

# **Following Our Lenten Lord**

**WorkBook**

**Mark 8:34**

**February 17, 2021 – April 1, 2021**



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# Following Our Lenten Lord

*“Jesus then told the crowd and the disciples to come closer, and he said: If any of you want to be my followers, you must forget about yourself. You must take up your cross and follow me”. Mark 8:34*

The Resurrection of Jesus Christ is central to our Christian faith and has been so for centuries. You are invited to use this Workbook along with the Reflections on the Heart Lenten Study to help you follow the season of Lent from Ash Wednesday to Holy Week. The Workbook is designed to help you spend additional time each week studying the weekly Scriptures found in the Reflections on the Heart Lenten Study.

This tool will aide you in exploring the message of Lent together with your family. You are encouraged to read and study the Scriptures and devotions together as a family and individually. We invite you to intentionally engage in the spiritual practices of journaling, fasting, Bible reading, and prayer for the next forty days.

## **The Lenten Season challenges us...**

- To hear and be obedient in our commitment to follow God’s call.
- To take time to develop an intimate relationship with the Father through the disciplines of prayer, Bible study, journaling, fasting and fellowship.
- To eagerly follow Christ in offering forgiveness to those who have caused us pain.
- To confess our sins to Christ and repent, determined to live a life reflecting repentance.

**Bible Reading**  
**February 18-20, 2021**  
**Mark 8:3-4**  
**“Following Our Lenten Lord”**



**February 18-20, 2021**

**Mark 8:3-4**

**“Following Our Lenten Lord”**

**Thursday, February 18** (Read Mark 8:3-4 in 2 Translations)

Examples: *Contemporary English Version (CEV)*, *New International Version (NIV)*

1. List key words in the Scripture that catch your eye.
2. What is the setting of the text?
3. Who are the main characters?
4. Write out your personal thoughts and reflections on this text.

**Friday, February 19**

Write out your personal reflections of Mark 8:3-4

1. What word or phrase in today’s reading speaks to your heart?
2. Describe your Lenten “take away” for the week from the study of the Scripture.

**Saturday, February 20**

This is to be used as your personal day of Meditation and Fasting (see Fasting and Meditation description on page in this guide).

## **Week 1: Monday, February 22 (Read Matthew 6:19-21 in 2 Translations)**

1. List key words in the Scripture that catch your eye.
2. What is the setting of the text?
3. Who are the main characters?
4. Write out your personal thoughts and reflections on this text.

## **Tuesday, February 23**

Write out your personal reflections of Matthew 6:19-21. How does today's reading directly relate/speak to you?

## **Wednesday, February 24**

1. Share your personal reflections of Matthew 6:19-21 with a Lenten partner (at lunch or another time of the day prior to Bible Study).
2. Join tonight's Bible Study class to gain additional insight of this Scripture.

## **Thursday, February 25**

1. Journal any additional insights that emerged from Bible Study and meeting with other disciples on Wednesday.
2. How will you apply what you have learned this week from reading, studying and reflecting on the text to fulfill God's call on your life?

## **Friday, February 26**

Lenten "take away" for the week of February 22:

1. Journal ways your understanding and perspective of the Scripture has changed from Monday to today.
2. Apply what you have learned in a tangible way toward helping others.

## **Saturday, February 27**

This is to be used as your personal day of Meditation and Fasting (see Fasting and Meditation description in this guide).

**Bible Reading**  
**March 1 – 5, 2021**  
**Luke 2:41-52**  
**“Sharing Our Hearts”**



**The Spiritual Discipline of Journaling**

The **journal** is a place to record the works and ways of God in your life. Your journal also can include an account of daily events, a diary of personal relationships, a notebook of insights into Scripture, and a list of prayer requests. It is where spontaneous devotional thoughts or lengthy theological musings can be preserved.”

## **Week 2: Monday, March 1 - “Sharing Our Hearts” (Read Luke 2:41-52 in 2 Translations)**

1. List key words in the Scripture that catch your eye.
2. What is the setting of the text?
3. Who are the main characters?

### **Tuesday, March 2**

Write out your personal reflections of **Luke 2:41-52**. What word or phrase speaks to your heart? How does today’s reading directly relate/speak to you?

### **Wednesday, March 3**

1. Share your personal reflections of **Luke 2:41-52** with a Lenten partner (at lunch or another time of the day prior to Bible Study).
2. Join tonight’s Bible Study class to gain additional insight of this Scripture.

### **Thursday, March 4**

1. Journal any additional insights that emerged from Bible Study and meeting with other disciples on Wednesday.
2. How will you apply what you have learned this week from reading, studying and reflecting on the text to fulfill God’s call on your life?

### **Friday, March 5**

Lenten “take away” for the week of March 1:

1. Journal ways your understanding and perspective of the Scripture has changed from Monday to today.
2. Apply what you have learned in a tangible way toward helping others.

### **Saturday, March 6**

This is to be used as your personal day of Meditation and Fasting (see Fasting and Meditation description in this guide).

## **Week 3**

### **Monday, March 8- “Knowing the Good” (Read Matthew 19:16-26 in 2 Translations)**

1. List key words in the Scripture that catch your eye.
2. What is the setting of the text?
3. Who are the main characters?

### **Tuesday, March 9**

Write out your personal reflections of **Matthew 19:16-26**. What word or phrase speaks to your heart? How does today’s reading directly relate/speak to you?

### **Wednesday, March 10**

1. Share your personal reflections of **Matthew 19:16-26** with a Lenten partner (at lunch or another time of the day prior to Bible Study).
2. Join tonight’s Bible Study class to gain additional insight of this Scripture.

### **Thursday, March 11**

1. Journal any additional insights that emerged from Bible Study and meeting with other disciples on Wednesday.
2. How will you apply what you have learned this week from reading, studying and reflecting on the text to fulfill God’s call on your life?

### **Friday, March 12**

Lenten “take away” for the week of March 8:

1. Journal ways your understanding and perspective of the Scripture has changed from Monday to today.
2. Apply what you have learned in a tangible way toward helping others.

### **Saturday, March 13**

This is to be used as your personal day of Meditation and Fasting (see Fasting and Meditation description in this guide).

## **Week 4**

### **Monday, March 15- “Consider the Lilies” (Read Luke 12:13-34 in 2 Translations)**

1. List key words in the Scripture that catch your eye.
2. What is the setting of the text?
3. Who are the main characters?

### **Tuesday, March 16**

Write out your personal reflections of **Luke 12:13-34**. What word or phrase speaks to your heart? How does today’s reading directly relate/speak to you?

### **Wednesday, March 17**

1. Share your personal reflections of **Luke 12:13-34** with a Lenten partner (at lunch or another time of the day prior to Bible Study).
2. Join tonight’s Bible Study class to gain additional insight of this Scripture.

### **Thursday, March 18**

1. Journal any additional insights that emerged from Bible Study and meeting with other disciples on Wednesday.
2. How will you apply what you have learned this week from reading, studying and reflecting on the text to fulfill God’s call on your life?

### **Friday, March 19**

Lenten “take away” for the week of March 15:

1. Journal ways your understanding and perspective of the Scripture has changed from Monday to today.
2. Apply what you have learned in a tangible way toward helping others.

### **Saturday, March 20**

This is to be used as your personal day of Meditation and Fasting (see Fasting and Meditation description in this guide).

## **Week 5 - Monday, March 22- “Becoming Someone New” (Read Luke Matthew 13:45-46 in 2 Translations)**

1. List key words in the Scripture that catch your eye.
2. What is the setting of the text?
3. Who are the main characters?

### **Tuesday, March 23**

Write out your personal reflections of **Matthew 13:45-46**. What word or phrase speaks to your heart? How does today’s reading directly relate/speak to you?

### **Wednesday, March 24**

1. Share your personal reflections of **Matthew 13:45-46** with a Lenten partner (at lunch or another time of the day prior to Bible Study).
2. Join tonight’s Bible Study class to gain additional insight of this Scripture.

### **Thursday, March 25**

1. Journal any additional insights that emerged from Bible Study and meeting with other disciples on Wednesday.
2. How will you apply what you have learned this week from reading, studying and reflecting on the text to fulfill God’s call on your life?

### **Friday, March 26**

Lenten “take away” for the week of March 15:

1. Journal ways your understanding and perspective of the Scripture has changed from Monday to today.
2. Apply what you have learned in a tangible way toward helping others.

### **Saturday, March 27**

This is to be used as your personal day of Meditation and Fasting (see Fasting and Meditation description in this guide).

## **Week 6 - Monday, March 29- “Shifting Our Gaze” (Read Mark 9:30-37 in 2 Translations)**

1. List key words in the Scripture that catch your eye.
2. What is the setting of the text?
3. Who are the main characters?

### **Tuesday, March 30**

Write out your personal reflections of **Mark 9:30-37**. What word or phrase speaks to your heart? How does today’s reading directly relate/speak to you?

### **Wednesday, March 31**

1. Share your personal reflections of **Mark 9:30-37** with a Lenten partner (at lunch or another time of the day prior to Bible Study).
2. Join tonight’s Bible Study class to gain additional insight of this Scripture.

### **Thursday, April 1**

1. Journal any additional insights that emerged from Bible Study and meeting with other disciples on Wednesday.
2. How will you apply what you have learned this week from reading, studying and reflecting on the text to fulfill God’s call on your life?

### **Friday, April 2**

Lenten “take away” for the week of March 15:

1. Journal ways your understanding and perspective of the Scripture has changed from Monday to today.
2. Apply what you have learned in a tangible way toward helping others.

### **Saturday, April 3**

This is to be used as your personal day of Meditation and Fasting (see Fasting and Meditation description in this guide).

## The Discipline of Fasting

Fasting is an act of self-denial, so that we might yield and consecrate ourselves to God. Jesus combined prayer and fasting to overcome His temptations in the desert. The early church followed the practice at critical points in its' life to discern how God was leading them to empower their ministry (Acts 13, 14).

The normal fast “involves abstaining from food, solid or liquid, but not water.” A partial fast involves a “restriction of the diet but not abstention.” And an absolute fast means “abstaining from both food and water”. Restricting your intake to fresh fruit juices is good way to engage in a partial fast.

### Types of Fast

#### **Mediterranean diet: A heart-healthy eating plan**

The Mediterranean diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean. The main components of Mediterranean diet include:

- Daily consumption of vegetables, fruits, whole grains and healthy fats
- Weekly intake of fish, poultry, beans and eggs
- Moderate portions of dairy products
- Limited intake of red meat

**For additional information:** - <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

#### **Daniel Fast**

The Daniel Fast or Daniel Diet is based upon the prophet Daniel’s dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It’s a type of partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein.

**For additional information:** [The Daniel Plan: 40 Days to a Healthier Life](#) by Rick Warren

# The Discipline of Journaling



**Journaling** is a means of listening and reflecting on our experiences in the presence of the Holy Spirit to learn from them. It is a way of paying attention to our lives – a way of combining our experiences into something that allows us to attest to the state of our soul. On the pages of a journal, in the privacy of a moment we can take the necessary steps into truth and examine our feelings, hurts, ideas and struggles before God. Over time repetitious themes, sins, compulsions, hopes and concerns emerge. We begin to recognize our constant sins, limitations and desires. During times of transition, travel, loss, joy, illness and decision making, journaling can provide a way of processing the hopes, fears, longings, angers, and prayers of your heart.

You don't need to journal every day or even every week. Find the time of journaling that suits you. There is no right way to journal. Journaling is a way for you to be with God and your thoughts, not an exercise in language arts. Tell the truth to God and yourself as best as you can. Review what you write on a regular basis. As you do, you will begin to recognize recurring life themes, desires, frustrations and patterns of interaction. These insights become matters for dialogue with God.

## How to Write in Your Journal

1. Choose the kind of journal that works for you.
2. Find the right place to write
3. Date your entry
4. Tell the truth, be honest with God. Feel free in the beginning to share anything with God that you would share with a best friend that you trust.
5. Write down details
6. Write down what you feel. Tell how you got to the emotion that you are currently experiencing.
7. Write a lot or a little.

## **Bible Study Notes (Sample)**

*Please use this only as an example of maintaining your notes of your personal study each week. Feel free to create your own personal means of keeping notes in a notebook or a journal.*

**List Key words in Scripture**

**Describe the setting of the text**

**List the main characters in the text**

**My personal thoughts and reflections on the text**

**Insights I wish to share with my fellow disciple at lunch.**

**Insights I gained at Bible Study...**

**Ways I will apply what I learned from this week's Scripture.**

“Whoever does  
not  
carry  
the  
**CROSS**  
and  
follow  
me cannot  
be my  
disciple.”

Luke 14:27

