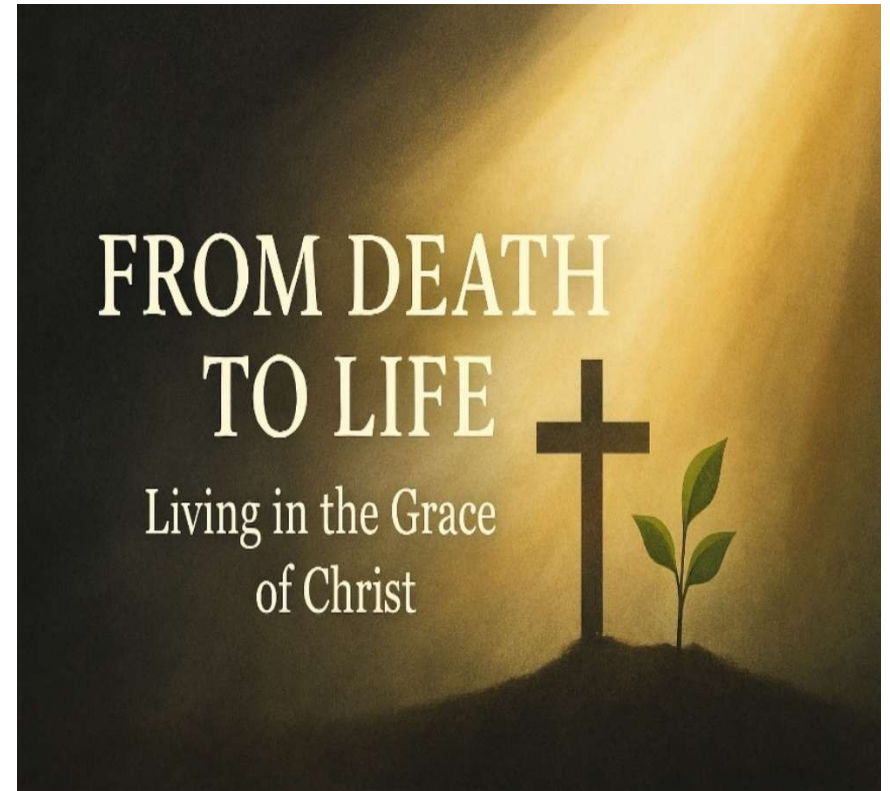


St. Mark Lutheran Church

Disciples of Jesus, Connecting our Community to Christ



DAILY REFLECTIONS FOR THE SEASON OF LENT

Lent Series

“From Death to Life: Living in the Grace of Christ”

By Pastor Brad Urlaub, St. Mark, Mendon, NY

A 5-part series for the Sundays of Lent, following the Lectionary Readings of Series A.

Series Overview:

This five-week journey through Paul’s letters invites us to see the sweeping work of God’s grace — from humanity’s fall in Adam to our new life in the Spirit through Christ.

Each message builds on the next: grace given, restoring, sustaining, transforming, and empowering.

The series proclaims that salvation is not only freedom from sin but a call to live each day in the light and power of Christ.

Series Visual Concept:

A design showing a beam of light breaking through darkness, gradually illuminating a cross and then a green sprout or tree of life emerging from the shadow.

Colors transition from deep gray (death) to gold and soft green (life, renewal).

Week 5

“Life in the Spirit: The Power of Resurrection”

 *Text of the week:* Romans 8:1–11

Theme: There is no condemnation for those in Christ — the Spirit gives life and peace.

Summary:

Freed from sin’s grip, we live not by fear but by the Spirit’s power. The same Spirit who raised Jesus now gives us life that never ends.

Key Image: Breath of wind filling sails — the Spirit propelling us forward.

Application: Live each day in the Spirit’s freedom — no longer condemned but fully alive in Christ.

Day	Scripture	Challenge/Reflection
M	Ezekiel 37:1-14	Where has hope felt dried up in your life? Ask the Spirit to breathe new life there.
T	John 14:15-17, 25-27	Invite the Spirit to guide your decisions today.
W	Galatians 5:22-25	Choose one fruit (love, joy, peace...) to practice intentionally today.
Th	Romans 8:26-27	When you don’t know what to pray, sit quietly and let the Spirit pray for you.
F	2 Corinthians 3:17-18	Thank God for how He’s changing you – even if slowly.
S	Colossians 3:1-4	Begin your day with resurrection hope – live today as one already raised with Christ.

Week 4

“Awake, O Sleeper: Walking as Children of Light”

 *Text of the week:* Ephesians 5:8–14

Theme: Grace transforms us to live as children of light.

Summary:

Christ’s light exposes darkness and awakens faith. The forgiven become beacons of grace, shining truth and goodness in the world.

Key Image: Dawn breaking through the night.

Application: Let your life reveal the light of Christ where the world still walks in shadow.

Day	Scripture	Challenge/Reflection
M	John 8:12	Ask Christ to shine into one shadowed part of your life.
T	Matthew 5:14-16	Find one way today to reflect Christ’s light—through kindness, honesty, or mercy.
W	1 John 1:5-9	Confess to God something you’ve been hiding; step back into the light.
Th	Philippians 2:14-16	Choose gratitude instead of complaint today.
F	Psalms 119:105	Read a Psalm aloud by candlelight tonight as an act of worship.
S	1 Thessalonians 5:4-8	Reflect on one way to be more spiritually alert this week.

Week 1

“The Power of One: From Adam’s Fall to Christ’s Victory”

 *Text of the week:* Romans 5:12–19

Theme: Sin and death entered through one man; grace and life through another.

Summary:

In Adam, all die — but in Christ, all are made alive. The cross reverses the curse, and grace reigns where sin once ruled.

Key Image: Two trees — the tree of Eden and the tree of the cross.

Application: Trust that Christ’s righteousness defines you more powerfully than Adam’s failure.

Day	Scripture	Challenge/Reflection
M	Genesis 3:1-7	Where do you still hear the serpent’s question, “Did God really say?”? Ask God to help you trust His Word fully.
T	Psalms 51:1-12	Pray David’s words: “Create in me a clean heart, O God.” Let repentance open the door to joy.
W	Romans 3:21-26	Thank Jesus today for doing what you could never do – making you right with God.
Th	John 3:16-17	Share with someone today how Christ’s love has changed your story.
F	1 Corinthians 15:21-22	Reflect on what it means to live <i>in Christ</i> , not just for Him.
S	Romans 6:8-11	Name one “old self” habit you want Christ to put to death, and one “new life” habit to grow in.

Week 2

“Faith That Lives: Trusting the Promise of God”

 *Text of the week:* Romans 4:1–8, 13–17

Theme: Righteousness is received by faith, not earned by works.

Summary:

Abraham believed God’s promise against all odds. We, too, are heirs of righteousness through faith in the God who gives life to the dead.

Key Image: Stars in the night sky — the countless promises of God.

Application: In a world built on performance, rest in the promise that grace is enough.

Day	Scripture	Challenge/Reflection
M	Genesis 15:1-6	Where does God call you to trust beyond what you can see?
T	Hebrews 11:1-12	Write down one way you’ve seen God’s faithfulness in your life this year.
W	Romans 10:8-13	Say aloud, “Jesus, You are my Lord.” Speak faith with confidence.
Th	Galatians 3:6-9	Pray for someone you know who needs faith awakened in their heart.
F	Ephesians 2:8-10	Serve someone today not to earn God’s favor, but because you already have it.
S	John 20:24-29	Ask God to help you trust even when you cannot see.

Week 3

“Peace with God: Standing in Grace”

 *Text of the week:* Romans 5:1–8

Theme: Justified by faith, we have peace with God and hope that endures.

Summary:

Faith doesn’t remove hardship but transforms it. Through suffering, the Spirit pours God’s love into our hearts, shaping endurance and character.

Key Image: A flame steady in the wind — hope that holds.

Application: In trials, remember: you stand in grace, not guilt.

Day	Scripture	Challenge/Reflection
M	Isaiah 26:3-4	Begin your day repeating, “You keep me in perfect peace.”
T	Philippians 4:4-9	When anxiety rises, turn it into prayer instead of worry.
W	John 14:25-27	Breathe slowly and invite Christ’s peace to quiet your heart.
Th	Romans 8:31-39	Memorize verses 38-39. Recite it whenever you feel discouraged.
F	Psalms 23	Go for a short walk today and reflect on the Shepherd’s presence in every valley.
S	2 Corinthians 5:17-21	Reach out to someone you need to reconcile with this week.