

40 Days of Hope

Lent 2021

If ever there was a time when we need hope, it is now. You will find two of the great and precious promises of God listed below for each day during Lent * (one from the Old Testament and one from the New). You may like to take the opportunity to focus on these and the hope that they offer each day during Lent, perhaps:

- reading the promises slowly and reflectively
- looking them up in the Bible
- taking opportunities during the day to recall the promises, perhaps placing emphases on different words each time you say them through and reflecting on what strikes you as you do so
- prayerfully asking God what he may be wanting to say to you through each of the promises
- committing the promises to memory, so that you can recall them in the coming days

**using the traditional calendar for Lent, which excludes Sundays*

From 17th February (Ash Wed)

Wed 17th Feb: Those who hope in the Lord will renew their strength. They will soar on wings like eagles (Isaiah 40:31a)

We have this hope as an anchor for the soul, firm and secure (Hebrews 6: 19)

Thurs 18th Feb: The eternal God is your refuge and underneath are the everlasting arms (Deuteronomy 33:27)

Cast all your anxiety on him because he cares for you (1 Peter 5:7)

Fri 19th Feb: Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go (Joshua 1:9)

God has said 'Never will I leave you; never will I forsake you' (Hebrews 13:5)

Sat 20th Feb: Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness (Lamentations 3:2)

The one who calls you is faithful and he will do it (1 Thessalonians 5:24)

w/c 21st February (1st Sunday in Lent)

Mon 22nd Feb: The Lord will not grow tired or weary and his understanding no one can fathom (Isaiah 40:28)

Jesus said 'If anyone is thirsty, let them come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within them' (John 7:37-38)

Tues 23rd Feb: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight (Proverbs 3:5-6)

Jesus said 'If the Son sets you free, you will be free indeed' (John 8:36)

Wed 24th Feb: The Sovereign Lord says, 'I will give you a new heart and put a new spirit in you; I will remove from you in your heart of stone and give you a heart of flesh (Ezekiel 36:26)

If anyone is in Christ, they are a new creation (2 Corinthians 5:17)

Thurs 25th Feb: The Lord your Godwill take great delight in you, he will quiet you with his love, he will rejoice over you with singing (Zephaniah 3:17b)

How great is the love that the Father has lavished upon us that we may be called children of God! And that is what we are! (1 John 3:1)

Fri 26th Feb: God is our refuge and strength, an ever present help in trouble (Psalm 46:1)

Do not be anxious about anything, but in everything, by prayer and petition, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus (Philippians 4:6 – 7)

Sat 27th Feb: He alone is my rock and my salvation, he is my fortress I shall not be shaken (Psalm 62:6)

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ (Ephesians 1:3)

w/c 28th February (2nd Sunday in Lent)

Mon 1st Mar: I lift my eyes to the hills - where does my help come from? My help comes from the Lord the maker of heaven and earth (Psalm 121:1)

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with them, and they with me (Revelation 3:20)

Tues 2nd Mar: Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me (Psalm 23:4)

Jesus said 'I will ask the Father, and he will give you another Counsellor to be with you forever - the Spirit of truth' (John 14:16-17a)

Wed 3rd Mar: The angel of the Lord encamps around those who fear him, and he delivers them (Psalm 34:8)

The Lord said, 'My grace is sufficient for you, for my power is made perfect in weakness' (2 Corinthians 12:9)

Thurs 4th Mar: The one who dwells in the shelter of the most high will rest in the shadow of the Almighty (Psalm 91:1)

Jesus said 'I will not leave you as orphans; I will come to you' (John 14:18)

Fri 5th Mar: Your word is a lamp to my feet and a light to my path (Psalm 119:105)

The Word was made flesh and made his dwelling among us (John 1: 14)

Sat 6th Mar: Great peace have those who love your law, and nothing can make them stumble (Psalm 119:165)

Therefore, put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, (Ephesians 6:13)

w/c 7th March (3rd Sunday in Lent)

Mon 8th Mar: Taste and see that the Lord is good; blessed is the one who takes refuge in him (Psalm 34:8)

Jesus said 'I am the bread of life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty' (John 6:35)

Tues 9th Mar: The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid? (Psalm 27:1)

Jesus said 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life' (John 8:12)

Wed 10th Mar: The Lord your God is with you; he is mighty to save (Zephaniah 3:17a)

Jesus said 'I am the gate; whoever enters through me will be saved. They will come in and go out and find pasture' (John 10:9)

Thurs 11th Mar: The Lord is my Shepherd, I shall not be in want (Psalm 23:1)

Jesus said 'I am the good shepherd. I know my sheep and my sheep know me - just as the Father knows me and I know the Father - and I lay down my life for the sheep' (John 10:14)

Fri 12th Mar: Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the grave, nor will you let your holy one see decay (Psalm 16:9-10)

Jesus said 'I am the resurrection and the life. Whoever believes in me will live, even though they die and whoever lives and believes in me will never die' (John 11:25)

Sat 13th Mar: Whether you turn to the right or to the left, your ears will hear a voice behind you, saying 'this is the way; walk in it' (Isaiah 30:21)

Jesus said: 'I am the way and the truth and the life. No one comes to the Father except through me' (John 14:6)

w/c 14th March (4th Sunday in Lent)

Mon 15th Mar: He gives strength to the weary and increases the power of the weak (Isaiah 40:29)

Jesus said 'I am the vine; you are the branches. If anyone remains in me and I in them, they will bear much fruit; apart from me you can do nothing' (John 15:5)

Tues 16th Mar: A bruised reed he will not break, and the smouldering wick he will not snuff out (Isaiah 42:3a)

Jesus said 'In the world you will have trouble. But take heart! I have overcome the world' (John 16:33)

Wed 17th Mar: The Lord says 'Fear not, for I have redeemed you; I have summoned you by name; you are mine' (Isaiah 43:1b)

If you confess with your mouth 'Jesus is Lord' and believe in your heart that God raised him from the dead, you will be saved (Romans 10:9)

Thurs 18th Mar: The Lord says, 'Do not be afraid. I am with you' (Isaiah 43:5a)

If we endure, we will also reign with him (2 Timothy 2:12)

Fri 19th Mar: 'Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken, nor my covenant of peace be removed' says the Lord, who has compassion on you (Isaiah 54:10)

This is how God showed his love among us: he sent his one and only Son into the world that we might live through him (1 John 4:9)

Sat 20th Mar: The Lord says, 'Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind' (Isaiah 65:17)

The throne of God and of the Lamb will be in the city and his servants will serve him. They will see his face and his name will be on their foreheads (Revelation 22:3-4)

w/c 21st March (5th Sunday in Lent)

Mon 22nd Mar: The Lord is compassionate and gracious, slow to anger, abounding in love (Psalm 103:8)

To all who received him, to those who believed in his name, he gave the right to become children of God (John 1: 12)

Tues 23rd Mar: For as high as the heavens are above the earth, so great is his love for those who fear him (Psalm 103:11)

God so loved the world that he gave his one and only son, that whoever believes in him shall not perish but have eternal life (John 3:16)

Wed 24th Mar: As far as the east is from the west, so far does he remove our transgressions from us (Psalm 103:12)

If we confess our sins, God is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9)

Thurs 25th Mar: 'For I know the plans I have for you', declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future' (Jeremiah 29:11)

Jesus said 'My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid' (John 14:27)

Fri 26th Mar: The Lord says, 'Since you are precious and honoured in my sight and because I love you, I will give people in exchange for you, nations in exchange for your life. Do not be afraid for I am with you' (Isaiah 43:4)

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ (Romans 5:1)

Sat 27th Mar: The Lord says, 'Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!' (Isaiah 49:15)

In all things God works for the good for those who love him, who has been called according to his purpose (Romans 8:28)

w/c 28th March (Palm Sunday)

Mon 29th Mar: A bruised reed he will not break, and the smouldering wick he will not snuff out (Isaiah 42:3a)

Jesus said 'In the world you will have trouble. But take heart! I have overcome the world' (John 16:33)

Tues 30th Mar: The Lord says 'Fear not, for I have redeemed you; I have summoned you by name; you are mine' (Isaiah 43:1b)

If you confess with your mouth 'Jesus is Lord' and believe in your heart that God raised him from the dead, you will be saved (Romans 10:9)

Wed 31st Mar: The Lord says, 'Do not be afraid. I am with you' (Isaiah 43:5a)

If we endure, we will also reign with him (2 Timothy 2:12)

Thurs 1st Apr: We all, like sheep, have gone astray, each of us has turned to their own way; and the Lord has laid on him the iniquity of us all (Isaiah 53:6)

The Son of Man did not come to be served, but to serve and to give his life as a ransom for many (Matthew 20:28)

Fri 2nd Apr: He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him and by his wounds we are healed (Isaiah 53:5)

Therefore, there is now no condemnation for those who are in Christ Jesus (Romans 8:1)

Sat 3rd Apr: I know that my Redeemer lives and that in the end he will stand upon the earth..... I myself will see him with my own eyes - I and not another (Job 19:25, 27)

For I am convinced that neither life nor death..... Nor anything else in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:38-39)