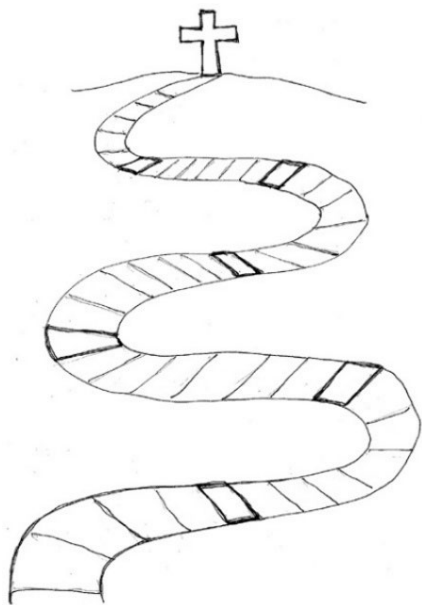


# Lenten Conversations



Talking with the Word  
about His Journey to the Cross

Choose a version of the Gospel  
to contemplate each week of Lent.

Week 1: Garden of Gethsemane

Matthew 26:36-46

Luke 22:39-53

Mark 14:32-42

John 18:1-11

Week 2: Jesus on Trial

Matthew 26:57-68, 27:11-26

Luke 22:66 -23:25

Mark 14:53-65, 15:1-15

John 18:12-14, 19:1-16

Week 3: Peter's Denial

Matthew 26:69-75

Luke 22:54-62

Mark 14:66-72

John 18:15-18, 25-27

Week 4: Jesus's Crucifixion

Matthew 27:32-44

Luke 23:26-43

Mark 15:16-32

John 19:17-27

Week 5: Jesus's Death & Burial

Matthew 27:45-66

Luke 23:44-56

Mark 15:33-47

John 19:28-42

Week 6: Jesus's Resurrection

Matthew 28:1-10

Luke 24:1-12

Mark 16:1-13

John 20:1-18

# A Guide for the Journey

*You make known to me the path of life;  
in your presence there is fullness of joy; at your right hand  
are pleasures forevermore. – Psalm 16:11 ESV*

The Lenten Season is a time to consider Jesus's sacrificial gift of salvation and has been observed by Christians for thousands of years. It begins Ash Wednesday and concludes with the celebration of the Resurrection -- Easter. This year, Ash Wednesday is March 5, 2025 and Easter falls on April 20.

Each week we will reflect on Jesus's final days on earth using the format explained in this guide. In response we will gather on Wednesdays to share what we learned and noticed in our conversations with the Word.

This particular practice is inspired by J.D. Walt who hosts the *Wake-Up Call*, a podcast on seedbed.com.<sup>†</sup> In a recent series he shared five R's for contemplating God's Word: Read, Ruminare, Rememberize, Research, and Rehearse. For this journey we added a final R-word: Rest.

Contemplation generally takes place in combination with Silence and Solitude. Jesus prayed, fasted, and spent time alone in wilderness places while living among us. These practices prepared Him to fulfill His mission.

A Lenten practice of contemplating Scriptures centered on Jesus's suffering will most likely bring us face-to-face with the personal grief caused by sin's impact on our lives. His suffering

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<sup>†</sup>Seedbed is a ministry whose mission is to "gather, connect, and resource the people of God to sow for a Great Awakening." *Wake-Up Call* is one of their core practices.

is inextricably linked with ours – *by His wounds we are healed* (Isaiah 53:5).

As you contemplate the account of Jesus's unjust conviction and death, be prepared to deal with your own grief. Don't shy away or stuff it down. Jesus came to bring healing, which requires recognizing our wounds and the root of their cause. He not only paid the price for our personal sins, but also for the consequences of sins – our own sin and others' sins against us.

We encourage you to find a rhythm that works best for you. Allow Holy Spirit to direct your steps as you use of this guide. Space is provided after each step to journal your insights.

May you be blessed in God's Presence as you reflect on the suffering, death, and resurrection of our Savior.

## Read

*The unfolding of your words gives light; it imparts understanding to the simple. – Psalm 119:130 ESV*

The contemplation process begins with reading. Consider how you learn best. Choose several ways to engage your senses with the Scripture. Here are a few ideas:

- Read the passage in more than one translation. Biblegateway.com or the YouVersion app allow you to compare more than one translation on the same screen.
- Read the Scripture aloud to yourself.
- Read the Scripture along with an audio version.

As you read listen for the word or phrase Jesus brings to your attention. Use it as a focus for your conversations with Him this week.

Record the word or phrase below.

## Ruminate

*But they delight in the law of the Lord,  
meditating on it day and night. – Psalm 1:2 NLT*

Ruminate means “to go over in the mind repeatedly and often casually or slowly; to chew repeatedly for an extended period” (Merriam-Webster). Another word we often use is meditate. J.D. Walt describes meditation in this way:

*Meditation, in the biblical sense, means to fill one’s  
consciousness with the Word of God, to relish and even  
devour it with deep delight.*

Keep your attention on the word or phrase Jesus pointed out to you in the reading and begin to ruminate on it. This process may include:

- Emphasizing different syllables of the word or the words in your phrase.
- Perhaps imagine the word or phrase spoken with different tones of voice.
- Consider its context within the passage.
- Handwrite the sentence containing the word or phrase 3, 5, or 7 times.
- Doodle or draw as you consider your word or phrase.

What images or insights come to mind as you chew on the word or phrase?

Record your impressions.

## Rememberize

*But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and will cause you to remember everything I said to you. – John 14:26 NET*

Though rememberize is not a “real” word, the idea conveyed is to take a step beyond simple memorization. It combines memorizing with planting Scripture in our hearts. Cultivating an environment where it can grow deep roots.

Here are some suggestions for what rememberize might entail:

- Turn the Scripture into liturgy – a focus for praise and worship of God.
- Writing it on a notecard and reading it when there is time.
- Write it in your own words – paraphrase what it means to you.

Continue with the word or phrase you noticed in the reading. Rememberize the sentence or verse where it is found.

Make note of what’s being planted through the process.

## Research

*Cry out for insight, and ask for understanding. Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the Lord, and you will gain knowledge of God. – Proverbs 2:3-5 NLT*

Doing research is probably our most common thought when we consider what Bible Study entails. It is digging deeper, as if we are on a treasure hunt to learn more. A few resources we might use for research are:

- Commentaries
- Sermons and teachings
- Context
- Historical and cultural information
- Dictionaries

As you research, notice what curiosity rises in you. What questions are stirred to encourage you to learn more.

Again, keep with the context of your word or phrase noted in the reading phase of contemplation. Record what you learned that brought understanding and revelation.



## Rehearse

*“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse because it is built on bedrock. – Matthew 7:24-25 NLT*

All our reading, ruminating, remembering, and researching leads to rehearsing. Living out what has been discovered and planted in our hearts.

Consider the word or phrase Jesus wants to plant in your heart. With all that He’s revealed, how do you begin to live out this Word?

In your mind?

In your desires?

With your emotions?

With your actions?

Be sure and include Jesus in the conversation.

Record your thoughts.

## Rest

*The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn... -- Isaiah 61:1-2 NIV*

Jesus used Isaiah 61 to announce the beginning of His ministry. Anointed by Holy Spirit, He came to reverse the effects of sin and death: heal broken hearts, free captives, eliminate darkness that paralyzes, and to comfort those who mourn.

You have likely spent part of your week in difficult places. Suffering with Jesus and suffering with the revelation of your own grief. It takes a lot of work and persistence to receive the blessing of repentance and healing. Jacob famously wrestled with God, proclaiming: *I won't let You go unless You bless me!* (Genesis 32:26). The practice of rest is to schedule time – minutes to a whole day – to put down the work and worry of all you wrestled with and take a break with God.

Set aside the work for wonder and your worry for worship.<sup>†</sup>

How can you take what you've processed this week and delight in the wonder of God as Creator and Keeper of all things?

How are you inspired to worship?

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<sup>†</sup> A teaching from Dan Allender's book *Sabbath*.

Contemplate Jesus and His suffering –  
all for the purpose of setting us free.

Read  
Ruminate  
Rememberize  
Research  
Rehearse  
Rest

*But it was the Lord's good plan to crush him  
and cause him grief.  
Yet when his life is made an offering for sin,  
he will have many descendants.  
he will enjoy along life,  
and the Lord's good plan will prosper in his hands.  
Isaiah 53:10 NLT*

A free resource created by:

