

# LENT

## DEVOTIONAL 2021

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scripture  
songs  
outdoors

**HOPE+ELIM**  
Des Moines

### HOW TO USE THIS DEVOTIONAL

During a season where things feel different, unusual, hard, new & so many other emotions - use this devotional to set aside time to be with God. You are welcome to do all the songs and optional locations at one time or one per week leading up to Easter or anything in between. Our hope is for you to connect with your Heavenly Father, worship Him how you are uniquely created to do and seek Him during this season.

### WHAT YOU WILL NEED:

Bible  
Journal  
Device to search and listen to music

### FIND THE SONGS

- Head to Spotify and find the Hope+Elim profile.
- Follow/Like the Hope+Elim profile
- Find the playlist called Lent Devotional
- Locate the song for the corresponding week

Don't have Spotify? Use any music app.

### OUTDOOR LOCATIONS

Each week there is a corresponding location to visit around the Des Moines Metro. This will allow for you to get outside, move away from distractions at home or work & find God in His beauty.

# LENT

## DEVOTIONAL WEEK 1

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King of my Heart  
Bethel Music

**HOPE+ELIM**  
Des Moines

### **LOCATION: GRAY'S LAKE**

2101 Fleur Drive, DSM

### **SONG: KING OF MY HEART: BETHEL MUSIC**

Once you are at your location of choice or Gray's Lake, find a spot (in your car or outside) and listen to the song. Soak in the lyrics and listen for what God is saying to you.

### **SCRIPTURE**

After listening to the song - pause and listen to God, journal what He is saying to you. Read the following scriptures.

Titus 3:4-5

Psalm 34:8

Psalm 100:5

### **QUESTIONS TO PONDER**

How has God been good to you? Declare them out loud and tell God, 'thank you.'

When you think about your walk with Jesus, what makes you smile?

What is God doing in your life right now?

### **DEVOTIONAL**

God's goodness is not contingent on anything we do. God's goodness just is. Where do you see God's goodness? In the smile of a friend, the laughter of children, the feeling after doing something hard, the tranquility of a walk and good game night. We can see God's goodness in our day to day - be diligent to seek it out. (Psalm 145:9)

# LENT

## DEVOTIONAL WEEK 2

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Promises  
Maverick City Music

**HOPE+ELIM**  
Des Moines

### **LOCATION: SHATTERING SILENCE MEMORIAL**

West grounds of the Judicial Building, 1111 East Court Avenue, Des Moines.

(this location will require you to park and walk to the sculpture)

### **SONG: PROMISES: MAVERICK CITY MUSIC**

Listen to the song - soak in the lyrics and listen for what God is saying to you.

Allow your heart to breathe in God's promises.

### **SCRIPTURE**

After listening to the song - pause and listen to God, journal what He is saying to you.

Read the following scriptures.

Isaiah 26:3-4

Psalm 113

Psalm 33:18-22

Matthew 7:24-27

### **QUESTIONS TO PONDER**

How has God been steadfast to you?

How have you put your faith in Jesus?

What is God saying to you right now? Ask Him.

### **DEVOTIONAL**

There are times this side of heaven that we are let down by what happens on earth.

Broken relationships, financial struggles, disappointment at work, unmet desires - yet

as we put our faith in Jesus the desires of our heart become His desires. Does that take

away our brokenness? Absolutely not. But as we stay centered on Him, His perfect

peace will come and that surpasses all understanding. (Philippians 4:6)

# LENT

## DEVOTIONAL WEEK 3

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My Worth Is Not in What I Own  
Shane & Shane

**HOPE+ELIM**  
Des Moines

### **LOCATION: EASTER LAKE PARK**

2830 Easter Lake Dr, Des Moines, IA 50320

### **SONG: MY WORTH IS NOT IN WHAT I OWN** **SHANE & SHANE**

Listen to the song - soak in the lyrics and listen for what God is saying to you.  
Allow your heart hear your value and worth in God.

### **SCRIPTURE**

After listening to the song - pause and listen to God, journal what He is saying to you. Read the following scriptures.

Matthew 6:19-21

Psalm 62:5-8

Galatians 6:14

John 3:16-21

### **QUESTIONS TO PONDER**

Think about a time when you were satisfied in Christ alone. How did that feel? In what ways can you do this daily?

What does rejoicing in your redeemer look like?

Where do you find your worth and value? Give this to God and hear what He says to you.

### **DEVOTIONAL**

It is so easy to boast in ourselves, to be confident in ourselves and what we are able to accomplish and forget that our strength, power & resilience come from Christ alone. Our wealth, wisdom and worth on earth is fleeting but praise God that because of the cross we live eternal and can boldly boast and be satisfied in Christ daily! (1 Corinthians 1:26-31)

# LENT

## DEVOTIONAL WEEK 4

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Your Great Name  
Todd Dulaney

**HOPE+ELIM**  
Des Moines

### **LOCATION: WATER WORKS PARK**

2201 George Flagg Pkwy, Des Moines, IA 50321

### **SONG: YOUR GREAT NAME: TODD DULANEY**

Listen to the song - soak in the lyrics and listen for what God is saying to you.

Allow your heart to call on Jesus in a new way.

### **SCRIPTURE**

After listening to the song - pause and listen to God, journal what He is saying to you.

Read the following scriptures.

Acts 4:11-12

Psalms 145

Philippians 2:8-11

### **QUESTIONS TO PONDER**

When you think "King Jesus" what do you feel?

What things on earth do you go to instead of Jesus? Confess this to God.

Ask God for help in calling on Him daily.

### **DEVOTIONAL**

There is no name stronger than Jesus. God's power is unexplainable and our minds can't comprehend this. What a beautiful and powerful gift that God has given us. We can be still and know that by His power we are saved, because of His power we have strength to lay down our sin and claim victory in Jesus! May we remember daily that Jesus is always with us and His name, kingdom and power will last for generations! (Ephesians 3:20-21)

# LENT

## DEVOTIONAL WEEK 5

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I Surrender  
Hillsong

**HOPE+ELIM**  
Des Moines

### **LOCATION: BROWN'S WOODS PARK**

465 Brown's Woods Dr, West Des Moines, IA 50265

### **SONG: I SURRENDER: HILLSONG**

Listen to the song - soak in the lyrics and listen for what God is saying to you.

Allow your heart to freely surrender to Jesus, knowing He loves you.

### **SCRIPTURE**

After listening to the song - pause and listen to God, journal what He is saying to you.

Read the following scriptures.

1 Peter 5:6-7

Galatians 2:20

James 4:7

Psalm 37:7a

### **QUESTIONS TO PONDER**

What is it that you need to surrender today?

What is something that is holding you captive? Give that to Jesus

How can you live surrendered daily to Jesus?

### **DEVOTIONAL**

Surrender is a very vulnerable place to be, yet God calls us to surrender our thoughts, actions and lives to Him. This is a choice daily that we make as Christians. Although this is a very vulnerable and exposed place to be - we are able to do this because we follow a God that loves us unconditionally, that made the ultimate sacrifice in vulnerability in dying for each of us on the cross. Continue to love our Jesus who sets the perfect example of surrender and allow Him to have His way in your life completely - He is worth it! (Psalm 86:11-13)

# LENT

## DEVOTIONAL WEEK 6

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Greatest Lord  
Sinach

**HOPE+ELIM**  
Des Moines

### **LOCATION: GREENWOOD PARK**

4500 Grand Ave., Des Moines, IA

### **SONG: GREATEST LORD: SINACH**

Listen to the song - soak in the lyrics and listen for what God is saying to you.

Allow your heart to praise God for who He is.

### **SCRIPTURE**

After listening to the song - pause and listen to God, journal what He is saying to you.

Read the following scriptures.

Psalms 147:1-5

2 Corinthians 13:4

Jeremiah 10:12-13

Philippians 4:10-13

### **QUESTIONS TO PONDER**

How does God show His greatness to you?

How does God love you in ways no one else can? Thank Him for that!

How can you proclaim His greatness to others?

### **DEVOTIONAL**

Mercy is compassion or forgiveness shown towards someone. God's mercy is for you and He gives it to you freely and without any reservation. Sometimes we are unwilling to give ourselves mercy towards our family, friends, coworkers, neighbors - yet God gives it freely. That is how good our Heavenly Father is - He gives mercy, grace, forgiveness to you today, and tomorrow! He loves you as far as the east is to the west. Trust in Him today. (Psalm 103)

# LENT

## DEVOTIONAL WEEK 7

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Valley  
Chris McClarney

**HOPE+ELIM**  
Des Moines

### **LOCATION: UNION PARK**

725 Thompson Ave., Des Moines, IA

### **SONG: VALLEY: CHRIS MCCLARNEY**

Listen to the song - soak in the lyrics and listen for what God is saying to you.

Allow your heart to invite God into restore you.

### **SCRIPTURE**

After listening to the song - pause and listen to God, journal what He is saying to you.

Read the following scriptures.

Psalm 23

Exodus 14:14

Psalm 46

James 1:7

### **QUESTIONS TO PONDER**

What is a promise God has followed up on? Thank Him!

Confess ways you need God, be vulnerable and tell Him what you need.

### **DEVOTIONAL**

God follows through on His promises, He keeps His word and that is evident in scripture and in our lives. How often have we abandoned a thought or truth we know God declares over us - yet God in His grace isn't keeping score of when we fail or refuse to proclaim who we are (or someone else). God is steadfast and does not waver in his love for us or the promises He has for us. We need God because without him we are weak, but with God we find beauty, purpose and who we are! Declare who you are out loud to God using the attached I am statements.

# LENT

## DEVOTIONAL

### WHO I AM...

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### I AM...

I am faithful (Ephesians 1:1).

I am God's child (John 1:12).

I have been justified (Romans 5:1).

I am Christ's friend (John 15:15).

I belong to God (1 Corinthians 6:20).

I am a member of Christ's Body (1 Corinthians 12:27).

I have been established, anointed and sealed by God (2 Corinthians 1:21-22).

I am confident that God will perfect the work He has begun in me (Philippians 1:6).

I have not been given a spirit of fear, but of power, love and self-discipline (2 Timothy 1:7).

I am chosen before the creation of the world (Ephesians 1:4, 11).

I am holy and blameless (Ephesians 1:4).

I am adopted as His child (Ephesians 1:5).

I am given God's glorious grace lavishly and without restriction (Ephesians 1:5,8).

I am in Him (Ephesians 1:7; 1 Corinthians 1:30).

I have redemption (Ephesians 1:8).

I am forgiven (Ephesians 1:8; Colossians 1:14).

I have purpose (Ephesians 1:9 & 3:11).

I have hope (Ephesians 1:12).

I am sealed with the promised Holy Spirit (Ephesians 1:13).

I am the salt and light of the earth (Matthew 5:13-14).

I have been chosen and God desires me to bear fruit (John 15:1,5).

I am a minister of reconciliation (2 Corinthians 5:17-20).

I am alive with Christ (Ephesians 2:5).

# LENT

## DEVOTIONAL WHO I AM...

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### I AM...

I have been shown the incomparable riches of God's grace (Ephesians 2:7).

God has expressed His kindness to me (Ephesians 2:7).

I am God's workmanship (Ephesians 2:10).

I have peace (Ephesians 2:14).

I have access to the Father (Ephesians 2:18).

I am a dwelling for the Holy Spirit (Ephesians 2:22).

God's power works through me (Ephesians 3:7).

I can approach God with freedom and confidence (Ephesians 3:12).

I am completed by God (Ephesians 3:19).

I have been called (Ephesians 4:1; 2 Timothy 1:9).

I have God's power (Ephesians 6:10).

I am dead to sin (Romans 1:12).

I am not alone (Hebrews 13:5).

I am growing (Colossians 2:7).

I am His disciple (John 13:15).

I am united with other believers (John 17:20-23).

I am promised eternal life (John 6:47).

I am promised a full life (John 10:10).

My heart and mind is protected with God's peace (Philippians 4:7).

I am blameless (I Corinthians 1:8).

I am set free (Romans 8:2; John 8:32).

I am crucified with Christ (Galatians 2:20)

I am chosen and dearly loved (Colossians 3:12).