

# STEADFAST LOVE

## FUMCT LENT 2025: 40 DAYS OF WELLNESS

### A GUIDE FOR PERSONAL REFLECTION

Using Scripture References and Questions from our Lenten Worship Series

## *Steadfast Love: A Lenten Playlist*

Music is a vital part of worship and a powerful tool for contemplation. As you let music guide your Lenten journey, consider: **How do I use music to improve my overall wellness?** How do the internal songs and comments that play repeatedly in my mind impact my connection with God and help or hinder my personal growth?

### **ASH WEDNESDAY, MARCH 5 – SUSTAIN IN ME – PSALM 51:1-17**

#### **SONG: “FIX YOU” BY COLDPLAY**

What strengthens and nourishes my body, mind, and soul? Am I moving forward on my discipleship journey, prioritizing the things that bring me healing and wholeness?

Am I paying attention to my relationships with God and neighbor? How am I encouraging and keeping others accountable?

***Invitation: Come and worship; come hungry and worship with joy.***

### **SUNDAY, MARCH 9 – RESCUE ME – PSALM 91:1-2, 9-16; LUKE 4:1-13**

#### **SONG: “RISE UP” BY ANDRA DAY**

How has difficulty and distress affected my capacity for growth? Where in my life am I calling out for rescue, and how is God calling me to reach out in love to rescue my neighbor?

What if the heart of Lenten examination is about how I live in community and how I love?

Invitation – to live obediently, loving unreservedly, hoping to rescue and be rescued by brothers and sisters in the Body of Christ.

### **SUNDAY, MARCH 16 – CONCEAL ME – PSALM 27; LUKE 13:31-35 –**

#### **SONG – “HEAD ABOVE WATER” BY AVRIL LAVIGNE**

Do I have a safe place to withdraw – to breathe and to be? How do I fight fear, worry, and anxiety?

Do I look for ways to provide sanctuary for others in our broken world?

***Invitation: to fight fear by filling our lives with the search for God, intentionally seeking God’s face in all situations, circumstances, and the faces of others.***

**SUNDAY, MARCH 23 –MY SOUL CLINGS – PSALM 63:1-8; LUKE 13:1-9**

**SONG: “LIGHT OF HOME” BY U2**

To what do I cling? When I am surrounded by chaos and turmoil, how do I find security, confidence, and home in God? How do I meditate on (remember)the moments that I have been closest to God?

***Invitation: remember that even in the dark night, now is the time to cling to life, the full and fruitful life.***

**SUNDAY, MARCH 30 – STEADFAST LOVE – PSALM 32; LUKE 15:1-3, 11B-32**

**SONG – “RAINBOW” BY KACEY MUSGRAVES**

How have I seen God’s devout loving-kindness and mercy? Do I include confession in my prayers and praise God for offering undeserved grace?

**Invitation: remove anything that gets in the way of a close relationship with God and full communion with the Spirit. Choose to live in joy; breathe deeply in the steadfast love that surrounds you.**

**SUNDAY, APRIL 6 – FILL ME WITH LAUGHTER – PSALM 126:1-2**

**SONG – “COVER ME IN SUNSHINE” BY PINK**

What gives me all that I need and want? What fills me with joy and delight? How do I express my gratitude to God and to others?

**Invitation – see hope and live in confidence that all is well.**

**PALM SUNDAY, APRIL 13 –OPEN THE GATES – PSALM 31: 9-16; PSALM 118, 1-2, 19-29; LUKE 19:28-40; LUKE 22:14-23:56 - SONG – “YOU WILL BE FOUND” FROM DEAR EVAN HANSEN**

Do I claim Christ one moment and reject Him the next moment?

If I were in the crowd during Jesus’ triumphant entry, what would I be thinking and hoping for? Would I follow Him, knowing what happens at the end of the week?

**Invitation – be open to hope and pain; face the reality of sin and being saved.**

**MAUNDY THURSDAY, APRIL 17 – YOU HAVE LOOSED MY BONDS – PSALM 116:1-2, 12-19; JOHN 13:1-17, 31B-35 - SONG – “STAND UP” BY CYNTHIA ERIVO**

How do I model service in humble ways? How do sacraments strengthen my faith?  
Commandment – love one another. Just as Christ loved us, we should love one another.

**Prayer –Dear God, I give thanks for this holy mystery in which [Jesus] has given Himself to me. Grant that I may go into the world in the strength of the Spirit, to give myself to others.  
Amen**

**GOOD FRIDAY, APRIL 18 – DO NOT BE FAR FROM ME- PSALM 22, JOHN 18:1-19, 42  
SONGS –“STRANGE FRUIT” BY BILLIE HOLLIDAY, “THE HANGING TREE” FROM THE HUNGER GAMES.**

What’s good about Good Friday? How does God’s steadfast love strengthen you to be present and tell the truth in the face of sin and evil in the world?

**Invitation – Spend time in silence, meditating on the awe, the necessity, and the extreme suffering of Christ’s sacrifice.**