



# 2024 LENTEN DEVOTIONAL

*Liberation and Unity*  
**12th Episcopal**  
**District Edition**





# Greetings



Wednesday, February 14th, is Ash Wednesday - the beginning of the 2024 Lenten Season. This is one of the most important seasons in the life of a Christian, for it marks the 40 days of preparation for the celebration of Easter.

It's my prayer that as we travel along this Lenten Season, that we will utilize the 40-day journey to draw closer to Jesus Christ and in turn, draw closer to our fellow sisters and brothers in Christ. Let's be intentional about strengthening our relationships amongst ourselves for the upbuilding of God's Kingdom. And on Easter Morning we will celebrate the Resurrection of our Lord and Savior and the liberation that a fully committed relationship with Him brings. And we will daily experience the freedom of fellowship with believers that will fuel His Church until He returns to take us all to our eternal home.

I invite you to join Supervisor Cordelia and I, along with the Christian Education Department of the 12th Episcopal District under the leadership of Reverend Larry Banks and Reverend Jeremy Jones, on this special 40 Days With Jesus – Unity and Liberation. As we commit to this regimen, we will discover God in many ways we have never known Him before. He will surely draw us closer to Himself and reveal wonderful things to us. He will give us strength beyond our own abilities, bless us and use us to be a blessing to others. At the end of this journey, I know that our spiritual life and the life of the 12th District will never be the same.

In His Service,

*Bishop Michael L. Mitchell*  
&  
*Supervisor Cordelia Mitchell*

# Lent In The Black Church

Lent in the Black Church transcends mere observance; it's a profound testament to the community's collective commitment to spiritual renewal and social justice. It's a period where individual introspection converges with communal action, igniting a flame of transformation that reverberates through every soul and every corner of society.

At its core, Lent embodies the essence of spiritual renewal, inviting believers to embark on a journey of self-reflection, repentance, and growth. Through prayer, fasting, and almsgiving, individuals delve deep into their spiritual beings, seeking purification and renewal of heart, mind, body, and soul. It's a time to strip away distractions, reconnect with the Divine, and emerge as vessels of light and love.

Yet, Lent in the Black Church goes beyond personal piety; it's a call to collective action and social responsibility. It's a time for the community to rally together, united in a shared pursuit of justice, equality, and liberation. As believers engage in acts of solidarity, support, and service, they embody the essence of almsgiving, extending a hand of compassion to those in need and working tirelessly to dismantle systems of oppression and inequality.

In this collective journey towards liberation and unity, the three pillars of Lent serve as guiding lights, illuminating the path towards a more just and equitable society. Through prayer, believers find solace and strength to confront societal challenges with courage and conviction. Through fasting, they cultivate resilience and discipline, fortifying themselves for the arduous journey ahead. And through almsgiving, they sow seeds of compassion and solidarity, nurturing a community where all are valued, uplifted, and empowered to thrive.

As believers embrace the transformative power of Lent, they not only undergo personal growth but also contribute to the collective awakening of their community. Together, they strive to create a world where love reigns supreme, where justice prevails, and where every soul finds its true liberation in the embrace of community and the grace of God.



## Pillar of Prayer

The forty days of Lent are traditionally a time of fasting, repentance, and prayer. Of these spiritual disciplines, prayer is arguably the most important practice we can focus on during this season. Prayer was one of the primary ways Jesus drew close to his Father, especially prior to his crucifixion. As we reflect on Christ's ultimate sacrifice for our sins, strengthening our prayer life allows us to walk in solidarity with him. When we make prayer a daily priority through Lent, it helps us withdraw from worldly distractions and guide our hearts heavenward. Spending dedicated time communicating with God through prayer, confession, thanksgiving and supplication is vital for growing in faith and grace. As one of the pillars of Lent, regular prayer nourishes our soul, deepens our dependence on God, and reminds us of our need for Christ's salvation. This Lent, make prayer a habit that outlasts the season.



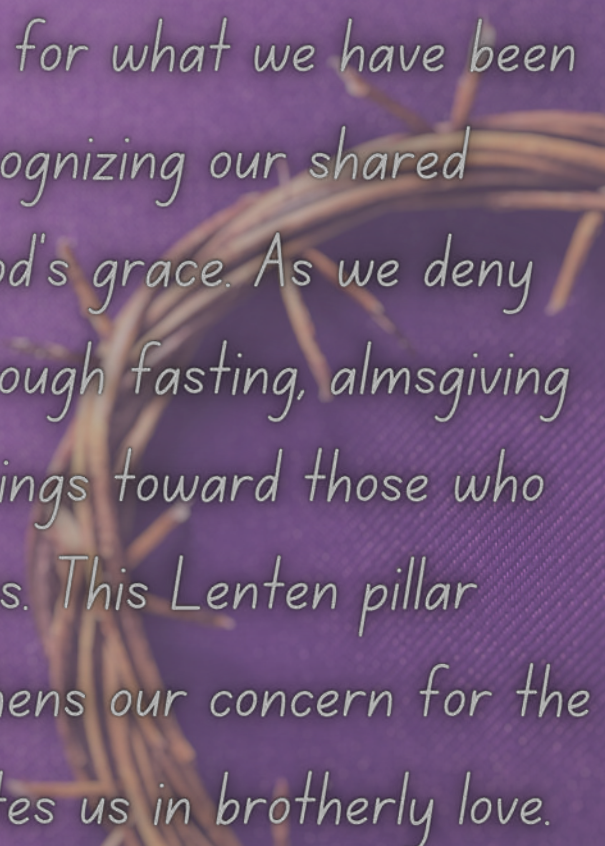
## Pillar of Fasting

Fasting is an important spiritual discipline that, along with prayer and repentance, helps define the season of Lent. When we deny ourselves food or other pleasures, it allows us to identify more closely with Jesus' sacrifice in the wilderness and on the cross. Fasting strengthens our ability to resist temptation and influences that draw us away from God. It also helps us focus more intently on nourishing our inner spiritual lives through prayer and Bible study. As we fast during Lent, whether from sweets, social media or luxuries we often take for granted, it reminds us of our dependence on God for all things. Fasting humbles us and awakens gratitude for the blessings we receive daily. This Lenten pillar fosters self-control and deepens our compassion for those who lack life's basic necessities. May our fasting be joined with prayer and almsgiving for both spiritual growth and to bless others.



## Pillar of Almsgiving

In addition to prayer, fasting and repentance, almsgiving is an important spiritual discipline we practice during Lent. When we give to those in need, whether through financial donations, acts of service, or gifts of kindness, it allows us to participate in Jesus' ministry of mercy, compassion, and sacrificial love. Just as Christ emptied himself to serve humanity, almsgiving calls us to empty our pockets and open our hands to bless others less fortunate. Giving alms fosters gratitude for what we have been given, and humility in recognizing our shared brokenness and need for God's grace. As we deny ourselves certain luxuries through fasting, almsgiving ensures we direct those savings toward those who lack life's basic necessities. This Lenten pillar cultivates generosity, strengthens our concern for the poor and vulnerable, and unites us in brotherly love.





# Day 1

## Living in Unity

*"Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose". 1 Corinthians 1:10*

Division within the church is one of the most serious problems a church can face; if not the most serious. It can devastate the church fellowship, worship, mission, and witness to the world unless it is solved quickly. Paul knew this; therefore, he sought to solve the problem immediately.

This Lenten Season, 2024, the Christian Education Department has decided to explore and apply the principles of unity and liberation to our personal spiritual growth. We don't often look inward when we think of unity or unification. Unity is a gathering; a bringing together of people, ideas, effort and creation. It is not a stand-alone state of being. Conversely, liberation is about breaking free; a release of constraints of wrong behavior or thinking. It is seemingly easier to accomplish solo, than a with a group of differing ideas and focus. And it is for this reason that I believe we should focus on the two concepts in one effort, and the 40 days of Lent is the perfect avenue to adequately study and apply the dual concept of Unity and Liberation.

The Word of God teaches us that it is imperative to cultivate unity in the body of Christ. It is "good and pleasant for us to dwell together in unity" (Psalm 133:1); we are not to forsake "the assembling of ourselves together..." (Hebrews 10:25); "being like-minded, having the same love, being one in spirit and of one mind" (Philippians 2:2). Our heavenly Father not only wants us to spend time together or hang out together doing the same things, He wants us to love the same, pray the same and think the same. That's a lot, and our human selves often fall short. Services fall flat, projects fail, goals may not be reached, or there is constant bickering, butting heads and back-biting, instead of peace and harmony, all because we are not "together in unity." Don't get me wrong, we are working, carrying out our duties, serving the Lord and the church, but are we offering our very best to God?

### Prayer

*Oh God, as we start this Lenten season, please help us to live in unity with one another and liberate us from those things which does so easily beset us. Amen.*

**By: Bishop Michael L. Mitchell**  
**12th Episcopal District, Presiding Bishop**  
**African Methodist Episcopal Church**





# Day 2

## Embracing Freedom in Unity

*"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." Galatians 5:1*

We are reminded of Christ's sacrifice and the freedom He offers to those who believe as we journey through the Lenten season. The fact that Christ released us from our bonds for the purpose of freedom is emphasized in Galatians 5:1. This freedom is a spiritual escape from the bonds of guilt and sin, not just a physical deliverance from bodily bondage.

As we fast throughout Lent, we consider how we will respond to Christ's sacrifice and the freedom He gave us. As we fast, pray, and repent, let us also take stock of where we stand spiritually and personally. Is there any part of ourselves that has let sin, guilt, or shame weigh us down? Is unity and reconciliation required in any relationships?

Refusing to be ensnared in servitude once more, let us stand resolute in the freedom that Christ has obtained for us. Recognizing that we are all blessed by God, let us embrace oneness with one another. May we, as a free and united people, show the world the grace and love of our Savior.

### Prayer

*Dear Heavenly Father, we give thanks for the liberation that Christ has given us. Please, God, strengthen us this Lenten season to remain resolute in our freedom and to reject once and for all the yoke of servitude. Help us to be one in Christ so that the world may see the love and kindness that you have bestowed upon us. We ask in Jesus' name.*  
*May it be so.*

**By: Rev. Larry Banks**  
**Bethel- West Memphis, AR**  
**Arkansas Annual Conference**  
**12th District CED, Chair**



# Day 3

## **Liberated By God's Protection**

*"No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord". Isaiah 54:17*

As we enter the season of Lent, we are reminded of the power of God's promises to liberate and unite His people. In Isaiah 54:17, we read, "No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me," says the Lord.

During Lent, we reflect on the journey of liberation and unity that God offers us through His boundless love and grace. Just as the Israelites were delivered from bondage and brought into a covenant of freedom, so too are we called to embrace the promise of God's protection and righteousness.

In a world filled with division and conflict, Isaiah 54:17 serves as a beacon of hope and assurance. It reminds us that God is our ultimate defender, shielding us from harm and guiding us on the path of righteousness. As we journey through Lent, let us cling to this promise, trusting in God's unfailing love to bring about liberation and unity in our lives and communities.

### **Prayer**

*Heavenly Father, we thank you for your promise of protection and righteousness. During this season of Lent, we are reminded of your boundless love and grace that bring liberation and unity to your people. Help us to trust in your unfailing promises and to walk in the freedom and righteousness that you offer us. May we be agents of unity and reconciliation in a world filled with division and strife, bearing witness to your love and grace in all that we do. We pray this in the name of Jesus Christ, our Lord. Amen.*

**By: Rev. Jeremy Jones**  
**St. Peter A.M.E. Church- McGehee, AR**  
**East Arkansas Annual Conference**  
**12th District CED, Director**



# Day 4

## **Restoring One Another with Gentle Love**

*"Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness, considering thyself, lest thou also be tempted." Galatians 6:1*

In this journey of faith, we are called to walk together, supporting and correcting one another with love and compassion. Galatians 6:1 reminds us of our responsibility to restore those who have stumbled in their walk with Christ, guiding them back on the path of righteousness. During this Lenten season, as we reflect on Christ's sacrifice and God's immense grace, let us examine our own hearts and attitudes. Let us remember that restoration is not about shaming or pointing fingers, but about leading with love, compassion, and accountability.

## **Prayer**

*Gracious Father, thank You for Your guidance and direction in every situation. In Jesus's name I pray. Amen.*

**By: Sister Barbara Smith  
Unity A.M.E. Church-Magnolia  
West Arkansas Annual Conference**



# Day 5

## Turning to the Lord in Prayer

*"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes." Daniel 9:3*

Daniel turned to the Lord in prayer, seeking understanding in a time of struggle. For generations, prayer has long been a source of strength, a way to lift our voices to God in hope amid hardship. When injustice and oppression weighed heavy, our foremothers and forefathers prayed for deliverance and dreamed of freedom. Prayer sustained communities and nourished the soul.

Even in the darkest of nights, when fear and anger could have consumed them, and even in present times when we as Afro-Americans who have chosen the path of nonviolence and turned to prayer for guidance and comfort. Like Daniel, we bow before God in supplication, asking for insight to overcome the powers that is trying to keep us down through social, political and economic disparities. Prayer can empower a movement that brings liberation through the power of The Holy Spirit in times like these.

## Prayer

*Heavenly Father,*

*In times of struggle and uncertainty, we turn to you as Daniel did in prayer. Guide our hearts and minds to seek your will. Give us wisdom and understanding as we face difficulty. Strengthen our faith when hope seems lost. And hear our cries for deliverance from oppression, just as you heard your people in generations past. In Jesus' name, Amen.*

**By: Rev. Kurbe L. Newsom**  
**St. James A.M.E. Church-Warren, AR**  
**East Arkansas Annual Conference**



# Day 6

## The Necessity of Hope

*"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?" Isaiah 58:6*

In this season of Lent, we are called to reflect on "The Necessity of Hope," drawing upon the deep wells of faith and the prophetic words of Dr. James Cone. His teachings remind us of the transformative power of hope in the struggle for liberation and justice.

Cone eloquently states, "The gospel of Jesus is not a rational concept to be explained in a theory of salvation, but a story about God's presence in Jesus' solidarity with the oppressed, which led to his death on the cross. What is redemptive is the faith that God snatches victory out of defeat, life out of death, and hope out of despair."

As we journey through Lent, let us hold tightly to the necessity of hope, as taught by Cone. Hope is not passive; it is a dynamic force that drives us toward liberation, compelling us to act against injustice with the belief that change is possible. This Lent, may we be inspired by the resilience and courage found in the Gospel, renewing our commitment to embody hope in our actions and relationships. Let us remember that in the face of adversity, our hope is rooted in the promise of resurrection—affirming that light overcomes darkness, and life triumphs over death.

### Prayer

*Gracious and Loving God, as we journey through this Lenten season, fill our hearts with the hope that springs from Your eternal promise of liberation and new life. Grant us the courage to confront the injustices of our world, inspired by the teachings and life of Jesus Christ. May the spirit of hope empower us to be agents of change, reflecting Your light in the darkest places. Help us to remember that, through Your love, victory is snatched from defeat, and life is born from death. In this time of reflection, renew our spirits, that we may live out the gospel of hope and be bearers of Your peace and justice. Amen.*

**By: Rev. Brandon L Sims**  
**Greater St. John A.M.E. Church- Tulsa, OK**  
**Oklahoma State Annual Conference**



# Day 1

## **All You Have To Do Is Ask!**

*"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Matthew 7: 7-8*

It is probably the most underused sentence in our vernacular because they contain the three most difficult words anyone can utter. When needed most, these three little syllables are hindered by pride, shame, or an admission of defeat. What are they? I. Need. Help.

Before a situation becomes unmanageable, the ability to know when to ask for help is a lesson in life that everyone needs to learn early. We can take comfort in knowing that Our God is always there and ready to listen once we decide to ask Him for help. We serve an awesome God who will provide our every need; we only need to ask. Whether it is assistance with a mission project, a fundraiser, or your next church program, work with one another as a body of Christ--using and relying on one another's individual gifts and talents--to bring glory to The Kingdom!

## **Prayer**

*Father God, we Thank You today for hearing us when we call on you in prayer. Help us, O Lord, to get past ourselves to seek help from our brothers and sisters so that we may better serve and honor You! Asking others for help may not always be easy, but we trust and depend on You to open our hearts and minds to know that help is always just an ask away. Amen.*

**By: Rev. Keith Smith**  
**Quinn Chapel A.M.E. Church- Fort Smith, AR**  
**Arkansas Annual Conference**



# Day 8

## Who Is This?

*"And when He had come into Jerusalem, all the city was moved, saying, "Who is this?" So the multitudes said, "This is Jesus, the prophet from Nazareth of Galilee."*

*Matthew 21:10-11*

Why did Jesus make his triumph entry on a donkey? He could have ridden a horse. A horse would not have demonstrated Jesus' humbleness. The entry on a donkey harkened back to the foreshadowing of a father sacrificing his only son. Christ is claiming His rightful place as the prophesied Messiah. Jesus' triumphal entry on a donkey symbolized God's blessing to His people.

## Prayer

*Father God, the people wanted to know Who is this? I know who your son, Jesus is! I pray that I will become closer to Jesus as we go into this Lenten Season. I want to become closer to this Messiah. Please help me to work on developing a mind like Christ showing pure unadulterated Agape love. Lord give me a clean heart so that I may serve thee. Father, give me a loving spirit so that one may see the Jesus in my daily walk. This I ask I Jesus name. Amen*

**By: Sister Virginia Hollinshed**  
**Visitor's Chapel A.M.E. Church- Hot Springs, AR**  
**West Arkansas Annual Conference**



# Day 9

## **Renewing Faith Daily**

*"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord." Acts 3:19*

Today, let us pause and reflect on our faith journey. Let us acknowledge our shortcomings and seek forgiveness with sincere hearts. Just as Christ calls us to repentance, let us turn away from anything that hinders our relationship with Him. May we renew our commitment to living lives guided by His teachings, showing love, compassion, and grace to others.

## **Prayer**

*Heavenly Father, forgive us for the times we have strayed from Your path. Help us to repent and turn back to You with humble hearts. Renew our spirits, O Lord, and strengthen our commitment to follow Christ's example in all that we do. Guide us by Your Holy Spirit, that we may walk faithfully in Your ways. In Jesus' name, Amen.*

**By: Mrs. Shiandra Jones**

**St. Peter A.M.E. Church- McGehee, AR  
East Arkansas Annual Conference**



# Day 10

## Communicating with God

*"Pray without ceasing." 1 Thessalonians 5:17*

Prayer is a direct way to God. It's our direct line to heaven. It's a communication process that allows us to talk to God. God wants us to communicate with him in all things. Just like we talk to friends. God wants us to communicate with him just like that. It's not hard and many people think it's hard to communicate with God, so they don't do it.

They're afraid they may not have the right words to say but listen there's no formula to talk with God. Increasing our ways to pray and communicate can help us find deeper purpose and connection to God. A few reasons why we should pray and communicate with God:

- 1.To receive direction and guidance
- 2.Overcome temptation
- 3.Gain Victory

During this lent season let us remember that in all that we do, God gets the glory.

### Prayer

*Heavenly Father whom art in Heaven, we seek a closer relationship with You. May our words be a sincere offering, and a sacred communion. Grant us wisdom to understand prayer as a conversation, where we share my hopes, fears, and gratitude. Help us trust in Your plan, find strength in surrender, and be patient in listening for Your guidance. May our prayers deepen our connection with You, transforming us through Your love and grace. It's in the mighty name of Jesus I pray, Amen.*

**By: Rev. Rufus D. Howard**

**Mt. Triumph-Sherman Chape A.M.E. Church- Spencer, OK  
Oklahoma State Annual Conference**

# Day 11

## JOY

"Always be full of joy in the Lord. I say it again—rejoice." Philippians 4:4

How do you define Joy? The dictionary defines joy as a feeling of great pleasure and happiness. So, I have to ask, what brings you joy? Is it the smile on your child's face, reading a good book, eating a delicious meal, or sitting in the sun? This is external joy. Remember your joy should not just be external pleasures but should also be the joy that only comes from a relationship with God the father and Jesus Christ the Son. It can be defined as the Joy that comes simply from knowing the Lord.

Having a relationship in prayer and praise, just reflecting and thinking on the goodness of God is a joy that is undefinable and unbeatable. It is a joy that you can feel and is there even in the worst of times. This joy comes from and outpouring of what Jesus taught us, giving and serving others, delivering a meal to an elderly person or knowing you helped provide Christmas gifts and food for a family in need, remember a special date or day of those you know, or just making a simple phone call to one who is lonely and alone. Remember: Joy given is also joy returned. Find Joy in these ways and your joy can also be complete.

### Prayer

*Father God, this world is so full of hurt and pain. There are so many things to look at and find the wrong in the world. But Lord YOU made and gave us a world filled with wonder and grace and beauty. I Pray for Joy in the hearts of all of your people. I pray that when the world presses us on every side that we would seek and remember the Joy that only you can give. I pray for peace, Lord and I pray those who don't know you can look to those of us who confess to be your followers can go running to you Father God to ask for the Joy that they see in us. In Jesus name, Amen*

**By: Mrs. C Ann Smith**  
**Union A.M.E. Church- Little Rock, AR**  
**Arkansas Annual Conference**



# Day 12

## **We Are Only Too Late If We Do Not Start On Time**

*"To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die, a time to plant, and a time to pluck up that which is planted; A time to kill, and a time to heal, a time to break down, and a time to build up; A time to weep, and a time to laugh, a time to mourn, and a time to dance, A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away; A time to rend, and a time to sew; a time to keep silence, and a time to speak; A time to love, and a time to hate; a time of war, and a time of peace." Ecclesiastes 3:1-8*

In the domain of humanity, things and events have a starting point, unlike our Father, God and His Son and our Savior, who are Infinite, we are finite.

There is an appropriate time for everything, the unpleasant as well as pleasant experiences. We must concern ourselves with time. We are in an environment of day and night, seasons, yesterday's tomorrows, delays arrivals, then and now early, late, hello and goodbye. We are concerned with time. This is true time is valuable. Benjamin Franklin, one of the Founding Fathers of the United States. He wrote in a book in 1748: "Remember that time is money," (Remember that time is money). "Time is money" means that is valuable one's time (which is not infinite). We know that time is important.

If you are always running behind, never quite there, never quite clear, never quite sure, never quite satisfied, never quite happy. Never quite completed.

Remember that there is always a divine plan at work for you and those you care about, even if you do not understand it. Know that for everything there is a season, a time, and a purpose.

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## **Prayer**

*Father God, we thank you for giving time and space in your divine plan, we thank you for sharing your love with us, we thank you, and praise you your eternal time. In Your Son Jesus name. Amen*

**By: Rev. Norma J Gillom**  
**Toones Chapel A.M.E. Church- Tulip, AR**  
**West Arkansas Annual Conference**

# Day 13

## **To Fast or Not to Fast**

*Scripture: Isaiah 58: 1-12*

The definition of fast, according to dictionary.com, is to abstain from all or some kinds of food or drink, especially for religious observance. When we abstain from something, we are to go without for a period of time. But something else needs to take place as well. There should be a change happening to us, not just physically because of the abstinence, but spiritually as well.

We shouldn't be fasting and mad at the fact we are fasting. We shouldn't be fasting and still be mean and cantankerous. We shouldn't be fasting and our face is tore up all the time. We shouldn't be fasting and fussing and fighting with our neighborhood. If our fasting is moving us further away from God, we should stop immediately. When we fast (and pray), we are saying that we need God more than the thing or things we are giving up.

### **Prayer**

*Dear Lord, please help us to fast the right way, according to your word. Draw us closer to you and away from anything that keeps us from you. Let your will be done in our lives. In Jesus' name, Amen.*

**By: Rev. Michael Chism**  
**Allen Temple A.M.E. Church- Pine Bluff, AR**  
**East Arkansas Annual Conference**



# Day 14

## Divine Healing and Obedience

*"And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Exodus*

*15:26*

Obedience to God's commands brings about freedom and unity, which are reflected upon during the Lenten season. Those who listen carefully to the Lord's voice and follow His ways will be healed and protected by God, as promised in Exodus 15:26.

When we reflect on this verse in light of God's commands, we see that following them results in both material health and spiritual freedom from sin and captivity. When we submit to God's will, we can experience freedom and completeness, just like the Israelites did when they obeyed Him and were rescued from the plagues of Egypt.

In this season of Lent, may we resolve to hear God's voice, follow His commands, and seek His healing touch with all our hearts. May we find the oneness of purpose and the liberation that comes from being in harmony with God's will as we move forward in this endeavor.

### Prayer

*We give thanks to you, Heavenly Father, for the promise of health and safety that you make to all who follow your laws. Please guide us in listening to your voice and doing your will as we enter this Lenten season. May we be blessed with the ability to withstand temptation and the wisdom to totally adhere to your will. May our submission bring about freedom and harmony among our communities. We ask in Jesus' name. Amen*

**By: Elder Harvey G. Potts**  
**Western District**  
**Oklahoma State Annual Conference**

# Day 15

## **Disciple - Ready**

*"Then Jesus said to the Jews who had believed in him, "If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free." John 8:31*

If we declare ourselves "DISCIPLE-READY", we are affirming that we are holding on to Jesus' words and teachings. We must be mindful that there is a distance between the CLAIM that we believe and the PRACTICE of believing. During this season of LENT, let us strive to not only CLAIM our belief, but to PRACTICE believing and trusting in the WORDS and TEACHINGS of Jesus Christ.

## **Prayer**

*Lord, we thank you for your words and teaching. Our desire is to practice what Your word and teachings offer us, and to live better for You. Amen and amen.*

**By: Mrs. Anita Brannon  
Union A.M.E. Church- Little Rock, AR  
Arkansas Annual Conference**



# Day 16

## God's Brand of Justice

*"And he prayed unto the Lord, and said, I pray thee, O Lord, was not this my saying, when I was yet in my country? Therefore I fled before unto Tarshish: for I knew that thou art a gracious God, and merciful, slow to anger, and of great kindness, and repentest thee of the evil."*

*Jonah 4: 1-2*

God shows His character by extending unfailing love, sovereignty, faithfulness, and justice. Due to his disobedience, Jonah finds himself in a situation that only God can fix, so, Jonah prayed to God and God mixed his justice with love. However, in Jonah 4:1-2, we find Jonah angry at God for extending justice mixed with love to people Jonah felt were unworthy.

No one is entitled to God's brand of justice. God mixes his justice with love as He pleases, and when he mixes justice with love, it is because he loves us. During this season of Lent, let's prepare our hearts to extend God's brand of justice by engaging in almsgiving. Almsgiving is simple; however, it teaches us to love others as God loves us...enough to mix his justice with love.

### Prayer

*Lord, you are a God of holiness, faithfulness, love, and justice. You still love and stay with us despite our failings, in generous mercy and kindness. Lord, we thank you, God, for providing us a way to return to you. Give us a greater understanding of your plan for salvation this Lenten Season so we may truly know you and so we become effective works for Christ. In Jesus name, we pray. Amen.*

**By: Rev. Johnny Orr**

**Greater Saint Mark A.M.E. Church- Thornton, AR  
East Arkansas Annual Conference**

# Day 17

## A Heart to Praise

*"Praise ye the Lord. Praise God in his sanctuary: praise him in the firmament of his power. Praise him for his mighty acts: praise him according to his excellent greatness." Psalm 150:1-2*

What does praise mean? By definition it is the expression of approval or admiration for someone or something. When we honor our coworkers or children for their hard work and dedication. But also praise refers to lifting God up. It is the joyful recounting of what God has done for us. Praise and Thanksgiving go hand in hand as we thank God and offer appreciation for who He is. It is the acknowledgment of all the wonderful, righteous deeds of God. He is worthy of praise.

We sometimes allow our day to predicate our praise to God. That if we don't have food on the table, money in the bank, or we didn't get that job we were praying for, we can't praise God. But God is bigger than the day you're having or the mood that you're in. He is worthy to be praised. Not just in good times when all is well, but when you can't see your way through. When the devil is attacking your finances, or your children have gone astray. David said, "I will bless the Lord at all times and His praises shall continually be in my mouth."

Every day creation gives praise and adoration to its Creator. The birds tweet a sweet melody, the trees extend their branches towards heaven, flowers bloom, the sun with its beautiful rise in the morning and setting every evening regardless of how dark the clouds get, and the oceans swell. God exemplifies His goodness and greatness to us every morning.

As we celebrate the sacrifice of our Lord Jesus in this Lent season, let us remind ourselves of what it means to praise God with our whole heart. The sacrifice that He made towards us had no stipulations, and no strings attached. God loved us past our mess, past our foolishness, and past our mood swings. So let us praise Him. Not for that new car, new house, or job, but for who He is and what He did for us at Calvary.

### Prayer

*Oh God, we thank you for your unconditional love towards us. Regardless of how we act in not giving you our best offerings or praise, you still loved us to give your best as a sacrifice for our sins. Father, WE THANK YOU!! In Jesus name, Amen.*

**By: Rev. Keith Granberry**  
**Curry Chapel A.M.E. Church- Strong, AR**  
**West Arkansas Annual Conference**



# Day 18

## Trusting in God's Provision

*"I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread." Psalm 37:25*

During the Lenten season, we are reminded of how reliable and helpful God is, even when things don't look good. In Psalm 37:25, it says that the righteous will never be left alone, and their children will never have to beg for food. This verse talks about how trustworthy God is and how He takes care of His people through all kinds of trouble.

During Lent, we think about what Jesus Christ did for us and how much grace He gives to everyone who believes. Let us remember that God always cares for His children as we think about Psalm 37:25. Just like He took care of the good people in the past, He takes care of us now.

When things are scarce and we don't have enough, let us believe that God will provide for us, because He will never leave us. Let's believe the people around us too, and work to be united and strong with our Christian brothers and sisters. Our faith group should help each other and share in the good things that God has given us.

### Prayer

*Dear Heavenly Father, we thank you for always taking care of us. During this Lenten season, help us to trust that you will always take care of us and meet our needs. May we also work to be united with our brothers and sisters so that we can share in your gifts. We pray in the name of Jesus. Amen.*

**By: Presiding Elder Tyrone A. Broomfield  
North Little Rock-Fort Smith District  
Arkansas Annual Conference**

# Day 19

## God's Ultimate Sacrifice and Abundant Love

"He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?" Romans 8:32

We consider the great sacrifice made by Jesus Christ on the cross as we go through the Lenten season. We are reminded of the extent of God's love and provision in Romans 8:32. Instead of holding back His own Son, He offered Him up for us all, proving His unending love and grace.

We reflect on the breadth of God's love and the freedom that comes from Christ's sacrifice throughout Lent. God freely offers us everything via His Son, just as He did with His own hands. This season calls us to celebrate the oneness of Christians, who are united by our shared experience of grace and redemption.

Let us consider the priceless gift of Jesus Christ and the profusion of blessings that result from His atonement. As we do this, may we be motivated to show people kindness and charity, promoting harmony and compassion in our neighborhoods.

### Prayer

*We are incredibly appreciative of your Son, Jesus Christ, Heavenly Father, for his priceless gift. Please enable us to completely comprehend the extent of your love and provision during this Lenten season. May the atonement of Christ provide us freedom and may our common experience of redemption bring us together. Give us the ability to show people kindness and grace in response to your unending love. We pray in the name of Jesus. Amen.*

**By: Rev. Ina K. Broomfield**  
**Bethel A.M.E. Church- North Little Rock, AR**  
**Arkansas Annual Conference**



# Day 20

## Blessings In Giving Together

*"And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day." Isaiah 58:10*

Isaiah 58:10 is a fresh reminder that we are called to help one another in hunger, oppression, and those that are just struggling in everyday life.

Sometimes it is difficult to focus on others when we are ourselves are in a struggle, when we have our own problems to figure out and responsibilities to take care of. Our faith is sometimes altered when we do not know how or when the Lord will provide.

However, the Bible lets us know that when we reach out to others our days will be brighter! Our well-being, regarding health, closeness with God, reconciliation, income, and most of all Unity with one another will be evident in our lives. Our light will rise in darkness, and our night will become like the noon day when we focus on one another's needs. Unity in giving is helping one another and sharing resources with one another.

### Prayer

*Lord, it is good and pleasant when we your people live together in Unity! Keep your love wrapped around us forever and ever. Amen*

**By: Mrs. Regan Green**  
**St. Andrew A.M.E. Church- Chandler, OK**  
**Oklahoma State Annual Conference**

# Day 21

## Almsgiving

*"And in your giving, remember, Jesus said, "But when you give alms, do not let your left hand know what your right is doing, so that your almsgiving may be in secret. And your Father who sees in secret will repay you."*

*Matthew 6:2-4*

A simple definition for Almsgiving is the act of donating money, food, or other items to people in need of them, especially as a spiritual practice (dictionary.com)

I remember, as little girl, during the season of Lent, we were given Lenten cards to practice self-discipline, to pray, and to remember the sacrifices Jesus made for us. I can't remember the exact amount we had to deposit into each slot leading to Easter.

But, it was a sacrifice, because you had to make a personal decision each day on whether you would put your money in the slot for the good of Kingdom Building or buy that nickel/dime treat.

Alms is about donating resources to others. Entwined throughout the Old and New Testaments are God's expectations for us in caring for those in need.

During this season of Lent, let's be intentional in making a difference in the life of someone through almsgiving. The amount or act is up to you. I challenge you to randomly chose at least 3 persons to bless this Lenten season.

## Prayer

*Merciful Father, we humbly come before you this season of Lent desiring to hear words that will aid us in growing closer to you. To hear words that will renew our spirit and cleanse our heart so we can better serve you. To hear words that will encourage us to show compassion to the poor and needy. In Jesus' name Amen*

**By: Rev. Sandra A. Eldridge**  
**Allen Chapel A.M.E. Church- Sweet Home, AR**  
**Arkansas Annual Conference**



# Day 22

## Humility

*"When pride comes, then comes disgrace, but with humility comes wisdom." Proverbs 11:2*

Are we living lives reflecting humility? Are we being contrite in spirit and having reverence for God's word? The answer is SOMETIMES, MAYBE or NO.

We are ALL God's children, and we should love ourselves as He loves us, but we should not become self-seeking, greedy or arrogant in spirit or nature. We should be able to love others unconditionally as God loves us not holding grudges, malice or judgement on one another.

Genesis 4:9 asks, "Am I my brother's keeper?" You can only help someone else if you're willing to put aside whatever you are dealing with in your personal life at the present and open your heart, mind and ears to receive the direction or plans Gods has ordered for you.

Jesus humbled himself so that His Father's destiny for our lives could be fulfilled. The gift of eternal life. We must obey our Creator - as our brother and do the same.

### Prayer

*Dear Heavenly Father, we give thanks for the humility God showed us through his only son, Jesus Christ. God, we ask during this Lenten Season that we will become more humble, more loving, more caring for our brothers and sisters that we know and the strangers we meet along this Christian Journey. Lord, we pray that we will be the type of Disciples and Servant Leaders you have destined to be workers in your kingdom. We ask this in the Mighty Name of Jesus, Amen.*

**By: Mrs. Miranda C. Johnson**  
**St. Andrew A.M.E. Church- Pine Bluff, AR**  
**East Arkansas Annual Conference**

# Day 23

## Come and See

*"And Nathanael said unto him, Can there any good thing come out of Nazareth? Philip saith unto him, Come and see." John 1:46*

"Seeing is believing." There are so many injustices in the world today many of which have been caught on camera. We have watched in awe and said to ourselves, "I don't believe what I'm seeing." but seeing in real time is real. Still there are those who still refuse to believe what they see. Jesus appeared to Phillip and said, "Follow Me." Philip could not keep this incident to himself, so he told his friend Nathaniel.

Nathaniel, a believer, didn't think anything good could come out of Nazareth but Philip knew better. He told Nathaniel to "Come and See." This invitation is extended to us every Sunday to "Come and See." God says, "Come and See" every morning he wakes us up. He is saying, "Come and See" what I can do in your life today. Be a willing vessel, "Come and See" the Goodness of the Lord!

### Prayer

*Dear God, help us understand that if we "Come to You and See" You will give us a brand-new life, life abundantly. All we have to do is Come. In the name of Jesus of Nazareth, we pray. Amen*

**By: Mrs. Lyndajo Watson**  
**Union A.M.E. Church- Little Rock, AR**  
**Arkansas Annual Conference**



# Day 24

## Block the Popups

*"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31*

As a computer user, I cannot stand popups. Popups are a small window of unsolicited ads that appear in the foreground while I am browsing a website. The popups are there to distract or entice me to go in another direction. They can be annoying at the least, and I find myself clicking on one or two taking me away from what I am supposed to be doing.

In the same way, popups creep into our computer system, the enemy sends us spiritual popups to entice and distract us from our focus in our walk in the will of God. They come in the form of trials, relationships, finances, mental and emotional disturbances; and yes, even depression.

Whenever we become distracted by the popups in our lives, the prophet Isaiah reminds us that we will renew our strength when we place our hope in the Lord. We will begin to get strength from those things that make us weary and we will begin to soar in our Spiritual walk when we focus on the Most High God.

During this season of Lent is our time to refocus and change our browser setting. Now, we reset our lives spending time fasting, praying and meditating on the Word of God. When we meditate on God's Word, the Holy Spirit automatically installs protection from the enemy so that we can stay focused on God's path.

### Prayer

*Dear Lord, thank You for always being there for me, even when I get distracted. Thank You for the gift of Your Holy Spirit to lead me during the popups in my life. Help me to see that You are the reset I need in my life to stay focused. In the mighty name of Jesus. Amen.*

**By: Rev. Marcia Burns**  
**Lee Chapel A.M.E. Church- North Little Rock, AR**  
**Arkansas Annual Conference**

# Day 25

## See For Yourself

*"O taste and see that the Lord is good: blessed is the man that trusteth in him." Psalm 34:8*

I was the youngest of four children growing up in a 2-bedroom house in a small town in Oklahoma. We didn't have much money. Didn't get to do many different things. We had to eat whatever was most affordable. We had to make sure we finished whatever was put in front of us. One thing put in front of me was being a follower of Christ. I had no choice; it was in our family DNA to be heavily involved in church.

As I grew older and had more freedom. I had the ability to make my own choices. I was able to choose what meals I wanted in college. I was able to choose how I would spend my free time. I was even fortunate enough to choose what people I would spend my time with. So, I took for granted the good things that I experienced when I was young, all because I wanted to indulge in choices.

I soon realized that just because I can choose something, doesn't mean I should. So things that I chose to do, looked good at the decision time, but often felt bad during execution time.

Then I was able to choose to seek God for myself. Not because I was forced. Much like forcing a child to eat something good for them that doesn't seem good to them. They half chew it. They appear to have an attitude. They make known that they are being forced to have an experience.

But when you truly open yourself to see who God is, and what His plan is for your life, you can taste and SEE FOR YOURSELF that The LORD IS GOOD. His will is GOOD. His grace is GOOD. Trusting in God will bless every path of your life when you try Him with expectancy. But you don't have to take my word for it... taste and see!

### Prayer

*Father, as we journey through our days of choices and a wealth of experiences, let us be mindful in choosing you. Let us choose your will. Let us choose your way. Let us choose to seek your comfort, your grace, your inspiration, and your love. Help us to see that all things work together for our good as believers in Christ Jesus. Amen.*

**By: Rev. Billy Green Sr.**  
**Bethel A.M.E. Church- El Reno, OK**  
**Oklahoma State Annual Conference**



# Day 26

## Jesus Christ: Our Unchanging Anchor

*"Jesus Christ the same yesterday, and to day, and for ever." Hebrews 13:8*

In a world consumed by constant change, there is one unchanging foundation we can rely on: Jesus Christ. Hebrews 13:8 reminds us of His timeless nature—yesterday, today, and forever.

Lent is a season of reflection and renewal, and this verse invites us to redirect our focus towards the steadfastness of our Savior. Amid the trials and uncertainties, we face, Jesus remains our unwavering anchor.

When yesterday's mistakes haunt us, His forgiveness remains consistent. In the busyness of today, His love and grace never falter. During this Lenten season, let us fix our gaze on the unchanging Savior who walked this earth, conquered sin, and displayed unfathomable love on the cross.

### Prayer

*Heavenly Father, inspire us to cultivate a deeper relationship with Him, trust Him in all circumstances, and find solace in the unchanging nature of His character. In Jesus's Name I pray.  
Amen.*

**By: Sister Barbara Smith**  
**Unity A.M.E. Church-Magnolia**  
**West Arkansas Annual Conference**

# Day 27

## Embracing the Cross: Finding Hope in Life's Hardships

*"By the sweat of your brow you will eat your food." Genesis 3:19*

Lent is a time of reflection and repentance as we journey with Christ to the cross. It calls us to remember our human frailty and mortality. Like Adam, we have fallen short and struggle under sin's curse. Work and toil that once sustained now exhaust us. And yet God in his mercy did not abandon us. Through Jesus' suffering, death, and resurrection, the curse is broken and we have hope of eternal life.

This Lent, may we embrace the struggles of life with renewed purpose, knowing that God walks with us and transforms our labor into something redemptive through his grace. When Adam and Eve sinned, God declared that humanity would toil for survival by the sweat of their brow. Work became a struggle under the curse.

During Lent, we reflect on how Jesus took on human flesh and experienced our suffering. Through his perfect life, crucifixion, and resurrection, he defeated sin and death so we may find new life and purpose in him. As we deny ourselves, may we fix our eyes on Christ who transforms our struggles. Following his example of sacrificial love, may the fruits of our labors glorify God.

### Prayer

*Merciful God, during this Lenten season we reflect on your Son who suffered and died to redeem us. When we are weary from life's struggles, remind us that you feel our pain and have overcome. Transform our hearts to be more like Christ through acts of love, sacrifice and service. May our lives glorify you and point others to the hope we have in Jesus. Amen.*

**By: Rev. Kurbe L. Newsom**  
**St. James A.M.E. Church-Warren, AR**  
**East Arkansas Annual Conference**

# Day 28

## Be Still

*"Be still, and know that I am God." Psalm 46:10*

As we were growing up, how many times were we told to sit or stand still? It may have seemed like we were merely being asked to be quiet, or not fidget, or not bump into anybody, or not kick the seat in front of us. Perhaps, we were being challenged in a different way. Were we actually being told to calm ourselves so that we might hear or learn something important rather than just to hope we behaved?

Our earthly parents told us to be still just as our heavenly Father has instructed us to be still. When we calm ourselves physically and mentally, we are better able to focus our minds and listen with our hearts. We become open to hearing the Lord's direction for our lives. We allow ourselves to feel the peace that comes with the presence of the Holy Spirit within us.

In this quiet time, we are able to draw closer to God. We should use this time for prayer and the study of God's word.

These days, quiet time is a precious commodity. With all of our electronic devices, it seems we are constantly communicating via phone, text, or social media. Take the time during this season of Lent to put the electronics down, quiet your mind and give yourself the gift of being still.

### Prayer

*Lord, in all of the busyness of life, please help me to follow Your command to be still. I know You are my God and I trust that you will direct me when I need to make quiet time to focus on You. In Jesus name, Amen.*

**By: Mrs. Natalie Horton**  
**Union A.M.E. Church- Little Rock, AR**  
**Arkansas Annual Conference**  
**12th District Lay President**



# Day 29

## Divine Love: A Path to Liberation and Unity

*"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." John 3:16*

Today we consider how deeply loving God is, as seen by the offering of His Son, Jesus Christ. This divine love is best expressed in John 3:16, where it is promised that everyone who believes will be freed from sin and brought into oneness with God.

Let us consider the extent of God's love for us during our Lenten journey. He freely gave His own Son to redeem us from eternal separation because He loved us with such a great intensity. We are freed from the chains of sin and death and given the chance to live forever in God's presence thanks to Jesus' sacrifice.

This heavenly love not only promotes unity among Christians but also personal emancipation. When we accept the love of Christ, we are drawn into a religious community where divisions are resolved and obstacles are broken down. We are together as a one body in Christ, mirroring the love and unity of the Triune God.

May us become fully immersed in God's love as it is shown in Jesus Christ throughout this Lenten season. May this love set us free from all our bonds and bind us together in camaraderie.

### Prayer

*Father in heaven, we are grateful for your boundless love, which was shown in the offering of your Son, Jesus Christ. Help us to understand the breadth of your love during this Lenten journey so that we can respond with hearts full of devotion and thankfulness. May your love bring us together as one body in Christ and free us from sin and separation. Give us the ability to spread this love so that others can also feel the freedom and oneness that you possess. We pray in the name of Jesus. Amen.*

**By: Presiding Elder Harriel White**  
**Crossett District**  
**East Arkansas Annual Conference**

# Day 30

## Renewed Hearts, United Spirits

*"Create in me a clean heart, O God, and renew a right spirit within me." Psalm 51:10*

We contemplate the subject of freedom and togetherness that comes from reviving our souls as we go through the Lenten season. Seek the transforming power of God to produce clean hearts and right spirits within us (Psalm 51:10).

During this time of introspection and reflection, we recognize the need of purifying and renewing our spirits. We share the psalmist's confession of our own frailty and sinful nature, and we pray to God for a pure heart. A contrite soul and genuine repentance prepare us to receive God's transforming grace.

Let us ask the Holy Spirit to cleanse us from all sin and to refresh us in spirit as we reflect on this passage. I pray that this Lenten season brings us much self-reflection, humility, and submission to God's will. May we find greater harmony with God and one another as we undergo spiritual renewal and purification.

### Prayer

*Our hearts are heavy with sin, and we come to you in humility, Father, to ask for forgiveness and a fresh start. O God, make us new people with pure hearts and give us a new spirit. Please help us to put our egos and pride aside so that we can be more open and honest with you and one another. As we move nearer to you during this Lenten season, may it be a time of change and unity. In Jesus' name we ask, Amen.*

**By: Sister Amy Morgan**  
**St. Paul A.M.E. Church- Jonesboro, AR**  
**Arkansas Annual Conference**

# Day 31

## **Walking in Faith**

*"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." Psalm 1:1-3*

Although the world is full of people who live ungodly and participate in ungodly acts, I shall not practice walking with them nor shall I judge or frown upon them. I hope to encourage the scorned to walk with me as I am walking with Christ both day and night. I shall be still like a tall tree in roaring waters knowing that God is in control. My leaves will not wither and die, but prosper because I believe and trust in God despite what is happening around me.

## **Prayer**

*May I have the faith to be still and know that God is in control. Amen.*

**By: Sister Dr. LaToya Geter-McElroy  
Mt. Pleasant A.M.E. Church- Pine Bluff, AR  
East Arkansas Annual Conference**



# Day 32

## From Weeping to Joy

*"Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness. For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning." Psalm 30:4-5*

As we contemplate the Lenten season, we can find comfort and optimism in the assurances of God, reminding us of His unwavering love and faithfulness. Psalm 30:4-5 serves as a powerful reminder of the fleeting nature of our sorrows and the everlasting joy that comes from being in God's favor.

As we navigate the ups and downs of life, we may come across moments of sadness and hopelessness. Yet, we can find comfort in knowing that God's anger is fleeting, and His favor brings abundant life and boundless joy. In the midst of our challenges, we can find solace in the belief that happiness will eventually arrive with the dawn.

This Lenten journey is an opportunity to let go of our sorrows and burdens, placing our trust in God's faithfulness to bring freedom and harmony to our lives. As we joyfully sing praises to the Lord and express our gratitude for His holiness, we are humbled by His unwavering love and enduring mercy.

Let's fully embrace this season of Lent with hearts filled with gratitude and hope, knowing that God's promises are faithful. May our tears transform into happiness as we embrace the freedom and togetherness that comes from His unwavering love.

### Prayer

*Thank you, Father, for your unwavering love. During this Lenten season, help us to remember your promises and find hope in your unfailing goodness. As we journey through moments of weeping, may we trust in your promise of joy that comes in the morning. As we rest in your presence, liberate and unite us. Praying in Jesus' name. Amen.*

**By: Sister Latia Allensworth**  
**St. James A.M.E. Church- Arcadia, OK**  
**Oklahoma State Annual Conference**

# Day 33

## Prayer Is Our Anchor in This Season of Time

*"To every thing there is a season, and a time to every purpose under the heaven." Ecclesiastes 3:1*

As we enter the season of Lent, Ecclesiastes 3:1 reminds us that there is a time and season for everything. This season is a time for prayer, reflection and drawing nearer to God. For Black Christians, prayer has historically been our anchor—a source of strength, hope and liberation. Through prayer, our ancestors found the courage to persevere through oppression and hardship.

Today, as our communities continue to face challenges of injustice, inequality and a global pandemic, prayer remains as vital as ever to anchor our souls. This Lent, commit to daily prayer, not just on Sundays. Use prayer to process your feelings, release your burdens, and experience peace in troubled times. Prayer helps us tune our hearts to God's voice and guidance, especially when we cannot see clear paths ahead.

As Black women of faith, let us lead our families and churches in prayer. Lift your voices to heaven and stand on God's promises. He hears us and is making all things new. This Lenten season can be an opportunity to deepen your personal prayer life, finding stability as your anchor in the Creator who provides comfort, hope and empowerment.

### Prayer

*Heavenly Father, in this season of Lent we come before your throne. Help us draw near to you through prayer. Give us hearts that are humble, hopeful and willing to listen for your voice. Use this time to strengthen our faith and dependence on you. Help us find rest in your presence. In Jesus' name, Amen.*

**By: Mrs. Sabrena M. Newsom**  
**St. James A.M.E. Church- Warren, AR**  
**East Arkansas Annual Conference**

# Day 34

## Peace

*"Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies. Turn from evil and do good; seek peace and pursue it."*

*Psalm 34:12-14*

A question comes to mind, what is it you desire most? I am sure there are all sorts of answers. "Life" and "many good days" is promised in this passage of scripture. Many of us might say that we desire "good days."

We must remember that what we speak is important. We make choices every day between having our tongues speak evil or praise. And if we choose to keep evil and lies from crossing our lips God will bless us. In this process we should also ask forgiveness for the times we have allowed evil and lies to escape from our lips.

Daily we must strive to pursue Peace and we can only find that peace in God and ask him to deliver us from all our fears, and we do have much to fear. Fear is a natural response to those things we cannot see, and it blinds us to the freedom that we must pursue peace and seek God.

This scripture tells us we must turn our life in God's way, fasting from evil speech and lying lips. Then we can be free from evil promises and enjoy a plenteous and joyful life which comes to be only through peace-making and pursuing peace.

Once we do those things we can rejoice and spread the word just as the scripture states that, "I will bless the Lord at ALL times; his praise will continually be on my lips."

## Prayer

*Everlasting Father, we thank you for your promises. Thank you for the promise of life and many good days. Help us to do those things that is required of us as we strive to do your will. In Jesus's name, Amen.*

**By: Sister Phyllis Johnson**  
**Ward Chapel A.M.E. Church- Little Rock, AR**  
**Arkansas Annual Conference**



# Day 35

## Obey Your Thirst

*"My soul thirsteth for God, for the living God: when shall I come and appear before God?" Psalm 42:2*

In 1994 the Sprite company launched a commercial entitled, "Obey Your Thirst".

I am reminded of the passage of scripture in John 4: 3-15; commonly known as, "The Woman at the Well. Scripture noted that Jesus had been traveling. Keep in mind that Jesus didn't have the luxury of riding in a limousine or on the Megabus or a private vehicle. I know when I'm driving long distance with my family, we often make stops at a McDonald's, or some eating establishment to quench our thirst and have a bite to eat. I can't imagine traveling on foot for that length of time without that convenience.

In this passage, Jesus sits down at Jacob's well. He encounters a woman who has come to draw water and Jesus asks her for a drink. One of my favorite lines in this passage is in verse 11: "The woman said to Him, "Sir, You have nothing to draw with, and the well is deep!" Did anyone shout right there with me? After Jesus tells her about the water that He's able to give her, she "OBEYS HER THIRST", and says to Him, "Sir, give me this water, that I may not thirst, nor come here to draw."

What are you thirsty for and how do you quench your thirst? How do you quench your spiritual thirst? If you'll allow me one more commercial slogan, "Ain't nothing like the Real Thing". Jesus is the Real Thing, the Real Thirst Quencher!

### Prayer

*Dear God, our Father, as the deer pants for the water brooks, so pants my soul for You, O God. Teach me to Obey my Thirst, my soul thirsts for God, for the living God. Amen*

**By: Rev. Beverly White**

**Moody Chapel A.M.E. Church- Little Rock, AR  
Arkansas Annual Conference**

# Day 36

## Matters of the Heart

*"Then said Jesus, Father, forgive them; for they know not what they do. And they parted his raiment, and cast lots." Luke 23:34*

The Lenten season challenges us to examine our hearts and motives and reexamine our commitment to God.

One's Motives are important. This principle is apparent when, in (Luke 23:34 NKJV), Jesus does not want his executioners condemned because their motives are not equal to the great crime they are committing: "Father, forgive them, for they know not what they are doing." (Luke 23:34 NKJV.) They acted in ignorance, not understanding who it was they were killing.

One's motive for doing anything has everything to do with the condition of one's heart. The heart center of one's being is the source of all thought and behavior. Proverbs 4:23 (NKJV) says, "Keep your heart with all vigilance, for from it springs the issues of life."

The Lenten season prepares us for Easter and it challenges us to deepen our commitment to God through spiritual disciplines such as fasting, repentance, and a little soul searching.

### Prayer

*Search me, O God, and know my heart: try me and know my thoughts and see if there be any wicked way in me and lead me in the way everlasting. Amen*

**By: Rev. Chestine Sims**  
**St. John A.M.E. Church- Pine Bluff, AR**  
**East Arkansas Annual Conference**

# Day 37

## The Path to Peace and Holiness

*"Follow peace with all men, and holiness, without which no man shall see the Lord."*

*Hebrews 12:14*

Let us think about the call to achieve peace and holiness in our lives as we go through the Lenten season. Holy living and peace are necessary if we want to really experience the Lord's presence (Hebrews 12:14).

During Lent, we are invited to examine our hearts and relationships, seeking reconciliation and harmony with those around us. As we embrace the path of peace, we add to the unity of the body of Christ and the liberation of our souls from the bondage of strife and discord.

Holiness, too, plays a crucial part in our Lenten journey. Pursuing holiness brings us closer to God and makes our lives more in line with what He wants. By striving to be holy, we let God's grace change us and experience real freedom from sin and spiritual shackles.

Let us use this Lenten season as a chance to deepen our commitment to peace and holiness. May our pursuit of these virtues not only bring us closer to God, but also help us get along with others and treat them with respect.

### Prayer

*Father in heaven, thank you for peace and sanctity. Help us pursue peace with everybody and sanctity during Lent. Have mercy on us and help us reconcile with our wrongdoers and unite Christians. We hope our pursuit for peace and holiness frees our brains and unites your body. Greetings from Jesus. Amen.*

**By: Sister Monique Goudeau**

**Collins Community A.M.E. Church- Oklahoma City, OK  
Oklahoma State Annual Conference**



# Day 38

## Healing and Restoration

*"Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Create in me a clean heart, O God; and renew a right spirit within me." Psalm 51:7, 10.*

*"That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again." John 3:6-7*

O' Lord, our sins are always before us. Like David, I asked You to be merciful toward us. Cleanse and heal us from our sins and guilt from the inside out. Continue to wash our afflictions, so we can empower others of Your goodness! Many of us similar to Nicodemus have heard about You, but do not know of Your unfailing love, healings, and saving powers. Help us to know Your love and salvation. Help us to want to have a personal relationship with You similar to David and Nicodemus.

Empower us to have a compassion heart and a listening ear for your people when they have been hurt or wounded. Help us to strengthen our brothers and sisters by proclaiming the Good News of Jesus Christ. Help us to inform Your people to know that they can be born again by faith and through the power and presence of the Holy Spirit.

## Prayer

*Lord, thank you for healing, restoring, and transforming our hearts, Amen.*

**By: Rev. Dr. Verlie Horton**  
**Bethel A.M.E. Church- Wynne, AR**  
**Arkansas Annual Conference**

# Day 39

## Joy in His Presence

*"Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope. For thou wilt not leave my soul in hell; neither wilt thou suffer thine Holy One to see corruption. Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore." Psalms 16:9-11*

When we remember the fact that Jesus went to the cross to give us eternal life, we celebrate, with joy. This is why we thank God for his birth, resurrection and second coming. Life here on earth we have our ups and downs until it seems as if we are not going to make it. The moment we allow the Holy Spirit to minister to our minds, spirits and bodies we than can experience the joy of God's presence in our lives every day. This day belongs to the Lord and in your presence, Lord is the fulness of joy.

### Prayer

*Lord, I thank you for this day! I can feel your presence all over me because I am alive.  
Thank you, Lord, for the presence of your joy. Amen*

**By: Presiding Elder Kent Broughton  
Camden - El Dorado District  
West Arkansas Annual Conference**

# Day 40

## Let's Get in Some Good Trouble Together

*"Let it be known to you therefore, brothers and sisters, that through this man forgiveness of sins is proclaimed to you, and by him everyone who believes is freed from everything from which you could not be freed by the law of Moses." Acts*

*13:38-39*

After many arrests and protests for the injustices experienced by African Americans, the late Congressman John Lewis coined the phrase "good trouble". A phrase that would be used to describe a time in history when men and women banded together to upset and trouble the waters for a good cause: injustice and inequality. The word trouble by itself would lead you to believe that the motives of the troublemaker are unjustified, but when we as a people come together in unity to fight for our God given humanity; when we unite for the cause of freedom from oppression and hatred, this is "good trouble" and a fight worthy to be fought.

It is during this Lenten season that we are reminded of the "good trouble" Jesus fought and died for us. He too was labeled a trouble-maker, criticized, crucified and died to free us from sin. And now more than 2000 years later we are united as Christians that it is because of Jesus' "good trouble" and His ultimate sacrifice for us, that those that are born again in Christ, can have eternal life.

So, let's band together in unity to fight the good fight for freedom from oppression and hatred. Let's unite with one voice and make some good trouble and spread the good news of a loving and forgiving God, whose story did not end with His crucifixion. But we celebrate with elation the glorious resurrection of our Lord and Savior Jesus the Christ.

### Prayer

*Oh God, how excellent is Your name. God, we thank you for your sacrifice and the "good trouble" you caused on earth that would ultimately give us the gift of eternal life after death. God, we thank you for your Son Jesus. And we pray that you will give us the strength and the desire to walk together united in our purpose to fight the good fight, to love others as You love us, and to seek justice and equality for the least, the lost and the last.*

*God, we pray that you will change the hearts of the oppressors and that peace, freedom and justice will be a reality for all. It is in the matchless name of Jesus that we pray. Amen.*

**By: Supervisor Cordelia Mitchell  
12th Episcopal District, Supervisor  
African Methodist Episcopal Church**





# Behind the Book

*I greet you with joy and gratitude as we celebrate a significant milestone in our spiritual journey together. The Lenten season, a sacred time of reflection and renewal, holds profound importance in the lives of Christians worldwide. It is during this season that we embark on a journey of sacrifice and introspection, drawing closer to our Lord and Savior, Jesus Christ.*

*It is with deep reverence and gratitude that we share with you the completion of the 2024 Lenten Devotional Booklet. This monumental undertaking was not merely a human endeavor; rather, it was a divine calling inspired by the guiding hand of God. Through His grace and guidance, we were led to unite as a district to create a devotional masterpiece that will touch the hearts and souls of many.*

*As the Christian Education Director, I am filled with a strong sense of responsibility to ensure that all believers are adequately educated in the teachings of the gospel. This devotional booklet serves as a testament to our commitment to providing spiritual nourishment and guidance to our community.*

*I extend heartfelt thanks to Bishop and Supervisor Mitchell for their unwavering leadership, support, and guidance throughout this journey. I also express gratitude to Rev. Larry Banks for his invaluable support and mentorship. Furthermore, I extend my appreciation to all clergy and laity for their dedication and contributions to this project.*

*Special recognition is due to Rev. Kurbe Newsom, Sister Miranda Jonhson, Sister Barbara Smith, and Sister Jequetta Rogers for their tireless efforts and dedication to bringing this vision to fruition. Their commitment and hard work have been instrumental in the completion of this project, and we are deeply grateful for their contributions.*

*As we celebrate this achievement, let us eagerly anticipate the upcoming Advent Devotional Booklet, knowing that through our collective efforts, we will continue to inspire and uplift one another on our spiritual journey.*

*May the blessings of the Lord be upon you all as we continue to walk in faith and unity.*

*With gratitude and blessings,  
Reverend Jeremy D. Jones  
Christian Education Director  
12th Episcopal District*



# *Next Steps*

*Following the remarkable achievement of completing our Lenten Devotional Booklet, our focus now shifts to the exciting endeavor of publication. We are thrilled to embark on this next phase of our journey and are committed to keeping you informed every step of the way.*

*Once published, this devotional masterpiece will stand as a timeless resource for the 12th Episcopal District Christian Education Department, serving as a beacon of spiritual enlightenment and guidance for generations to come. Your invaluable contributions have paved the way for the creation of this invaluable resource, and we are deeply grateful for your dedication and commitment.*

*It is important to note that all submissions to the devotional booklet are a generous contribution to the 12th Episcopal District Christian Education Department. Any royalties generated from the publication of the booklet will be directed back into the department, further enhancing our ability to provide educational materials and resources that enrich the spiritual journey of our community.*

*As we continue this journey together, let us eagerly anticipate the impact that this devotional booklet will have on our district and beyond. Your support and participation have been instrumental in bringing this vision to life, and we look forward to sharing the fruits of our collective labor with the world.*

*Thank you for your unwavering dedication and commitment to the mission of our Christian Education Department. Together, we will continue to elevate and edify our community through the power of education and spiritual enrichment.*

*With warm regards,*

*Bishop Michael L. Mitchell, Bishop  
Supervisor Cordelia Mitchell, Supervisor  
Rev. Larry Banks, Chairman  
Rev. Jeremy D. Jones, Director*



