



BETHEL  CHURCH
INTERNATIONAL WORSHIP CENTRE

A Lent Devotional





Introduction

In the story of the Church, Lent has long been a season of preparation—a sacred 40-day journey (excluding Sundays) leading up to Easter. It's a time when followers of Jesus set aside certain foods or comforts, reflecting on their own frailty and fix their gaze on the death, burial, and resurrection of Christ. The number 40 isn't random—it echoes Matthew 4:1-11, where Jesus fasted for 40 days in the wilderness. This season of self-denial culminates on Holy Saturday, just before Easter morning bursts onto the scene, proclaiming Jesus' ultimate victory over death. The resurrection whispers the hope that we are not only being made new, but all things are being renewed by the power of Christ.

- ❁ Lent is a call to remember and to repent—to turn from sin and cling to Christ.
- ❁ Lent breathes fresh air into weary souls, reminding us that in our weakness, we are wholly dependent on God.
- ❁ Lent nudges us away from the broken wells of the world, making us more aware that only the Living Water can quench our deepest thirst.
- ❁ Lent leads us to the foot of the wondrous Cross, where the Prince of Glory died. May we, like those before us, be moved to declare, “Love so amazing, so divine, demands my life, my soul, my all.”
- ❁ Lent sharpens our focus, drawing our eyes once more to the wonder of the empty tomb and the power of resurrection in our daily living.

How do I fast for *Lent*?

We fast to hold fast to God.

What do we hunger for? We fast from neutral appetites that are taking up more craving in our inner lives than they can provide nourishment.

Traditionally, fasting specifically refers to refraining from eating all food, while abstaining refers to refraining from eating a certain type of food. Many followers of Jesus fast, abstain, or both during the Lenten season. When deciding what to fast from, ask the Spirit to bring to mind a neutral appetite that distracts from deep spiritual desires.

If you are someone who practices fasting regularly, consider fasting for one day a week during Lent. If you are newer to fasting, try giving up a food group (sugar, meat, coffee, etc.) or giving up one meal a week. Some ideas for abstaining during Lent also include social media, video gaming, shopping, and sports, etc.

These 40 days of fasting are designed to help each of us listen prophetically, pray, and fast to increase our hunger for God.



How do I pray during *Lent*?

Fasting without prayer is just living through the prolonged discomfort of hunger.

Prayer makes fasting fruitful because it is a way to say in harmony with soul and body: *"God, I long for more of You. My hunger for food is real, but my hunger for Your presence is greater."* Lord, You taught us, *"Man shall not live by bread alone but by every word that proceeds from the mouth of God, so make that truth a reality in my life."*

Pray Psalm 51:10: *"Create in me a clean heart, O God, and renew a steadfast spirit within me."*

Meditate on the sacrifice of Jesus and give thanks for His amazing love over your life.

Thank God for His forgiveness and the hope of the resurrection.

Ask God to help you surrender control and rely on Him.



Dust

Genesis 3:19, "You are dust, and to dust you shall return."

Today is Ash Wednesday, the beginning of Lent. Across the world, believers dip their fingers into ash, marking their foreheads with the sign of the cross. It's a reminder: we are dust, and to dust we shall return.

Ashes have long been a symbol of mourning in the Bible. They tell a story of loss, of sin, of the brokenness that entered the world long ago. From the very first pages of Scripture, we learn two truths: we are created in the image of God, yet we are fallen. We are meant for eternity, yet our bodies will fail.

Sin brought death into the world, along with sorrow, suffering, and despair. But the weight of the curse would not rest on us alone. It would fall upon another. As Paul writes in Galatians 3:13, "Christ redeemed us from the curse of the law by becoming a curse for us." Jesus took the curse upon Himself. He became dust so that we could live.

To be born and know you will die—that's not the good news. But the cross transforms our dust into beloved dust. And nothing—not sin, not sorrow, not even death—can separate us from the love of God in Christ. Yes, our bodies will return to dust. But through the power of the Holy Spirit, this dust will rise again. Because of Jesus, our dust is resurrected dust.

Additional Readings: John 11:40-44, 1 Corinthians 15:44-49

Day 1

March 5th, 2025 (Ash Wednesday)

Return

Joel 2:13, "Return to the Lord, your God, for He is gracious and merciful."

Our lives always drift away from their true home. We are distracted and disoriented, we forget that we are God's beloved. We forget that we are not God. We succumb to the temptations of money, sex, and power. We focus only on ourselves.

During Lent, God calls us home. We remember who we truly are. We let God be God in our lives. Only when the fierce love of God, fully revealed in the Crucified One, pierces our hearts do we respond lovingly to God. This is the good news: God passionately loves us and Lent invites us to open our lives to this love however far we may have drifted and to return again to the God who longs for us. Ask the Holy Spirit to deepen your awareness of God's love.

Additional Readings: Jonah 4:2, Exodus 34:6

Day 2

March 6th, 2025 (Thursday)

Fast

Matthew 4:4, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Fasting is really feasting. It provides us with an opportunity to feast on God's overwhelming goodness and love for us. During our fast, we need to nourish ourselves on those words that God speaks to us through His word. We learn that we do not live on bread alone but by every word of God. Our human cravings and desires are like a river that tends to overflow its banks; fasting helps keep them in their proper channel. "I pummel my body and subdue it," said Paul (1 Cor. 9:27). How easily we begin to allow nonessentials to take precedence in our lives. How quickly we crave things we do not need—until we are enslaved by them. Paul wrote, "'All things are lawful for me,' but I will not be enslaved by anything" (1 Cor. 6:12). Fasting helps us keep our balance in life.

Additional Readings: Matthew 6:16-17, Isaiah 58:5-6



Day 3

March 7th, 2025 (Friday)

Life

Deuteronomy 30:19-20, "Choose life so that you and your descendants may live, loving the LORD your God, obeying Him and holding fast to Him."

Our choices matter because their consequences forever shape our lives as well as the lives of others. Lent asks us to examine our choices. In almost every moment of our lives – in our thoughts, our imaginations, our actions, and even our inactions – we make choices that lead either toward life or death. Jesus came to give us life—but it is a life that comes through the cross. As we journey through Lent, we remember that the true life is not found in comfort, success, or possessions. Instead, it is found in surrender. Just as Jesus laid down His life so that we might live, He calls us to die to self and find new life in Him.

Additional Readings: John 10:10-11, John 1:4-5



March 8th, 2025 (Saturday)

First Sunday of *Lent*

Kingdom of God

Mark 1:14-15, "After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. 15 "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Another kind of life is available to each one of us, right where we are, right now. This astounding offer lies at the heart of Jesus' message about the availability of the Kingdom of God. Life in the Kingdom is an intimate life in which we come to know God personally as Abba – God the Father. It is a shared life through which we come to discover ourselves as a part of God's family. It is a transformational life in which we are gradually changed into the people that God wants us to be. It is a powerful life in which God acts together with us for the good of others and the healing of our world. Above all, it is an eternal life that cannot be snuffed out by death. We must walk a daily journey of turning toward the risen Christ and learning from Him how to live our lives.



Choose

Matthew 16:24, "Then Jesus said to His disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me.'"

Every day presents a choice: to follow Christ or to follow the world. In the wilderness, Jesus was tempted, yet He chose obedience to the Father (Matthew 4:1-11). As we journey through this season of reflection and repentance, we, too, must choose—to surrender our desires, to seek God's will, and to walk in the footsteps of Christ. Will we choose self-denial over self-indulgence? Will we choose prayer over distraction? Will we choose to love sacrificially, just as Christ chose the cross for our sake? This Lent, may our hearts be steadfast in making the choice that leads to life—choosing Christ in all things.

Additional Readings: Galatians 2:20, 1 Corinthians 9:24-27

Day 5

March 10th, 2025 (Monday)

Still

Psalm 46:10, "Be still, and know that I am God!"

We often frame this verse on our walls and tabletops. But there is a huge difference between having this verse on the wall and living it out. Finding stillness and silence in a world conditioned to noise, busyness, and words is not easy. Little wonder we often lack personal and intimate knowledge of the Eternal One. It is in stillness we come to know what our hearts long for: the Divine Presence alive in us. This Lent, let us embrace the stillness—not as absence, but as an opportunity to listen, to repent, and to receive His grace anew. When we are still, we make room for God to move, to speak, and to transform our hearts. Will you take time to be still before Him today?

Additional Readings: Isaiah 41:10, Exodus 14:14



March 11th, 2025 (Tuesday)



Love

1 John 3:18, *"Dear children, let us not love with words or speech but with actions and in truth."*

Lent invites us to practice loving. God passionately loves us. It is not a passive or conditional love, but a sacrificial one, demonstrated through Christ's journey to the cross. Jesus loved us to the point of surrender, choosing obedience over comfort, humility over pride, and the cross over self-preservation. In response, we are called to love as He did—selflessly, unconditionally, and wholeheartedly.

Let's pause and remember that love—God's love. A love that bore the weight of our sin. A love that saw our brokenness and chose the nails anyway. A love that whispers through the ages, You are worth it. So, what do we do with a love like that? We receive it. We rest in it. And we pass it on. Because love—true love—is never meant to be hoarded. It's meant to be shared.

Additional Readings: John 3:16-17, John 15:13

Day 7

March 12th, 2025 (Wednesday)

Light

John 8:12, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Jesus said, "He is the light of the world." Not just a light. Not just one of many. "The Light." The only One who can pierce the world's darkness, the only One who can bring clarity to confusion, hope to despair, and direction to lost souls.

Darkness resides around and within us. We experience different kinds of darkness: the darkness of intense pain and suffering, the darkness of loneliness and grief, the darkness of evil and sin, and most especially the darkness of death itself. Being overwhelmed by darkness can cause difficulty, confusion, and pain. Christ enters the darkness of our world as the light. His life both echoes and fulfils the prophecy of Isaiah: "The people who walked in darkness have seen a great light." (Isaiah 9:2). When we follow Christ, His light penetrates our darkness. It illuminates our lives with His direction, delivers us from dark powers, and empowers us to live fuller and freer lives. Indeed, we become children of light in a darkened world!

Additional Readings: Isaiah 9:2, Psalm 27:1

Day 8
March 13th, 2025 (Thursday)

Heal

Psalm 147:3, "He heals the brokenhearted and binds up their wounds."

All throughout Scripture, Lord Jesus was drawn to the broken—the sick, the weary, the outcasts. He touched lepers, spoke to the forgotten, restored the shattered. And here's the good news: He hasn't changed. The same hands that healed the blind and raised the dead are the hands that hold you now.

Lent is a season to bring our wounds to the Healer. To lay down the burdens we've carried for too long. Maybe it's guilt. Maybe it's grief. Maybe it's the kind of pain we don't talk about. Whatever it is, Jesus is near. He doesn't rush past our hurt. He leans in. He listens. And He offers something the world never can—wholeness.

Healing doesn't always come the way we expect. Sometimes it's instant. Sometimes it's a journey. But one thing is certain: when we come to Jesus, we never leave the same.

Additional Readings: Isaiah 61:1, Matthew 11:28-30

Day 9

March 14th, 2025 (Friday)



See

**Genesis 16:13, "You are the God who sees me," for she said,
"I have now seen the One who sees me."**

God sees you.

Ever felt invisible? Like you're just another face in the crowd, another name on a list? Maybe you wonder if anyone really notices—really sees—the battles you're fighting, the burdens you're carrying. From the very beginning, He has been a God who sees. He saw Hagar, alone in the wilderness, and called her by name. He saw the blind, the broken, the forgotten, and stopped for them. He saw Zacchaeus in the tree, the woman at the well, the thief on the cross. And today—He sees you.

Lent is a season to pause and let that truth sink in. The God of the universe doesn't overlook you. He isn't too busy, too distant, or too distracted. He sees your struggles, your fears, your silent prayers. And more than that—He cares.

Maybe you've been longing for someone to notice, for someone to say, I see you, I understand, and you matter. Look no further than Jesus. He not only sees you, but He loves you. And when we truly believe that? It changes everything

Additional Readings: Psalm 139:1-12, 2 Chronicles 16:9

Day 10

March 15th, 2025 (Saturday)

Second Sunday of *Lent*

Listen to Him

Mark 9:7, "This is my Son, whom I love; listen to Him!"

The Transfiguration. A glimpse of Jesus' glory. A reminder that there is more than what we see, more than what we understand.

Jesus had taken Peter, James, and John up a high mountain, and suddenly—His face shone like the sun. His clothes became dazzling white. Moses and Elijah appeared, and God's voice thundered from heaven: "This is my Son, whom I love; listen to Him!" Peter wanted to stay. He wanted to set up shelters and hold onto the moment. But Jesus didn't stay on the mountain. He led them back down—back into the world, back into the journey toward the cross.

Lent is our mountain moment. A time to see Jesus more clearly, to be reminded of His glory, His power, His love. But we're not meant to stay in the moment. We're called to follow Him—through the valleys, through the struggles, all the way to the cross.



Ask

Matthew 7:7, "Ask and it will be given to you..."

Asking may be difficult for some of us. As we grow up, we tend to hide our real needs. Because we want to look strong, in control, and self-sufficient, we don't ask. Lent challenges us to become aware of our needs for God's grace and help. It invites us to truly see how needy we are, to stop pretending, and to ask.

Asking for what we need does not mean we get everything we ask for. But through asking, we learn humility, discover our interdependence, and allow God to show His care for us. It is the way our relationship with God becomes more real, honest, and intimate. Like a child running to a loving father, we bring our needs and desires to God. Jesus reminds us: no parent would hand their child a rock when they ask for bread, or a snake when they long for fish. Even flawed and self-focused as we are, we know how to care for our children. So how much more will our heavenly Father, who loves us beyond measure, delight in giving us good gifts when we ask? (Matt. 7:9–11)

Additional Readings: Hebrews 11:6, James 1:5

Day

11

March 17th, 2025 (Monday)

Words

1 Peter 3:10, "For, "Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech."

A few words. That's all it takes. One sentence to build up. One phrase to tear down. Words hold power—more than we realize.

Jesus knew this. He spoke words that lifted the weary, softened the hard-hearted, and stirred hope in the forgotten. With a word, He calmed the storm. With a whisper, He forgave the sinner. With a cry, He surrendered His spirit and declared our salvation finished.

But not all words heal. Some words cut deep. A careless remark. A sharp criticism. A joke that stings. And once spoken, words cannot be taken back.

Lent is a season of reflection, a time to pause before we speak. What if, instead of words that wound, we offered words that restore? Instead of gossip, we gave grace? Instead of complaints, we shared gratitude?

Let's speak words of hope and bring healing to people around us.

Additional Readings: Isaiah 41:10, Exodus 14:14

Day 12
March 18th, 2025 (Tuesday)

Abba

Romans 8:15, "The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'"

There's something tender about the name "Abba." It's not a distant title or a formal address. It's the cry of a child reaching for their father. A word wrapped in trust, dripping with dependence, it's a name that speaks of intimacy, love, and belonging. Jesus used this name to call on God, revealing the depth of the Father's love for us. Abba is not a ruler standing far off but a Father who bends down to listen, who delights in His children, who holds us close. He is near when we rejoice and near when we weep. He is our protector, our provider, our safe place.

Let's lean into the love of Abba. He calls us His own, not because of what we do, but because of who He is. He delights in us, welcomes us, and walks with us every step of the way.

Additional Readings: Galatians 4:6, 2 Timothy 1:7

Day 13
March 19th, 2025 (Wednesday)

Water

John 7:38, "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

Water is life. We reach for it when we're thirsty. We need it to survive. It refreshes, cleanses, and restores.

Jesus knew the power of water. He met the woman at the well and offered her something more than a full bucket—He offered her living water, a well that would never run dry. He walked on water to calm the fears of His disciples. He turned water into wine at a wedding, showing His abundance. And as He hung on the cross, water and blood poured from His side—His final gift of grace.

Lent is a season of thirst. We strip away distractions and realize how much we need Him. Our souls long for something deeper than what this world offers. And Jesus, in His kindness, invites us to drink. Not just a sip, but a deep, soul-quenching drink of His presence.

Additional Readings: Ezekiel 47:1-12, Revelation 22:1-2

Day 14
March 20th, 2025 (Thursday)

Bread

John 6:35, "Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.'"

Bread. Simple, yet essential. A staple in every culture. It fills the hungry belly and strengthens the weak, it was there in the hands of the Israelites, manna from heaven. It was there on the hillside, multiplied to feed thousands. And it was there at the Last Supper, broken and offered: *"This is my body, given for you."*

Jesus calls Himself the Bread of Life. Not just bread to satisfy for a moment, but bread that nourishes eternally. In a world that leaves us hungry for meaning, He is the only One who truly satisfies.

Let's examine our appetites this season. What are we feeding on? Where are we seeking satisfaction? Only Jesus fills the deepest hunger of our souls. Come to the table. Take, eat, and be filled. His body was broken so that we might be whole. His presence is the nourishment we need. And in Him, we will never go hungry again.

Additional Readings: Matthew 5:6, Isaiah 55:1-2

Day

15

March 21st, 2025 (Friday)

Time

Psalm 90:12, "Teach us to number our days, that we may gain a heart of wisdom."

Time. We measure it in seconds, minutes, and hours. We chase it, try to save it, and often feel like we never have enough of it. But in God's hands, time is not something to be controlled—it is something to be surrendered.

Jesus understood time. He never rushed. He never worried about the next thing on His schedule. He took time to pray, time to listen, time to love. When others hurried past, He stopped to heal. When the crowds pressed in, He withdrew to be with the Father. When the moment called for stillness, He was still.

This season is a call to slow down, to be present, to recognize that every moment is a gift from God.

True leadership is not just about productivity but about prioritizing what matters most. A great leader, like Jesus, knows when to act and when to be still. Leadership calls for discernment—knowing when to press forward, when to invest in others, and when to retreat in prayer. The best leaders recognize that time is a resource entrusted to them, and they steward it wisely, using it to glorify God and serve others.

Additional Readings: Ephesians 5:15-16, Matthew 6:33

Day 16

March 22nd, 2025 (Saturday)

Third Sunday of *Lent*

Messiah

Mark 8:29, “But what about you?” he asked. “Who do you say I am?” Peter answered, “You are the Messiah.”

It was a moment that changed everything. Jesus, standing with His disciples, looking them in the eyes, asking the one question that matters most. Who do you say I am?

Peter speaks first. He doesn't hesitate. “You are the Messiah.” It's more than just words—it's a declaration, a confession, a stake in the ground. Peter doesn't call Him a teacher, a prophet, or a wise man. No, Peter calls Him the Messiah. The One. The Savior. The fulfillment of every longing heart.

And what about us? Jesus still asks that same question today. Who is He to you? Is He a Sunday morning ritual? A historical figure? A name in a book? Or is He your Messiah—the One who walks with you, loves you, redeems you?

Lent is a time to pause and answer. Not with borrowed words or rehearsed phrases, but with a heart that truly knows. Because when we see Jesus for who He really is, everything changes. Fear loosens its grip. Hope rises. Faith deepens. Take a moment today. Listen for His question. And answer with all your heart.

Blessed

Matthew 5:6, "Blessed are those who hunger and thirst for righteousness, for they will be filled."

Blessed. We hear the word often. A social media caption, a polite response, a phrase tossed around when life is good. But Jesus turns the idea of being blessed upside down.

He doesn't say, *Blessed are the wealthy*. He doesn't say, *Blessed are the comfortable*. He doesn't say, *Blessed are those who have it all figured out*. Instead, He says, *Blessed are the hungry*. *Blessed are the thirsty*. *Blessed are those who crave righteousness more than riches, who long for holiness more than happiness*.

Beatitudes are not instructions for how to be blessed, but rather a radical announcement of how God's grace meets us exactly where we are. The truly blessed are not those the world esteems, but those who recognize their deep need for God. The poor in spirit, the meek, the ones who mourn—these are the ones in whom the Kingdom of God is already at work.

Let's remind ourselves where true blessing comes from. Not from full bank accounts, perfect plans, or easy roads—but from an emptying of self so that we can be filled with Him. The world tells us to chase success. Jesus invites us to chase Him. The world promises satisfaction. Jesus promises Himself.

Additional Readings: Psalm 63:1-5, Revelation 7:16-17

Day 17

March 24th, 2025 (Monday)

Poor

Matthew 5:3, "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

Poor. The word itself feels heavy. We associate it with lack—with empty hands, empty pockets, empty hearts. But Jesus saw things differently. When He spoke of the poor in spirit, He wasn't talking about financial status. He was speaking of a heart that knows its need for God.

To be poor in spirit is to come before God with no illusions of self-sufficiency. It's realizing that no amount of success, status, or strength can replace our need for Him. The world applauds independence. Jesus blesses dependence—on Him.

Lent is a time to embrace our spiritual poverty, to admit we don't have it all together, to set aside pride and open our hands to grace. The Kingdom of God doesn't belong to the self-made, but to the surrendered.

Jesus meets us in our poverty—not to shame us, but to bless us. He gives us what we cannot earn, fills us with what we cannot produce, and loves us in ways we do not deserve. And when we acknowledge our need, when we bring our emptiness to Him, we find the riches of His grace overflowing in our lives.

Additional Readings: Psalm 34:18, Isaiah 66:2

Day 18

March 25th, 2025 (Tuesday)

Peacemaker

Matthew 5:9, "Blessed are the peacemakers, for they will be called children of God."

Peacemakers. Not just peacekeepers, not peace-lovers, not those who avoid conflicts, but those who actively bring peace into the chaos.

Jesus was the ultimate Peacemaker. He stepped into a broken world and built a bridge between us and the Father. He didn't avoid conflict—He walked into it with love. He didn't just talk about peace—He gave His life to secure it. Being a peacemaker isn't easy. It requires humility, patience, and a heart willing to love even when it's hard. But Jesus promises that those who bring peace will be called children of God. Why? Because when we make peace, we reflect His heart.

Lent is a good time to pray the famous prayer of Saint Francis: "Lord, make me an instrument of Thy peace. Where there is hatred, let me sow love. Where there is injury, pardon." Peace spreads when we turn this prayer into deliberate action. Then we make the transition from peace-lovers to peacemakers.

Additional Readings: Isaiah 52:7, Colossians 3:15

Day 19
March 26th, 2025 (Wednesday)

Treasure

Matthew 6:21, "For where your treasure is, there your heart will be also."

What am I truly treasuring? Are my hands clinging to things that will fade, or am I holding fast to what is eternal? Jesus calls us to store up treasures in heaven, where rust and decay cannot touch them. He invites us to loosen our grip on worldly wealth and tighten our hold on Him.

True treasure isn't found in what we own, but in whom we belong to. It's in knowing that Jesus is enough. It's in giving rather than grasping, in trusting rather than striving. The things of this world will pass away, but the riches of Christ—His love, His peace, His presence—will never fade.

This Lent let's ask God to show us what we really treasure. May we ask God to realign our hearts, to treasure Him above all else. Because when we find our treasure in Him, we will never be empty.

Additional Readings: 1 Timothy 6:17-19, Colossians 3:1-2



Day 20

March 27th, 2025 (Thursday)

Heart

Psalm 51:10, "Create in me a pure heart, O God, and renew a steadfast spirit within me."

The heart. It beats without our permission, working in the background, sustaining life. But beyond the physical, the heart is the wellspring of our soul. It holds our desires, our affections, our dreams. And sometimes, it holds what it shouldn't—worries, grudges, selfish ambitions.

Dallas Willard reminds us that the heart is at the center of our behavior and actions. It is not merely about emotions, but about the very core of who we are—our will, our character, our direction. Transformation into Christlikeness is not about behavior modification but heart renovation.

When the heart is aligned with God, our actions naturally follow.

David understood this. He didn't pray for a stronger mind or a wealthier kingdom. He asked for a clean heart. Why? Because he knew that everything flows from the heart. A heart set on God produces a life of peace and purpose. A heart cluttered with sin and distractions leads us astray.

Lent is the season of heart-work. Jesus came to do heart surgery. To remove the weight of sin, to cleanse what is broken, to make us whole again. And when we surrender, when we give Him full access, He doesn't just mend our hearts—He gives us new ones.

Additional Readings: Isaiah 43:18-19, 2 Corinthians 5:17-21

Day 21

March 28th, 2025 (Friday)

Forgiven

1 John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Jesus came for this very reason—to forgive. To step into the mess of our lives, to wipe the slate clean, to take the weight of our sin upon Himself. The cross wasn't an accident. It wasn't a backup plan. It was the plan. From the beginning of time, God knew we would need a Savior. And He sent Jesus to be that Savior.

Lent is a season of remembering. A time to sit at the foot of the cross and let the reality of grace sink deep. Have you ever thought about what it means to be truly forgiven? To have every mistake, every failure, every regret washed away by the blood of Christ? The world says, Earn it. Jesus says, Receive it.

Yet, one of the greatest traps the enemy sets is unforgiveness. When we refuse to forgive, we lock ourselves in a prison of our own making. We think we are holding others captive by our anger, but in reality, we are the ones bound. Jesus didn't just forgive us so we could walk free—He calls us to extend that same grace to others. Forgiveness isn't about excusing wrongs. It's about refusing to let bitterness take root. It's about choosing freedom over bondage, peace over resentment, and love over offense. You don't have to carry the weight anymore. He has already carried it for you. So, let go.

Additional Readings: Isaiah 1:18, Luke 15:21-24

March 29th, 2025 (Saturday)

Fourth Sunday of *Lent*

Serve

Mark 10:45, "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

The world measures greatness by power, status, and success. But Jesus flipped the script. True greatness, He said, is not found in how many serve you but in how many you serve.

Jesus didn't just preach servanthood—He lived it. He washed the feet of His disciples, touched the untouchable, and ultimately gave His life as a ransom for many. He was the King who chose a servant's towel over a throne, humility over recognition, sacrifice over comfort.

Being a servant of God doesn't mean diminishing ourselves—it means becoming more like Jesus. It means embracing humility, putting others before ourselves, and finding joy in giving rather than receiving. In God's Kingdom, servanthood is not a burden; it is the path to true greatness.

Ask God today to shape our hearts into the heart of a servant. Because in serving others, we reflect the very heart of Christ.



Rest

Matthew 11:28, "Come to me, all you who are weary and burdened, and I will give you rest."

Rest is something we long for but rarely embrace. The world tells us to hustle, to do more, to push through. But Jesus? He offers something different. He doesn't hand us a to-do list. He doesn't tell us to try harder. Instead, He simply says, Come to me and I will give you rest.

Jesus knew the weight we carry—the worries, the expectations, the endless striving. And He invites us to trade it all for something better. Not just physical rest, but soul-deep rest. A rest that doesn't come from sleeping in or taking a vacation, but from being in His presence.

Lent is a season of letting go. Of pausing. Of remembering that we don't have to carry everything ourselves. Maybe rest looks like trusting God with what you can't control. Maybe it looks like surrendering the burdens you were never meant to bear. Maybe it looks like simply being still and knowing that He is God.

Jesus is the only One who can give true rest. So today, take Him at His word. Come to Him. Lay it all down. And breathe in the peace He so freely gives.

Additional Readings: Psalm 62:1-2, Isaiah 40:29-31

Day 23

March 31st, 2025 (Monday)

Truth

John 8:32, "Then you will know the truth, and the truth will set you free."

When Jesus stood before Pilate, the question was asked, What is truth? The answer was standing right in front of him. Jesus is the Truth. Not a philosophy, not an argument, but a person. The One who speaks light into darkness, clarity into confusion, and freedom into bondage.

When Jesus spoke these words in John 8, He was addressing Jews who had begun to believe in Him. He pointed them toward the path of true discipleship: holding onto His teaching and abiding in His word. Knowing the truth isn't just about acquiring knowledge; it's about remaining in Him, allowing His words to transform our hearts and minds.

The freedom Jesus speaks of is not political or social—it's a spiritual liberation from the bondage of sin. Sin enslaves, deceives, and blinds. But truth—God's truth—exposes deception, breaks chains, and leads us into the abundant life Christ promises. When we accept and walk in His truth, we no longer live under guilt, fear, or the burdens of this world. We are free to live as God intended—fully known, fully loved, and fully redeemed.

Lent is a time to examine the truths we've built our lives upon. Have we been chasing the world's version of truth, or have we anchored ourselves in the Word of God? Have we sought approval from people, or have we sought the voice of Jesus?

Additional Readings: Psalm 119:105-112, Galatians 5:1

Day 24

April 1st, 2025 (Tuesday)

Way

John 14:6, "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

The way. Not a way. The way. When Jesus spoke these words, He wasn't offering one of many paths—He was declaring Himself the only path. The road to God isn't paved with human effort, good deeds, or religious rituals. It is paved with Jesus.

The disciples were anxious. Jesus had been talking about leaving, about going somewhere they could not follow—at least not yet. Thomas, always honest, asked, *Lord, we don't know where You are going, so how can we know the way? And Jesus, in His gentle but firm way, responded with clarity: I am the way.*

Lent is a journey—a time to reorient our hearts, to ask ourselves: *What road am I walking?*

Jesus didn't just point us to the way. He is the way. He stepped into our brokenness, bore our burdens, and bridged the gap between us and the Father. Through Him, we walk not in confusion but in confidence, not in fear but in faith.

Additional Readings: Romans 5:1-2, Hebrews 10:19-23

Day 25
April 2nd, 2025 (Wednesday)

Shepherd

John 10:11, "I am the good shepherd. The good shepherd lays down his life for the sheep."

A shepherd knows his sheep. He knows their strengths, their weaknesses, their wandering ways. He doesn't just herd them—he leads them. He calls them by name. He protects them, providing for their every need.

Jesus calls Himself the Good Shepherd. Not just any shepherd, but the Shepherd. The One who doesn't abandon His flock, even when wolves come near. The One who doesn't leave when danger threatens. The One who lays down His life to save His sheep.

This Lent, reflects on the question – who is your shepherd? Whose voices are we following? Only one voice leads to life. Only one voice speaks truth, love, and eternal security. The Good Shepherd doesn't lead us aimlessly. He leads us to green pastures, to still waters, to rest for our weary souls. He walks with us through the valley, never leaving our side. And when we stray, He searches for us, calling us back home.

Additional Readings: John 1:29, Psalm 23

Day 26
April 3rd, 2025 (Thursday)

Lost

Luke 19:10, "For the Son of Man came to seek and to save the lost."

In the biblical sense, being lost is not just about missing our way or feeling directionless. It means being separated from God—estranged from the One who created us, loves us, and longs to bring us home. To be lost is to live apart from His presence, trying to fill the void with anything but Him.

We've all been there—spiritually wandering, emotionally drifting, searching for something to fill the emptiness inside. Maybe it's a season of doubt. Maybe it's a decision that led you far from where you once stood. Maybe you feel like you've lost your way entirely.

But here's the good news: Jesus specializes in finding the lost. He doesn't stand at a distance, waiting for us to figure it out. He comes after us. He steps into our confusion, our failures, our wandering hearts, and calls us back home. We can be just as lost in our self-sufficiency as well as in our sin. The beauty of the Gospel is that Jesus seeks both kinds of lost and brings them home.

Additional Readings: John 3:16-21, Ephesians 5:11-14

Day 27

April 4th, 2025 (Friday)

Greatful

1 Thessalonians 5:16, "Rejoice always, pray without ceasing, give thanks in all circumstances".

We live in a culture in which when the priorities of life are set, gratitude seems to be squeezed out but Paul recommends to giving thanks in all circumstances. Not some. Not just the easy ones. All. Even in the waiting, even in the suffering, even in the wilderness. Gratitude shifts our focus. It takes our eyes off our struggles and fixes them on the One who is faithful through it all.

True gratitude is not dependent on circumstances but on the deep knowledge that God is working in us and through us, even in trials. When we cultivate a thankful heart, we train our souls to trust, to rest, and to rejoice in the presence of God.

Lent invites us to slow down, to reflect, and to cultivate a heart of gratitude—not just for what God has done, but for who He is. He is good. He is faithful. And He is always worthy of our thanks.

So today, let's choose gratitude. Not because life is perfect, but because God is present. Not because we have all the answers, but because we trust the One who does.

Additional Readings: Isaiah 51:11, Psalm 118:14-16

Day 28

April 5th, 2025 (Saturday)

Fifth Sunday of *Lent*

Blood

Matthew 26:28, *"This is my blood of the new covenant, which is poured out for many,"*

Blood reminds us of pain, of loss, of sacrifice. But on the night Jesus shared His last supper with His disciples, He lifted the cup and spoke of His blood—not as a sign of death, but of life. *"This is my blood of the covenant, which is poured out for many."*

Jesus didn't just shed a few drops. He poured it out. Every ounce of His love bled for us—on the pavement where He was scourged, on the thorns that pressed into His brow, on the cross where nails pierced His hands. His blood was the price for our freedom. The perfect Lamb offered so that we might live.

Lent is a time to remember. To sit in the weight of this sacrifice. To let the enormity of grace sink in. We could never earn it, never deserve it. But Jesus gives it freely. His blood speaks a better word than our failures, our guilt, our shame. It washes. It redeems. It restores.



Body

1 Corinthians 6:19, "Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?"

The body—this frame of flesh and bone—carries us through life. It moves, it feels, it wears the marks of time. And yet, Scripture tells us it is more than muscle and marrow. It is a temple, a dwelling place of the Holy Spirit. God Himself chooses to reside within us.

Jesus understood the significance of the body. He took on flesh, walked among us, touched the sick, washed the feet of His disciples. And on the cross, He gave His body for us—broken, bruised, surrendered in love. His resurrection reminds us that this body matters. That one day, what is perishable will be clothed with the imperishable.

Do we honour God with our bodies? How do I view my body? As a temple or as something else? Do we treat our bodies as vessels of worship rather than tools of indulgence? How does Jesus' sacrifice shape my understanding of the body that He died to redeem the body too?

Additional Readings: Romans 8:9-11, 2 Corinthians 6:15-18

Day 29

April 7th, 2025 (Monday)

Wept

John 11:35, "Jesus wept."

Two words. The shortest verse in the Bible, yet filled with profound depth. Jesus wept. He stood at the tomb of His friend, Lazarus, surrounded by grief and mourning, and He wept. Not because He lacked power to raise the dead—He was moments away from doing so. He wept because He loved. Because He felt the sorrow of this broken world. Because His heart was tender to the pain of those around Him.

He wept for the pain of humanity, for the weight of sin, for the suffering He came to redeem. His tears remind us that we have a Savior who doesn't just reign from a distance—He steps into our sorrow, into our loss, into our deepest wounds, and He weeps with us.

To weep and to bring our sorrows before God, is not a sign of weakness but of trust. It is an act of faith to lay our burdens before the One who understands them completely. So this Lent, don't hold back your tears. Bring them to Jesus. Let Him meet you in the sorrow. Let His presence remind you that even in the weeping, there is hope.

Additional Readings: Hebrews 4:14-16, Philippians 4:6

Day 30

April 8th, 2025 (Tuesday)

Temptation

James 1:14, "But each person is tempted when they are dragged away by their own evil desire and enticed."

Temptation—it doesn't come from outside forces alone. It starts within. A whisper, a thought, a longing that tugs at the heart. James reminds us that we are tempted when our own desires pull us in, luring us away from the path of life.

Jesus Himself faced temptation. After forty days in the wilderness, Satan came, offering shortcuts to power, provision, and position. But Jesus saw through the lies. "It is written," He said, wielding Scripture like a sword. He knew that giving in to temptation never leads to life—it leads to loss.

Lent is a season of recognizing those inner struggles. Where do we feel the pull? What desires are enticing us away from God? It's not just about resisting sin—it's about replacing empty cravings with the fullness of Christ. The enemy wants to drag us down, but Jesus stands ready to lift us up.

Temptation is real, but so is the power of God within us. We are not helpless. We are not alone. With His Word in our hearts and His Spirit in our souls, we can stand firm. So today, when temptation comes knocking, take a breath. Pause. Look to Jesus. His way is better, His love is stronger, and His grace is more than enough.

Additional Readings: Galatians 5:16-17, Jeremiah 17:9-10

Day 31
April 9th, 2025 (Wednesday)

Pray

Ephesians 6:18, "...praying always with all prayer and supplication in the Spirit..."

Prayer. It's more than words whispered before a meal or spoken in desperate moments. It's the lifeline between heaven and earth, the bridge between our weary hearts and the heart of God.

Jesus prayed. In the morning solitude. In the crowded streets. In the garden, with sweat like drops of blood. He knew what we often forget—prayer is not a last resort. It's the first response, the steady rhythm of a soul in step with the Father.

Prayer is the central avenue God uses to transform us. It's not about getting what we want; it's about becoming who He calls us to be. The more we pray, the more we change—not because we persuade God, but because we surrender to Him.

So prayer becomes a way of life, a continual communion with God rather than a rigid task to complete. Prayer is not about perfect words or formulas; it's about His presence. When we embrace prayer as a lifestyle, we open ourselves to a deeper awareness of God's grace in every moment—whether in the silence of the morning, in the mundane tasks of the day, or in the weight of suffering and joy.

Let this Lent be a season of return, an invitation to step away from the noise and into the quiet place where God speaks. What if prayer became more than a habit? What if it became a hunger? A longing? A sacred conversation that shapes our days and stills our fears?

Additional Readings: Jude 1:20, Hebrews 4:16

April 10th, 2025 (Thursday)

Formation

Romans 12:2, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Formation happens every day, whether we realize it or not. Our thoughts, our habits, our choices—each one shaping us, moulding us, making us into someone. The question is, who are we becoming?

Jesus didn't just call us to believe; He called us to be transformed. To be shaped into His likeness, to reflect His heart, to live as He lived. But transformation doesn't happen overnight. It's a journey, a slow, steady formation of the soul.

Lent is the season of intentional formation. A time to let go of what pulls us away from God and lean into the One who shapes us in love. Spiritual formation isn't about trying harder—it's about training wisely. It's about surrendering to the Spirit's work in our lives, allowing God to carve away what doesn't belong and replace it with His grace.

Jesus spent forty days in the wilderness, allowing the Father to prepare Him for the ministry ahead. Lent invites us into that same space—a place of refining, renewing, reshaping. It's not just about what we give up, but about what we are becoming.

So today, pause. Ask God to shape you. Let Him form in you a heart that seeks Him, a mind that trusts Him, a life that glorifies Him. Because formation isn't just about change—it's about becoming more like Christ.

Additional Readings: 2 Corinthians 5:14-15, Matthew 16:24-25

April 11th, 2025 (Friday)

Surrender

Luke 22:42, "Not my will, but Yours be done."

Surrender is not a word we like to hear. We prefer control. We like to hold on, to map out our plans, to chart our own course. But Jesus calls us to something different. He calls us to let go.

Lent is the season of surrender. A time to release the things we cling to so tightly—our worries, our ambitions, our need for control—and place them in the hands of the One who holds all things. Jesus didn't just talk about surrender; He lived it. In the garden, with sweat like drops of blood, He prayed, "Not my will, but Yours be done" (Luke 22:42). The road to the cross was paved with surrender, and because of His surrender, we have life.

So, surrender is not about loss—it's about freedom. The more we let go, the more we make room for God's grace. The more we trust, the more we find peace. True surrender is not about resignation, but about trusting that God's way is better than ours. Today, release the burdens. Lay down the plans. Surrender isn't about giving up; it's about giving in—to the One who loves you more than you can imagine.

Additional Readings: 1 Samuel 15:22, Galatians 2:20

Day 34

April 12th, 2025 (Saturday)

Sixth Sunday of *Lent*

Palm Sunday

Mark 11:9, "Hosanna!" "Blessed is he who comes in the name of the Lord!"

Hosanna! they cried. *Save us!* They were ready for a King, expecting a conqueror, longing for a deliverer.

And there He was—Jesus, riding on a donkey. Not a warhorse. Not a golden chariot. Just a humble, gentle King, entering Jerusalem with grace instead of force. The same voices that praised Him today would call for His crucifixion in just a few days. But Jesus knew. He knew the road ahead. He knew the cross was coming. And still, He rode on.

Palm Sunday reminds us that Jesus came to bring a different kind of kingdom. Not one built on power, but on sacrifice. Not one that overthrows governments, but one that overthrows sin and death. The people wanted rescue from Rome; Jesus came to rescue their hearts.

So, let's ask: Do I welcome Jesus as my King, not just in moments of joy, but in every season? Do I trust Him when His ways look different than I expect?



Passover

1 Corinthians 5:7, "For Christ, our Passover lamb, has been sacrificed."

The table was set. The candles flickered. The bread was broken. It was Passover—a night of remembrance, a night of deliverance. For centuries, God's people had gathered around the table, retelling the story of their rescue from Egypt. The lamb was slain, the blood was painted on the doorposts, and death passed over. Redemption came through sacrifice.

And now, here sat Jesus, the Lamb of God, at the Passover table with His disciples. But this time, He wasn't pointing back to Egypt. He was pointing ahead—to the cross. "This is my body, broken for you. This is my blood, poured out for you."

Lent is a season of preparation, a journey to the heart of this Passover story, a reminder that salvation has always been through the blood of the Lamb. Just as the Israelites were saved by the lamb's sacrifice, we are saved by Christ's. Death no longer has a claim on us. The blood has been applied. The door to new life stands open.

So today, sit at the table. Remember the cost. Receive the gift. Because Jesus, our Passover Lamb, has made a way for us to be free.

Additional Readings: Hebrews 9:14, Isaiah 53:7

Day 35

April 14th, 2025 (Monday)

Betray

Matthew 26:21, "Jesus replied, 'Truly I tell you, one of you will betray me.'"

On the night He shared a meal with His disciples, He looked around the table and saw more than just familiar faces. He saw denial. He saw abandonment. He saw betrayal. And yet, He still knelt and washed their feet. He still broke the bread and passed the cup. He still called them His own.

This is a time to examine our own hearts. *Have we, like Judas, traded Jesus for something less? Have we, like Peter, denied Him when it was inconvenient? Have we, like the disciples, run when things got hard?* But here's the beauty of Jesus—His love is bigger than our betrayal. His grace is greater than our failures. The cross was never just for the faithful—it was for the faithless, too. For the ones who faltered, for the ones who walked away. For us.

Jesus meets betrayal with redemption. He transforms shame into grace. He turns our failures into testimonies of His unfailing love. When Judas kissed His cheek in betrayal, Jesus still called him "friend."

When Peter denied Him three times, Jesus restored him three times.

So today, bring your failures to Him. He already knows. And still, He calls you His own. He doesn't just see what you've done—He sees who you are becoming. His love rewrites your story.

Additional Readings: Ephesians 6:10-18, Jeremiah 17:9-10

Day 30

April 15th, 2025 (Tuesday)

Prune

John 15:2, "He (the Father) removes every branch in me that bears no fruit. Every branch that bears fruit He prunes to make it bear more fruit."

Pruning doesn't sound pleasant. It means cutting, removing, shaping. It means letting go of what we once thought we needed. But Jesus tells us that pruning isn't punishment—it's preparation.

A gardener doesn't prune a branch to harm it; he prunes it so it can thrive and be more fruitful. In a striking image of the vine and branches in John 15, Jesus speaks of how our lives need to be pruned by God. Those parts of our lives that lead us to resist Jesus' way of love have to be stripped away. This pruning is done directly by the vinedresser, the Father, cutting the branches.

The season of pruning is a time when God gently calls us to let go of what is holding us back. Maybe it's a habit. Maybe it's a distraction. Maybe it's an old hurt that needs to be surrendered. Whatever it is, the Father prunes not to hurt us, but to heal us. Not to take from us, but to give us something better. Because on the other side of the pruning is abundance. On the other side is life.

Trust the hands of the Gardener. He is shaping you for something beautiful.

Additional Readings: 1 Corinthians 3:12-15, 2 Peter 1:5-8

Day 37
April 16th, 2025 (Wednesday)

Gethsemane

Mark 14:35, "Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him."

Gethsemane. A garden of olive trees, a place of prayer, a night of agony. It was here, in the shadow of the cross, that Jesus wrestled with the weight of what was to come. It was here that sweat fell like drops of blood. It was here that He whispered the hardest prayer of all: Not my will, but Yours be done. This was no ordinary prayer. This was the Son yielding to the will of the Father, trading comfort for the cross, choosing obedience over ease. And He did it for us.

Gethsemane reminds us that surrender is not weakness—it is trust. It is the moment we lay down our fears, our plans, our need for control and place them in the hands of a Father who sees beyond the sorrow, beyond the suffering, beyond the present struggle. It is in surrender that strength is found.

Like Jesus in Gethsemane, we can bring our honest emotions before the Father, knowing that surrender does not erase our struggles but invites God into them. And trust that the same God who walked through Gethsemane walks with you now.

Additional Readings: Isaiah 53:3-5, Philippians 2:7-8

Day 38

April 17th, 2025 (Thursday)

Good Friday

John 19:30, "It is finished."

Lent has led us to this moment—the foot of the cross. This is where love poured itself out. This is where mercy triumphed over judgment. This is where Jesus took on the weight of the world and made a way for us to be free.

Good Friday points towards a day of sorrow, yet a day of victory. A day of pain, yet a day of redemption. The cross was meant for suffering, but Jesus turned it into salvation. The nails were meant for punishment, but Jesus made them a pathway to peace. The enemy thought he had won, but grace had the final word.

Good Friday is the day we acknowledge the grief, surprise, and powerlessness of seeing all our sins laid on Jesus. It's where the megaphone of evil is silenced by the piercing cry of our Savior on the Cross. It's where we witness the worst injustice in history transformed into the greatest power to bring the lost home. See all your sins on Jesus laid.

So today, pause. Reflect. Let the cross sink in. The price has been paid. The work is done. And because of Jesus, death does not have the final word.

Additional Readings: Romans 5:6-8, Luke 23:46

Day 39
April 18th, 2025 (Friday)

Reset

Exodus 14:14, "The LORD will fight for you; you need only to be still."

The day between death and resurrection. The day of silence, of waiting, of uncertainty. The disciples had scattered. Their hopes seemed buried in a borrowed tomb. Heaven seemed quiet. The world seemed paused. And yet, God was still at work. Before the victory of Easter morning, there is the stillness of Saturday. The pause before the promise. The waiting before the wonder.

Holy Saturday was a day of darkness for the disciples. They had walked with Jesus, listened to His voice, witnessed His miracles, and now, they sat in the weight of uncertainty. The Messiah had died. The dreams they had clung to seemed shattered. But what they could not see was that in the silence, God was setting the stage for the greatest victory in history. Silence is not the absence of God but the space where we learn to hear Him best. It is where God resets our hearts, clears the clutter, and prepares us for what is ahead.

We, too, find ourselves in Holy Saturday moments—seasons where hope seems buried, where prayers feel unanswered, where God feels distant. But just as the disciples did not know that resurrection morning was just hours away, we can trust that God is not finished. Holy Saturday reminds us that waiting is not wasted, and silence is not empty. It is the sacred space where faith is refined, trust is deepened, and new life is being prepared.

Additional Readings: Isaiah 40:29-31, Psalm 118:6

April 19th, 2025 (Saturday)

Seventh Sunday of *Lent*

Easter Sunday


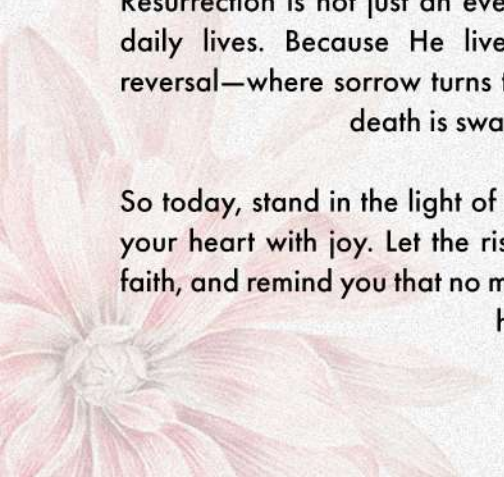
Mark 16:6, "Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him."

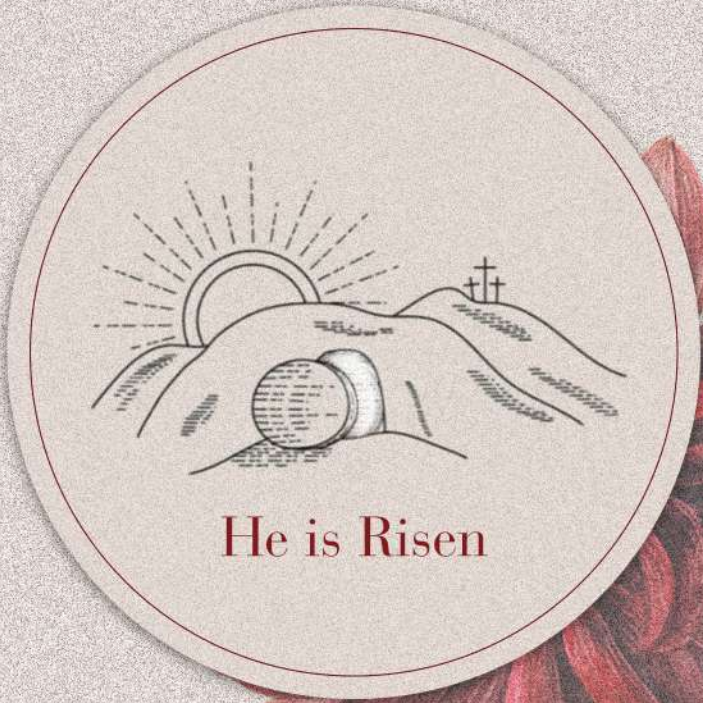
Christ is risen! He is risen indeed! The silence of Saturday had given way to the greatest news the world had ever heard: He is risen! Easter Sunday is the exclamation point on God's redemptive story. Death thought it had won. The grave thought it had the final word. But heaven had other plans. Jesus stepped out of the tomb, not just alive, but victorious. Sin lost its grip. Fear lost its power. Hope took its rightful place.

The same power that raised Jesus from the dead is at work in us today. Easter is not just a moment to celebrate; it's an invitation to live in resurrection power. It's a call to step out of the tombs of our own making—the tombs of fear, doubt, sin, and shame—and into the new life Christ has won for us.

Resurrection is not just an event in history but the foundation of our daily lives. Because He lives, everything changes. It's a grand reversal—where sorrow turns to joy, despair gives way to hope, and death is swallowed up by victory.

So today, stand in the light of the empty tomb. Let the resurrection fill your heart with joy. Let the risen Christ renew your spirit, reset your faith, and remind you that no matter how dark Friday seemed, Sunday has come.





He is Risen





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