

# Guideposts



**10 Tips for a More  
Meaningful Lent**



# Introduction

For God, who said, "Let light shine out of darkness," made His light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.

-2 Corinthians 4:6 NIV

Lent is often thought of as a time to give up something, but it's actually a meaningful time to gain a closer relationship with God. In the coming days, you have the magnificent opportunity to deepen your faith and reflect on the life and message Jesus shared with the world.

During this beautiful time of renewal, focus on your faith and God's amazing ability to bring good out of bad. In just three days, the pain and sorrow of Good Friday became the joy and glory of Easter. Begin with this prayer:

Dear Lord,  
As I begin my journey toward spiritual growth,  
Help me to look deep within myself,  
Let go of the old,  
And embrace the new life  
That comes from You.

# 1. Let Go and Let God

“Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.”

-Isaiah 43:18-19 ESV

During this Season of Lent, ask God to help you leave behind barriers that block you from having a closer relationship with Him and look to the future. Let go of what is impeding you from living your best full life and go forward on the path He clears for you.

Heavenly Father, release me of thoughts and things that get in the way our relationship.



## 2. Deepen Your Prayer Life

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

-Matthew 6:33 NIV

Set aside a few minutes every day to think about God. Do not say anything during this time; just focus your mind on Him. This practice will make your mind spiritually receptive and will help deepen your prayer life.

Heavenly Father, I commit my soul to Your care. Knowing You are watching over my life gives me peace of mind.



# 3. Draw from God's Wisdom

**"You guide me with your counsel, and afterward you will take me into glory."**

-Psalm 73:24 NIV

Know that God is working on your behalf. Put every problem in His hands. Ask Him to give you the right answer. Believe that He is doing just that, and take the guidance as it comes.

Father, help me find solutions to my problems. Guide me to apply Your wisdom to my life.



# 4. Begin Each Day with Devotion

**“This is the day the LORD has made.  
We will rejoice and be glad in it.”**

-Psalm 118:24 NLT

When you arise, say the above verse out loud three times—only personalize it and say, “I will rejoice and be glad in it.” Repeat it in a strong, clear voice and believe it!

Heavenly Father, today is going to be a wonderful day! With Your help, I can successfully handle all problems that come my way.





# 5. Master Your Doubts

**“Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”**

**-2 Corinthians 10:5 NKJV**

As you travel ahead on your spiritual journey, doubt can confuse or distract you. View yourself as the absolute master of your doubts. Refuse to listen to unhealthy thoughts and focus on God’s Word.

Heavenly Father, I sometimes doubt my faith or feel that I am not worthy of Your love. Help me to shed my insecurities, let go of my excuses and truly invite You to be Lord of my life.



# 6. Practice Prayer Fellowship

“For where two or three gather in my name, there am I with them.”

-Matthew 18:20 NIV

Lift your spirit with prayer fellowship. Take the time to think, talk and pray with people who are seeking a deeper relationship with Jesus Christ. You will be aware that Jesus is in the midst of your group and your heart will be uplifted and encouraged.

Lord, bless You for the gift of praying with others. My prayer life is so much better when shared with those in fellowship with You.





# 7. Don't Compare Yourself to Others

“Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else.”

-Galatians 6:4 NIV

Comparison to others is destructive, you'll either feel discouraged, or become arrogant. As Theodore Roosevelt said, "Comparison is the thief of joy." Instead of looking to others, focus on your purpose and be the person God made you to be.

Dear Lord, help me find satisfaction by doing my best and avoid the trap of comparing myself to others.



## 8. Build Up God's Love

**“Yet in all these things we are more than conquerors through Him who loved us.”**

-Romans 8:37 NKJV

Build up your spirit, day by day, with the power of God's presence in your life and His eternal love for you. No matter what happens, nothing can separate you from His love and protection.

Lord God, I will dwell on this verse until it becomes an unshakeable truth in my life.



# 9. Be Complete

“The kingdom of God is within you.”

-Luke 17:21 KJV

God has placed all the abilities you need in your spirit. Believe in yourself and the strength within you will surface. When you feel overwhelmed and weak, repeat these words, “God’s abundance and power are within me. I lack for nothing.”

Lord Jesus, may I abide in the peace of Your kingdom now and forever.





# 10. Live by Jesus' Example

“Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me.”

-Matthew 16:24 NIV

If you want to be a better person, follow Christ's lead. Be kind and loving to friends and foes alike, forgive those who have hurt you, be of service to others—help the poor, volunteer at a charity—do good deeds humbly and quietly.

Dear Lord, I am ready to serve. Guide me to where I am needed.



## ABOUT GUIDEPOSTS

Guideposts is a nonprofit organization dedicated to providing hope, encouragement, and inspiration to millions of people across America and the world. Through uplifting magazines, books, websites, a prayer network, and outreach programs, Guideposts helps people deepen their faith and inspires them to reach their true potential.

The challenges and obstacles we encounter in life can make it hard to know which path to choose. A “guidepost” is that welcome sign on an unfamiliar road. We’d like you to think of Guideposts as your trusted partner on your life’s journey.

Every day, people like you draw strength from their faith and overcome adversity. We invite you to connect with like-minded Guideposts readers, volunteers, and donors who share a sense of faith and belief in the human spirit.

Guideposts.org is the place for your “daily inspiration” — where you can read inspirational stories, request a prayer, pray for others, or share an uplifting story of your own.