



The next 40 days present us with an opportunity to spiritually prepare our hearts for the celebration of Easter. Take a moment each day to pause and reflect on the sacrificial love of Jesus by using the prompts below, following along with the Mariners Church Annual Read and the *Gospel Every Day* podcast, and joining us for our weekend series.

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ASH MARCH 5, 2025 WEDNESDAY

"Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

MATTHEW 11:28-30

CALL TO WORSHIP

We come to prepare our hearts for the journey.

Lord, we ask for Your mercy.

We come to reflect on our hearts and lives as disciples.

Lord, we ask for Your insight.

We come to confess our sin and repent of our ways.

Lord, we ask for Your grace.

We come to surrender our lives more fully.

Lord, we ask for Your strength.

We come to experience Your life for us.

Lord, we ask for Your Holy Spirit.

RUN TO THE FATHER

VERSE 1 I've carried a burden for too long on my own I wasn't created to bear it alone

VERSE 2 I hear Your invitation to let it all go I see it now, I'm laying it down I know that I need You

CHORUS I run to the Father, I fall into grace
I'm done with the hiding, no reason to wait
My heart needs a surgeon, my soul needs a friend
So I'll run to the Father
Again and again and again

REFRAIN 1 Oh, oh, oh

VERSE 3 You saw my condition, had a plan from the start Your Son for redemption, the price for my heart

VERSE 4 I don't have a context for that kind of love I don't understand, I can't comprehend All I know is I need You

CHORUS

REFRAIN 2 Oh, oh, again and again
And again and again

ERIDGE 1 My heart has been in Your sights
Long before my first breath
Running into Your arms
Is running to life from death

Your mercy is calling out
Just as I am You pull me in
I know I need You now

CHORUS

WHY A JOURNEY?

Prepare our hearts for the celebration of Easter.

"God, create a clean heart for me and renew a steadfast spirit within me."
PSALM 51:10 CSB

WHY FASTING?

A spiritual practice of greater dependence on God.

... "It is written: Man must not live on bread alone but on every word that comes from the mouth of God." MATTHEW 4:4 CSB

WHY 40 DAYS?

A transformational season of walking with the Lord and seeking His guidance.

"For the LORD your God has blessed you in all the work of your hands. He has watched over your journey through this immense wilderness. The LORD your God has been with you these past forty years, and you have lacked nothing." DEUTERONOMY 2:7 CSB

WHY ASHES?

A biblical symbol of mourning and repentance.

"So I turned my attention to the Lord God to seek him by prayer and petitions, with fasting, sackcloth, and ashes." DANIEL 9:3 CSB

CONFESSION PRAYER

Most merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved You with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of Your Son Jesus Christ, have mercy on us and forgive us; that we may delight in Your will, and walk in Your ways, to the glory of Your Name. Amen. (*Book of Common Prayer*)

What will you say yes to on this journey to Easter?	
What will you say no to on this journey to Easter?	

Take time to write a short prayer about your hope for this journey.	

IMPOSITION OF ASHES

You are invited to come forward to receive ashes on your forehead or hand or self-impose them.

From dust to dust, from love to Love

Remember that you are dust, and to dust you shall return, but the faithful love of the Lord endures forever. (FROM GENESIS 3:19; PSALM 136)

FIRM FOUNDATION

CHORUS Christ is my firm foundation
The Rock on which I stand
When everything around me is shaken
I've never been more glad
That I put my faith in Jesus
'Cause He's never let me down
He's faithful through generations
So why would He fail now?

He won't, He won't

I've still got joy in chaos
I've got peace
That makes no sense
So I won't be going under
I'm not held
By my own strength
'Cause I've built my life
on Jesus
He's never let me down
He's faithful in every season
So why would He fail now?

He won't, He won't He won't fail He won't fail

BRIDGE Rain came and wind blew

(x2)
But my house
Was built on You
I'm safe with You
I'm going to make it through

'Cause I'm standing strong on You I'm going to make it through 'Cause my house is built on you

40 DAYS OF REFLECTION AND REFRESHMENT

REFRESHED BY THE TRUTH

	3/5	Join us for an Ash Wednesday service. Let the love of our Creator and Savior revive us. <i>Genesis</i> 2:7, <i>Psalm</i> 63:3, 1 <i>John</i> 4:16
	3/6	Open up! Confess any hidden sin to your loving God in order to experience true freedom. <i>Proverbs</i> 28:13, 1 John 1:9-10, Luke 12:2
3	3/7	Give the Lord your undivided attention. Fast from seeking the attention or approval of others. Each Friday will be a "fast" day. <i>Matthew 6:16-18, Colossians 3:2-4</i>
	_	Worship in community by attending one of our weekend services onsite or online.
BY		FRESHED GOD'S MERCY Pray thanking Jesus for the huge sacrifice He made to save you and restore your "Shalom" (peace). Ephesians 2:1-10, Philippians 4:4, Colossians 2:13
	3/11	Not guilty! Reflect on the life, love, freedom, and peace Jesus has given you. <i>Romans 8:1-2, 31-39, John 14:27</i>
3	3/12	God's mercy through Jesus is a costly gift. Out of gratitude, forgive someone a debt (financial, relational, etc.). <i>Isaiah 53, Colossians 3:12-15, Matthew 18:21-35</i>
3		You are made in the image of God and not defined by failure or success. Journal about living each day for Jesus. <i>Genesis 1:26, Psalm 8 and 139</i>
3	3/14	Experience God's comfort in prayer. Read Matthew 6:9-13, Psalm 36:5-10. Sit in silence before God for 10 minutes twice today.

3/15 Worship in community by attending one of our weekend services **3/16** onsite or online.

REFRESHED BY GOD'S CALLING
3/17 Jesus cares more about your heart than your outward appearance. Pray for Him to clothe you with humility. Matthew 5:8, Ezekiel 11:19, John 15:14-17
3/18 Jesus calls you to be fruitful. Read Luke 8:4-18 and reflect on how He has shown Himself faithful to you. See also John 15:1-11, 16
3/19 Even though we're all broken and flawed, Jesus gave His all to us! Encourage someone by affirming their God-given value and purpose. <i>Romans</i> 5:8, <i>John</i> 3:16-17
3/20 Memorize a Bible verse today and carry the Word of Christ with you for strength. <i>Colossians 3:16, Hebrews 4:12</i>
3/21 Silence is golden. Unplug today. Turn off the music, podcasts, or radio and connect with Jesus. <i>Philippians 4:8, 2 Corinthians 1:19-21, 7:1</i>
3/22 Worship in community by attending one of our weekend services 3/23 onsite or online.
REFRESHED BY GOD'S NEARNESS
"completely one." Meditate on your unity with the Lord and His people <i>John 17:20-26, Ephesians 4:25-32</i>
3/25 Anytime you get stressed today, pause before you act and, in prayer, bring your struggle to the Lord Jesus. <i>Matthew</i> 14:22-33, <i>Psalm</i> 65:7
3/26 Reflect on Jesus' promise to return. Pray for your heart and for preparation for His arrival. <i>Matthew</i> 25:1-13, <i>Psalm</i> 34:18, 89:5-8, 1 Peter 4:12-13
3/27 Use your time to grow in Christlikeness. Throughout the day, practice an attribute of the "Fruit of the Spirit" from Galatians 5:22-2. Hebrews 12:14.
3/28 Focus your heart. Spend time with friends and/or family without the distraction of your phone and social media. <i>1 Peter 1:13-23, 2 Corinthians 1:3-5</i>
3/29 Worship in community by attending one of our weekend services 3/30 onsite or online.

REFRESHED BY GOD'S PROVISION 3/31 God's provision flows out of His deep love for you. Worship God for His care for every area of your life. John 14:18-21, Isaiah 41:13, Romans 8:12-17
4/1 Jesus promises His followers abundant life, and He rewards faithfulness. Read Matthew 25:14-30 a few times and consider what Jesus is saying to you personally.
4/2 God's generosity toward us is plentiful. Share something with others: your smile, time, talent, and resources. <i>Acts</i> 4:32-35, <i>John</i> 17:10-11, <i>Philippians</i> 4:2-6
4/3 Food is a great reminder of the Lord's provision. Today, give thanks as you pray before and after you eat. <i>Matthew 7:7-11, James 1:17-18, Psalm 36:8</i>
4/4 According to Jesus, the Father will satisfy your every need. Today, skip spending money on non-necessities, trinkets, junk food, drinks, or clothes. <i>Matthew</i> 6:24-33, <i>Psalm</i> 63:5
4/5 Worship in community by attending one of our weekend services 4/6 onsite or online.
REFRESHED BY GOD'S HOSPITALITY 4/7 Read Matthew 22:1-14 and pray, asking God to purify your heart and mind. See also 1 John 3:2, Jude 20-21
4/8 Reflect on the people He welcomed with open arms. Trust that He will give you a heart like His. <i>Luke 14:16-24, Matthew 19:13-14</i>
4/9 Jesus served others—even "hard to love" people. Surprise someone with undeserved kindness. <i>Matthew 5:43-48, Matthew 25:35-36</i>
4/10 Take a walk around your neighborhood, pick up small trash/litter, and pray for your community. <i>Philippians</i> 2:5-8, 1 Peter 4:8-11, Romans 12:1-2
4/11 Find a private place to worship and fast from hurrying. Slow down, bow down, or kneel in respect for the Lord. Read Luke 9:18-20, Psalm 37. What stands out?
4/12 Worship in community by attending one of our weekend services 4/13 onsite or online.

REFRESHED BY GOD'S GRACE





