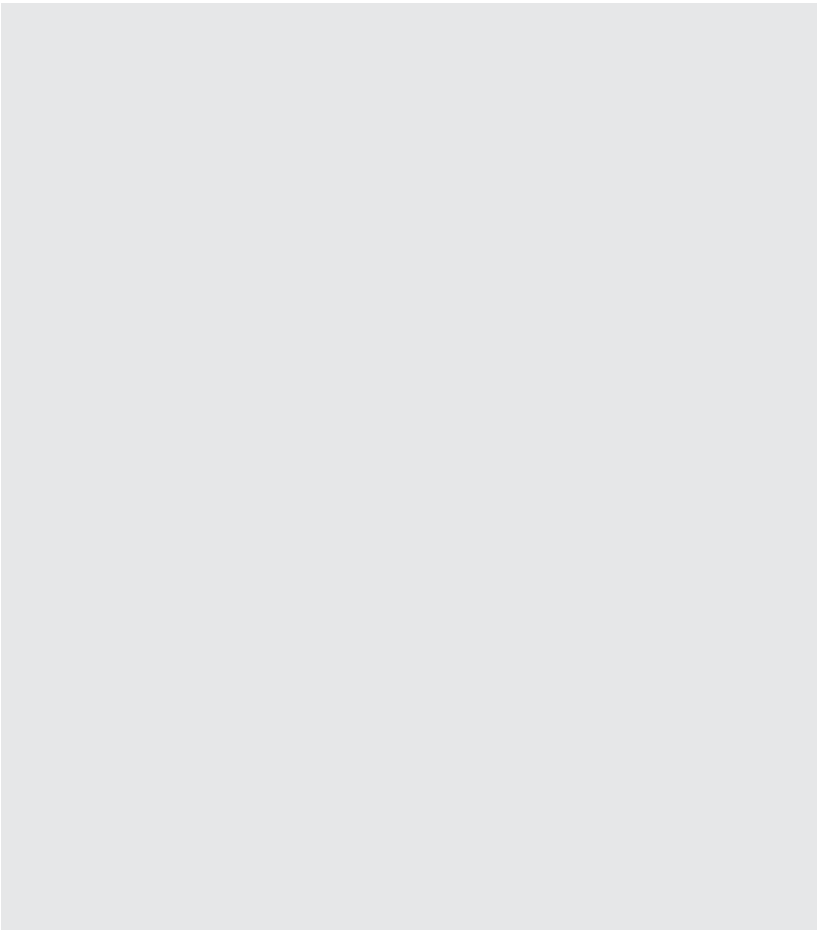
JOHN 14:16-17, 26;

JOHN 15:26; JOHN 16:7-14

MARCH 24-30

READING REFLECTION

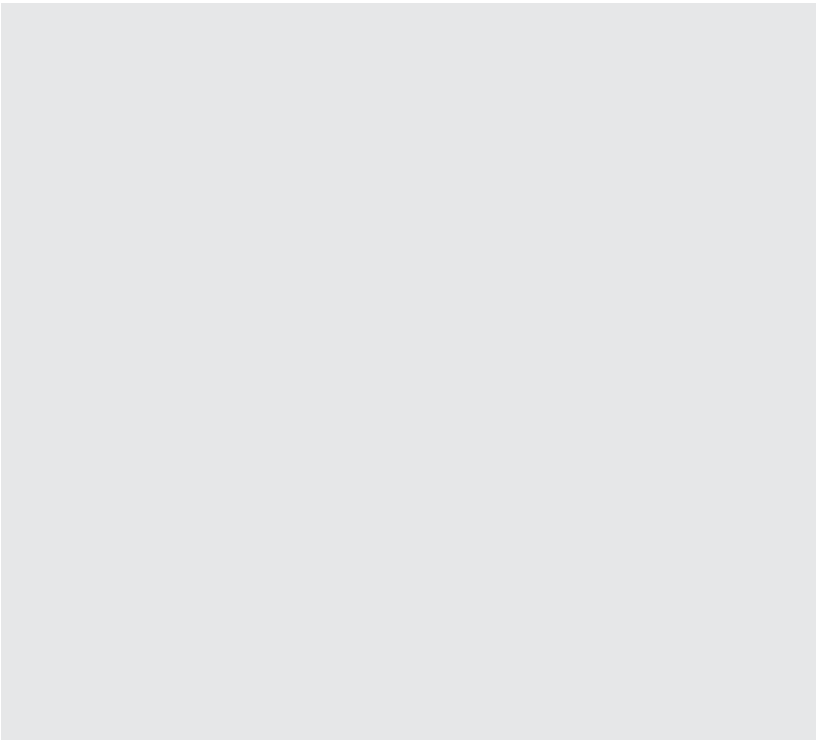
1. What does this passage of Scripture reveal about the nature and character of Christ?
2. What does this passage reveal about your own heart?
3. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to receive guidance and help from the Counselor?



FASTING REFLECTION

This week involves a fast from caffeine and sweets. You are encouraged this week to take an absolute fast; meaning, no caffeine and no sweets.

1. How did this fast draw me closer to Christ and His suffering?
2. What did this fast reveal about my priorities?
3. What did this fast teach me about my dependence on and/or distraction of caffeine and sweets?



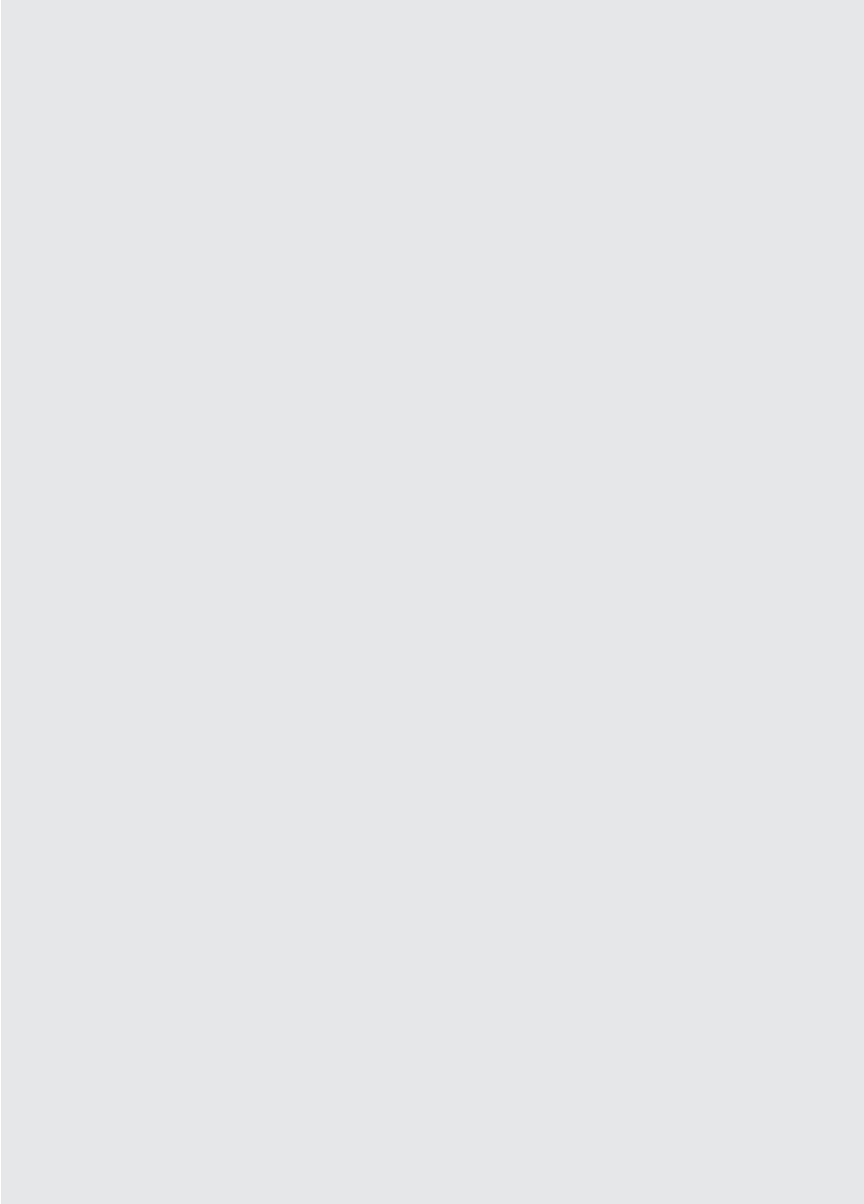
PSALM 119:103

“How sweet your word is to my taste— sweeter than honey in my mouth.”



**JOHN 14:16-17, 26;
15:26; 16:7-14**

MARCH 30





WEEK FIVE FAST:

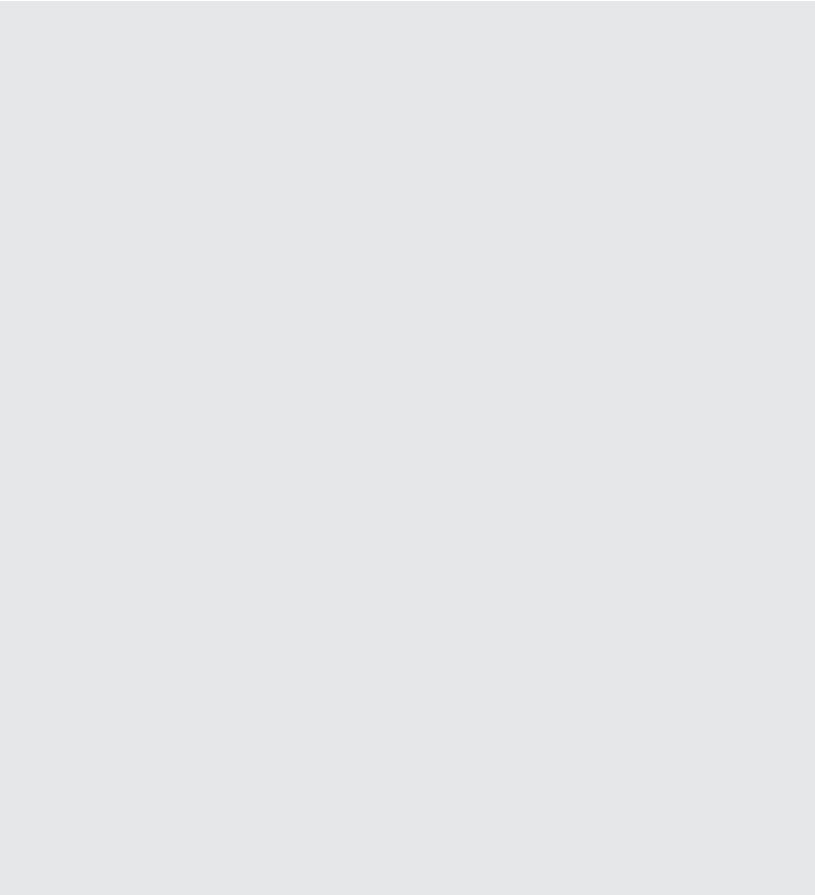
RADIO &
MUSIC

THIS WEEK'S READING:
JOHN 16:16-24

MARCH 31-APRIL 6

READING REFLECTION

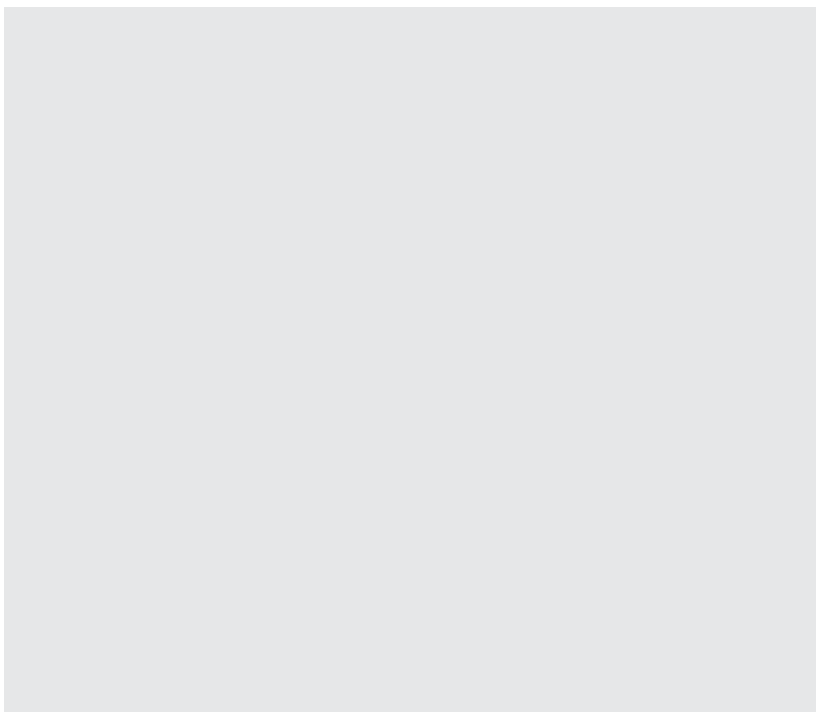
1. What does this passage of Scripture reveal about the nature and character of Christ?
2. What does this passage reveal about your own heart?
3. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to complete your own joy?



FASTING REFLECTION

This week involves a fast from radio and music. You are encouraged this week to take an absolute fast; meaning, no radio and no music.

1. How did this fast draw me closer to Christ and His suffering?
2. What did this fast reveal about my priorities?
3. What did this fast teach me about my dependence on and/or distraction of radio and music?



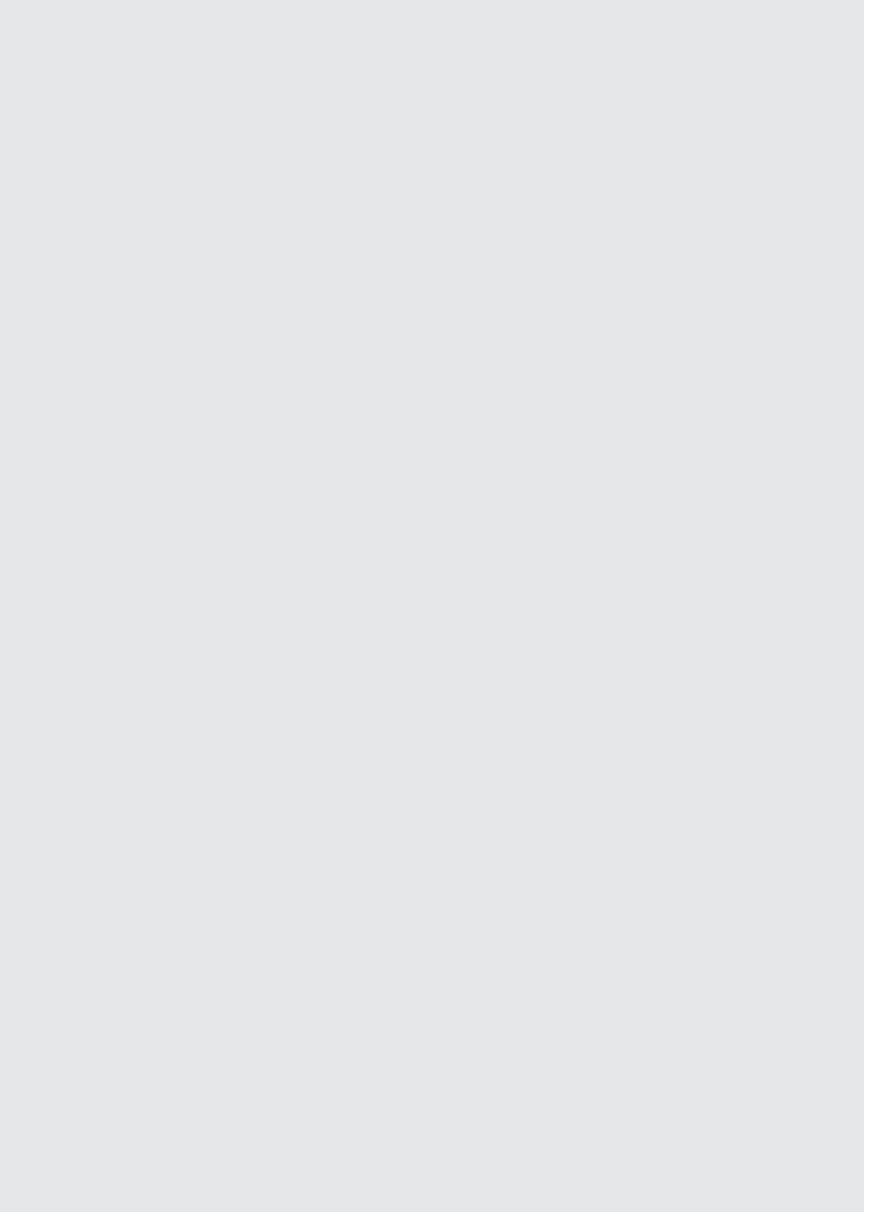
JOHN 10:27-28

“My sheep hear my voice, I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them out of my hand.”



JOHN 16:16-24

APRIL 6





WEEK SIX FAST:

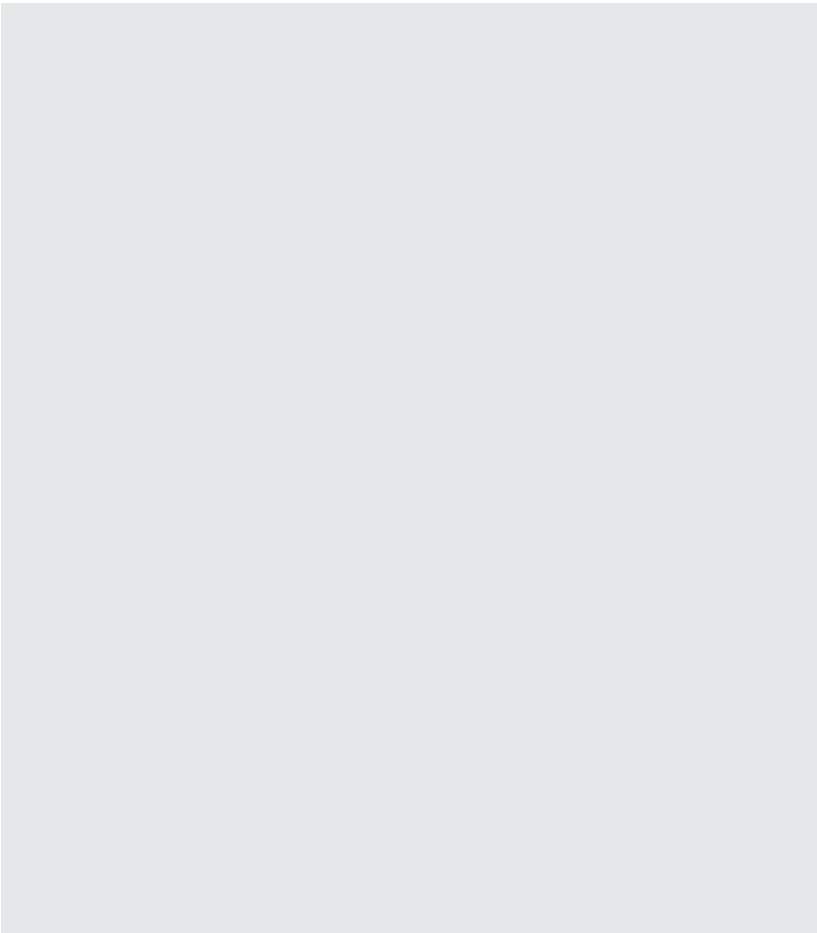
**SHOPPING
FOR NON-
ESSENTIALS**

THIS WEEK'S READING:
JOHN 17:1-26

APRIL 7-13

READING REFLECTION

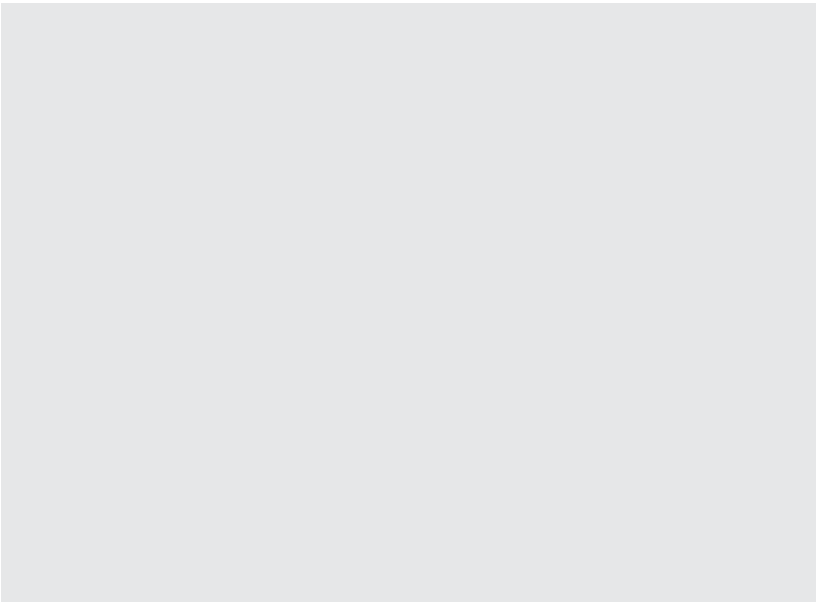
1. What does this passage of Scripture reveal about the nature and character of Christ?
2. What does this passage reveal about your own heart?
3. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to be sanctified by the truth?



FASTING REFLECTION

This week involves a fast from shopping for non-essentials. This means not buying anything other than the essentials. Essential items would be things like toilet paper, cleaning supplies, food, hygiene products, vitamins and medicine, etc.

1. How did this fast draw me closer to Christ and His suffering?
2. What did this fast reveal about my priorities?
3. What did this fast teach me about my dependence on and/or distraction of shopping?



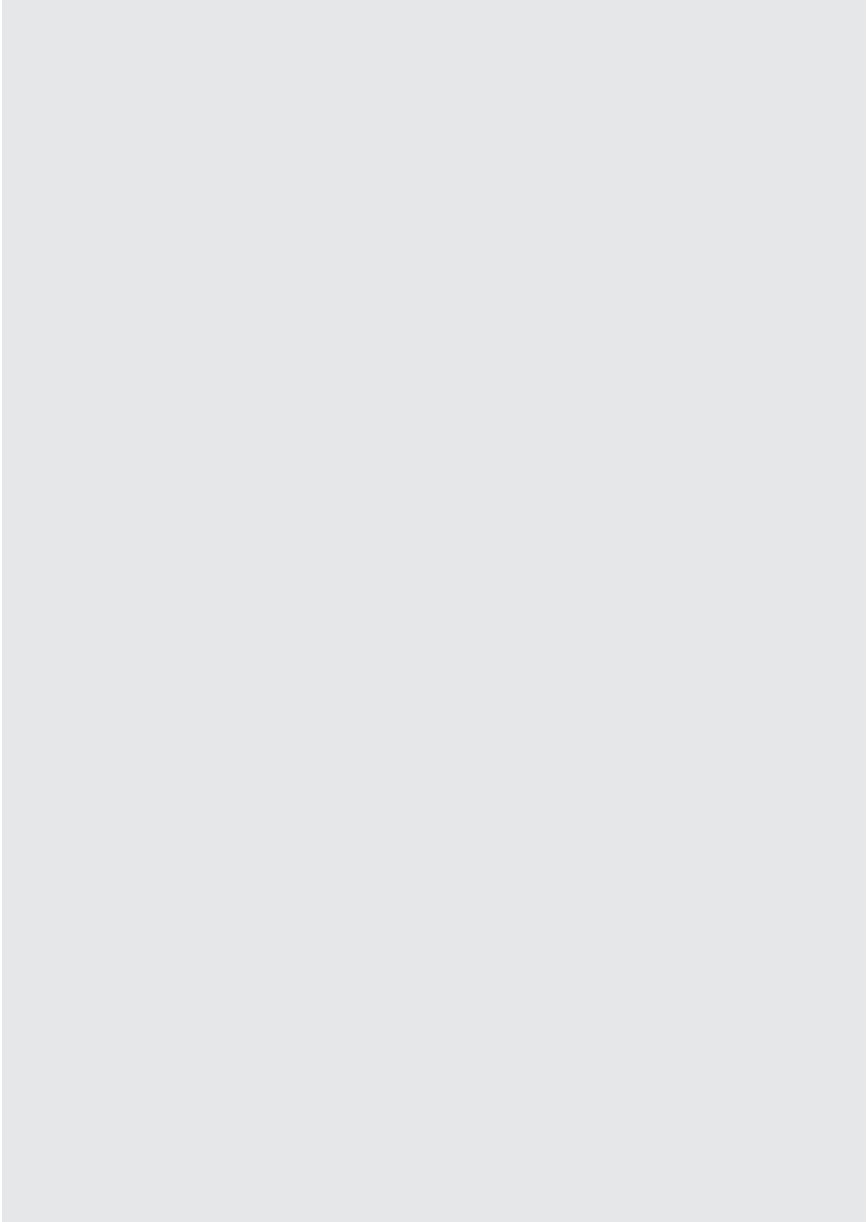
MATTHEW 6:19-21

“Don’t store up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves don’t break in and steal. For where your treasure is, there your heart will be also.”



JOHN 17:1-26

APRIL 13





WEEK SEVEN

HOLY WEEK

THIS WEEK'S READING:
JOHN 20:24-31

THIS WEEK'S FAST:
SLEEP

APRIL 14-20

Remember, this week is not an absolute fast.

HOLY WEEK

Holy Week (the days from Palm Sunday to Resurrection Sunday) are some of the final days of the Lent season as we look toward Jesus' death and resurrection. This week will differ from the previous weeks because you'll be invited to journey this final week of Jesus' life on earth. Each day, you can watch the corresponding video that shares what historians believe occurred on that particular day, and you are invited to read what the gospel biographers (Matthew, Mark, Luke, and John) have each recorded.

THE FINAL DAYS OF JESUS

PALM SUNDAY

*Matthew 21:1-11, Mark 11:1-11,
Luke 19:28-44, John 12:12-19*

MONDAY

Matthew 21:12-22, Mark 11:12-19, Luke 19:45-48

TUESDAY

*Matthew 21:23-26:5, Mark 11:27-14:2,
Luke 20:1-22:2, John 12:37-50*

WEDNESDAY

Matthew 26:6-16, Mark 14:3-11, Luke 22:3-6

MAUNDY THURSDAY

*Matthew 26:17-75, Mark 14:12-72,
Luke 22:7-71, John 13:1-18:27*

GOOD FRIDAY

*Matthew 27:1-61, Mark 15:1-47,
Luke 23:1-56, John 18:28-19:42*

SATURDAY

Matthew 27:62-66

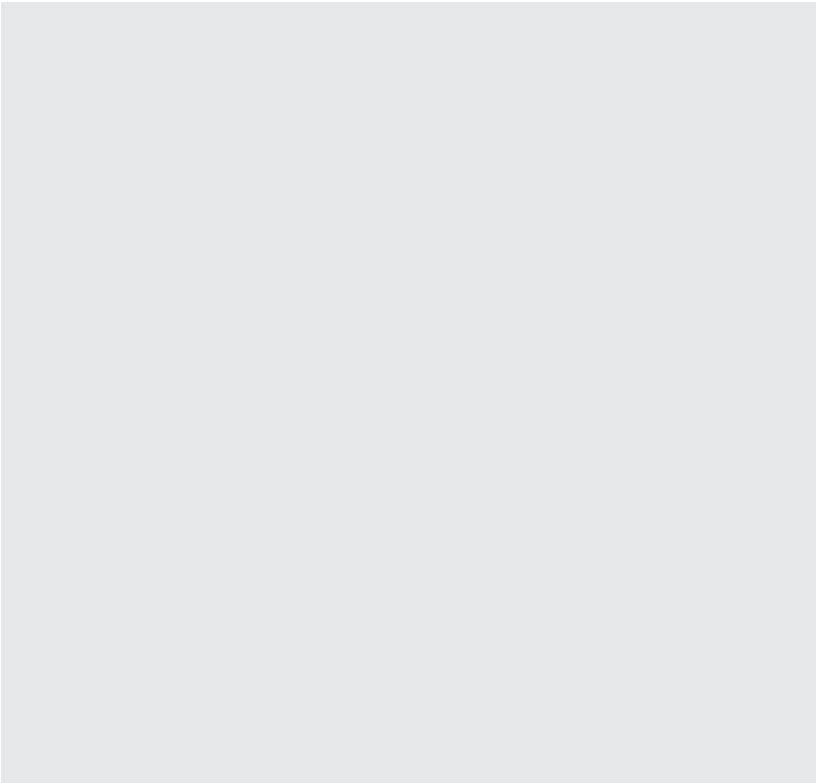
EASTER SUNDAY

*Matthew 28:1-20, Mark 16:1-8,
Luke 24:1-53, John 20:1-21:25*

WATCH THE VIDEOS



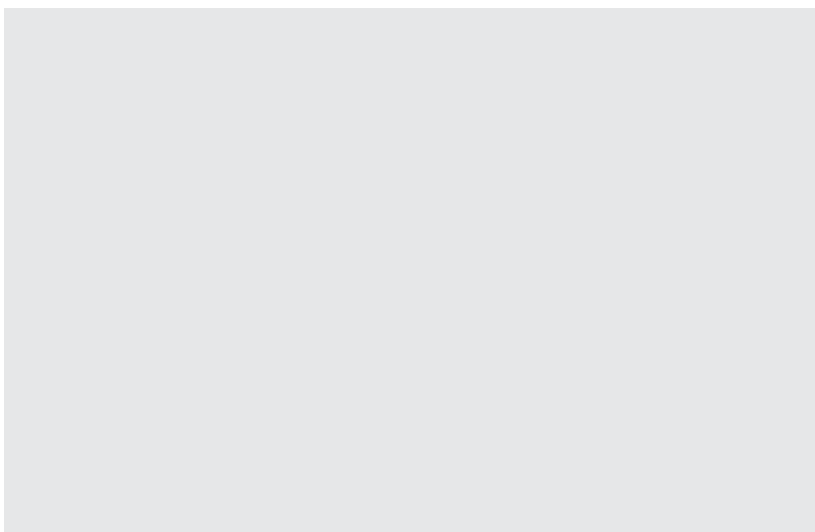
JOHN 20:24-31 REFLECTION

1. What does this passage of Scripture reveal about the nature and character of Christ?
 2. What does this passage reveal about your own heart?
 3. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to pay the eternal debt of your sin?
 4. How can you respond to God's provision in His Son and Spirit in light of your own deficiency to see and believe?
- 

FASTING REFLECTION

Week 7 involves a fast from sleep. You are neither expected nor encouraged to abstain from sleep for the entire week. However, the hope is that we might set our alarms an hour or two earlier or stay up an hour or two later to devote one entire night or morning to prayer in the place of sleeping.

1. How did this fast draw me closer to Christ and His suffering?
2. What did this fast reveal about my priorities?
3. What did this fast teach me about my dependence on and/or distraction of sleeping?



PSALM 121:1-4

"I lift my eyes toward the mountains. Where will my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not allow your foot to slip; your Protector will not slumber. Indeed, the Protector of Israel does not slumber or sleep."

A large, stylized graphic of a crown with thorns, rendered in shades of gray against a dark background. The crown is positioned behind the text.

GOOD
FRIDAY

O Lord,

*No day of my life has passed that has not proved me guilty in thy sight.
Prayers have been uttered from a prayerless heart;
Praise has been often praise sound;
My best services are filthy rags.*

*Blessed Jesus, let me find a covert in thy appeasing wounds.
Though my sins rise to heaven thy merits sour above them;
Though unrighteousness weighs me down to hell,
thy righteousness exalts me to thy throne.*

*All things in me call for my rejection,
All things in thee plead for my acceptance.*

I appeal from the throne of perfect justice to thy throne of boundless grace.

Grant me to hear thy voice assuring me:

*that by thy stripes I am healed,
that thou wast bruised for my iniquities,
that thou hast been made sin for me
that I might be righteous in thee,
that my grievous sins, my manifold sins,
are all forgiven,
buried in the ocean of thy concealing blood.*

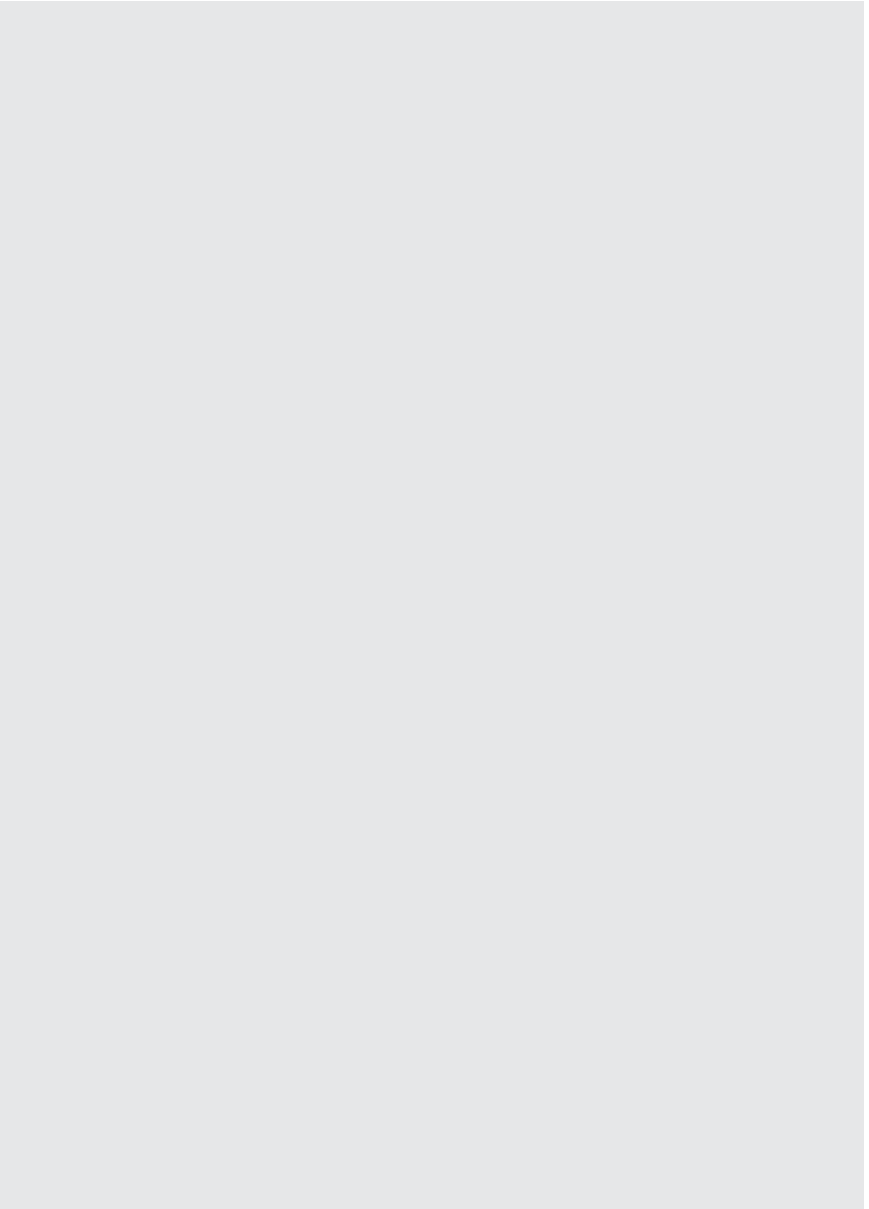
*I am guilty, but pardoned,
lost, but saved,
wandering, but found,
sinning, but cleansed.*

*Give me perpetual broken-heartedness,
Keep me always clinging to thy cross,
Flood me every moment with descending grace,
Open to me the springs of divine knowledge,
sparkling like crystal,
flowing clear and unsullied
through my wilderness of life.*



JOHN 19:17-30

GOOD FRIDAY





EASTER

O God of my Exodus,

*Great was the joy of Israel's sons, when Egypt died upon the shore,
Far great the joy*

when the Redeemer's foe lay crushed in the dust.

Jesus strides forth as the victor,

conqueror of death, hell, and all opposing might;

He bursts the bands of death,

tramples the powers of darkness down,

and lives for ever.

He, my gracious surety,

apprehended for payment of my debt,

comes forth from the prison house of the grave free,

and triumphant over sin, Satan, and death.

Show me herein the proof that his vicarious offering is accepted,

that the claims of justice are satisfied,

that the devil's scepter is shivered,

that his wrongful throne is leveled.

Give me the assurance that in Christ I died,

in him I rose,

in his life I live, in his victory I triumph,

in his ascension I shall be glorified.

Adorable Redeemer,

thou who was lifted up upon a cross

art ascended to highest heaven.

Thou, who as Man of sorrows

wast crowned with thorns,

art now as Lord of life wreathed with glory.

Once, no shame more deep than thine,

no agony more bitter,

no death more cruel.

Now, no exaltation more high,

no life more glorious,

no advocate more effective.

Thou art in the triumph car leading captive

thine enemies behind thee.

What more could be done than thou hast done!

Thy death is my life,

thy resurrection my peace,

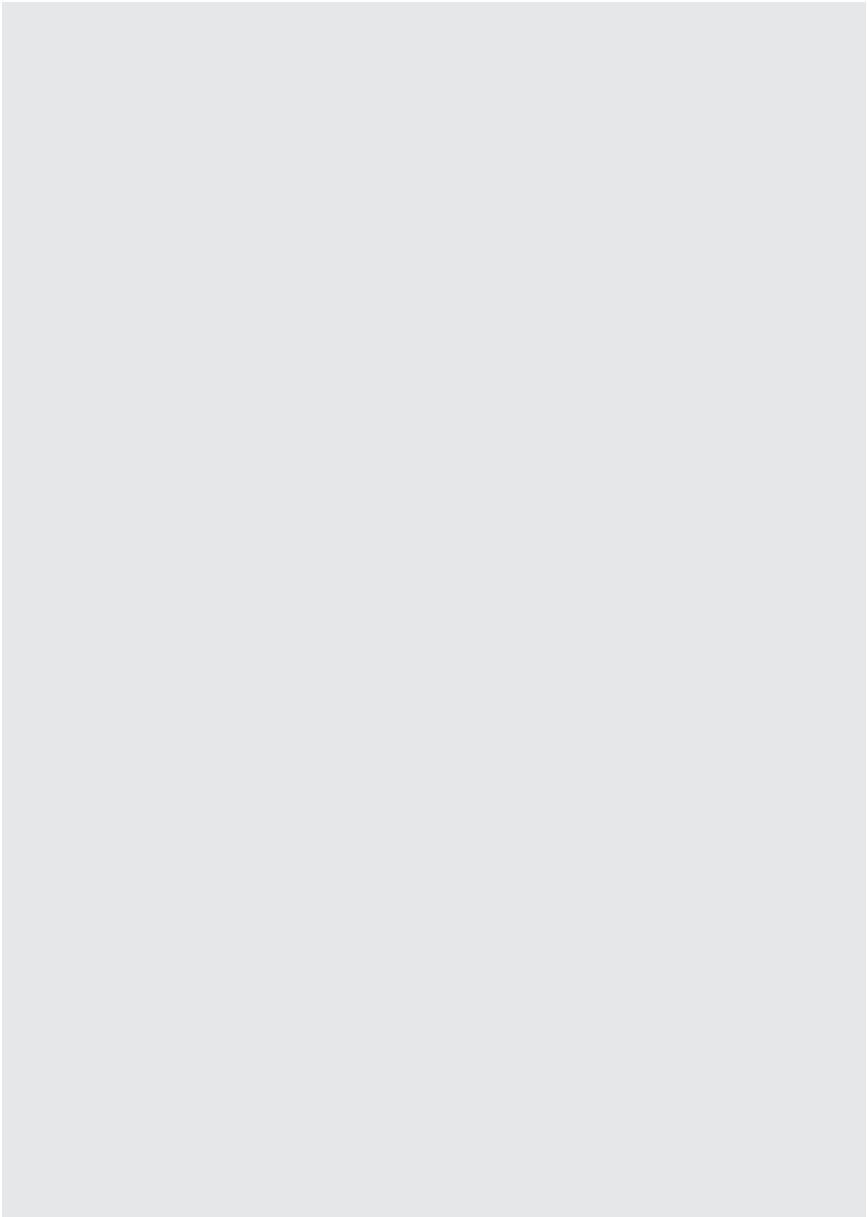
thy ascension my hope,

thy prayers my comfort.



JOHN 20:24-31

EASTER



LENT SEASON REFLECTION

1. How did this season of Lent draw me closer to Christ and His suffering?

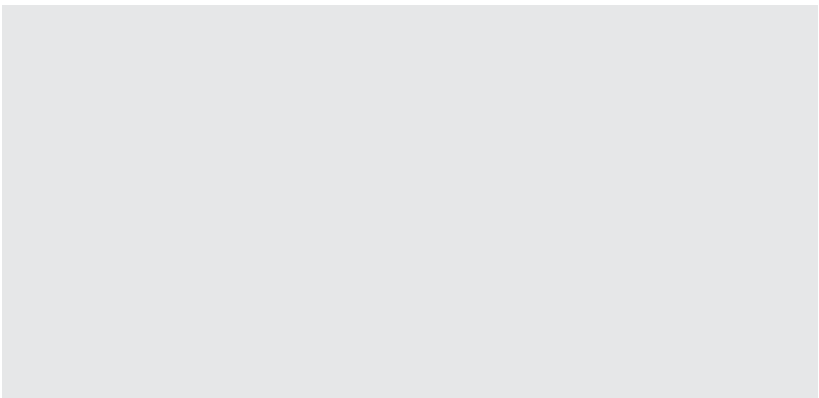
2. How did this season of Lent make me more aware of my sin? Did I confess this to God, and is there someone in my life I also need to confess to?

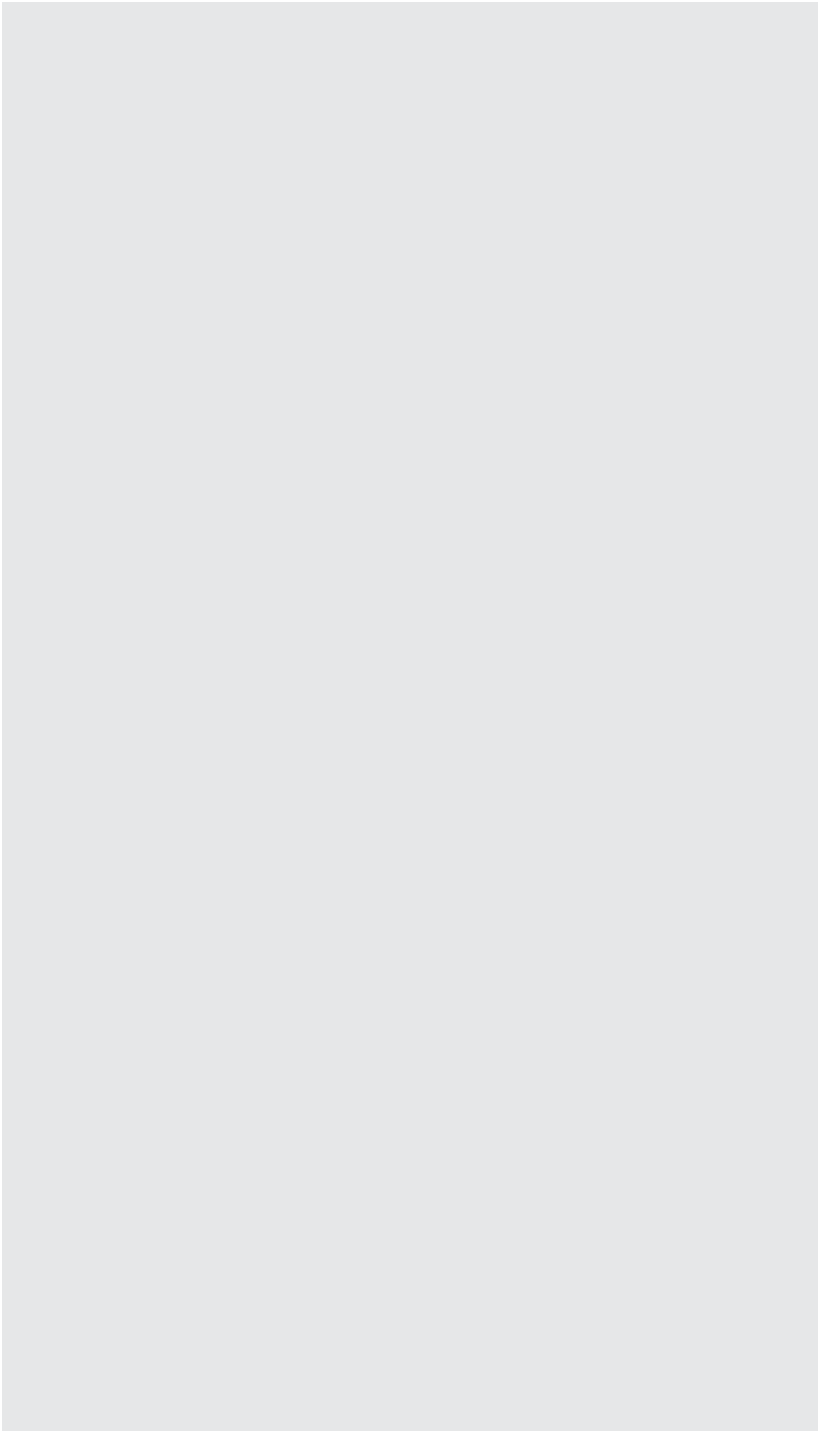
3. How did the season of Lent cultivate gratitude for the person and work of Christ on the cross?

4. Which fast was most challenging, and what does this reveal about my priorities or dependence?

5. What types of distractions or temptations did I face during the Lent season? How did I respond to these?

6. Are there any aspects of the weekly fasts that I want to implement into my regular spiritual disciplines?





ACKNOWLEDGMENTS & REFERENCES

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(2009):**

- Eternal Father (pp. 124-125)
- Changeless God (pp. 128-129)
- Lord (pp. 150-151)
- God of my Exodus (pp. 86-87)

The Gospel Coalition
“The Final Days of Jesus” course in partnership with
Crossway.
www.thegospelcoalition.org

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