

40 Words for 40 Days of Lent

A prayer journaling practice



If you enjoy journaling, this practice is for you. Make time and space each day to sit with a word. Read it. Meditate over it. Speak it. Write it down. Offer it to God in prayer and sit with the word either in silence or verbal prayer. Then write or draw how the Lord leads you. What images come to mind, what questions does it arise for you, what is God speaking to you through the word, what scripture comes to mind? Allow this time be an offering of your heart unto the Lord. Just come to this exercise free of expectation and willingness to be still and know God. I trust it will draw you into a space to hear, see and commune with the God of Love.

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1. Mortality
 2. Desert
 3. Silence
 4. Healing
 5. Cave
 6. Dormant
 7. Mourning
 8. Intimacy
 9. Voice
 10. Stillness
 11. Wilderness
 12. Repent
 13. Sin
 14. Secret
 15. Transformation
 16. Grace
 17. Penitent
 18. Service
 19. Teaching
 20. Surrender
 21. Trust
 22. Rest
 23. Solitude
 24. Temptation
 25. Heart
 26. Weary
 27. Hunger
 28. Friend
 29. Loneliness
 30. Shadow
 31. Touch
 32. Welcomed
 33. Clay
 34. Death
 35. Table
 36. Union
 37. Struggle
 38. Love
 39. Preparation
 40. Cross

