Your Lenten Resource

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The Introverted Believer

Welcome, I'm so glad you're here

I created this resource so anyone , from any denomination could reflect on renewing their spirit and their mind in Christ Jesus.

If you're reading this, it means you have been prayed for. You are loved and cherished.

If you're reading this, it means you have questions and have taken the first, or the next step in your faith.

Thank you for becoming part of The Introverted Believer community. Even if you're not an introvert, chances are you love one, work with one, or worship with one, and it would be my honor if you joined us on The Introverted Believer Facebook Page and The Introverted Believer Podcast Group.

I'd love to hear from you! Did you find this resource helpful? Do you still have questions? Let me know at kassfogle@gmail.com.

In faith and solitude,

Kass Fogle

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Repentance Devotion

Repentance means “to change one’s mind.” I know when I’ve changed my mind and headed down a narrower path, I’ve mistakenly relied on intestinal fortitude and gumption. Not surprisingly, I soon find myself searching for a shortcut back to my old path.

True repentance acknowledges that sin is not a simple broken rule, but evil that belongs outside of God’s kingdom. Repentance is the realization that salvation from sin comes from the sacrifice made by Jesus. Repentance is the acceptance of grace from a loving Father and a commitment to your new life in Jesus.

Pray and meditate over Romans 12:2, “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (NKJV) In what ways do you try harder, rather than rely on the peaceful transformation of the spirit? What does repentance look like when led by the spirit rather than your will?

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Confession Devotion

Sometimes we are all too clear about our shortcomings. Self-actualization is necessary for true repentance. Our sins are not against ourselves, however, they are against God, and He calls us to bring Him our confessions in faith.

Sometimes our hearts become weak from the sickness and burdens they carry because we fail to take the sin of our hearts to the only One who can faithfully restore us.

When I've finally released the hold on my burdens and brought my confessions to the Lord, I was humbled at fully and completely my heart and spirit were restored. Why did I ever wait so long? Why did I have such a hold on something I did not control?

As the hidden parts of my heart were revealed, I became redeemed through the precious blood of Jesus and the forgiveness of my Father. Is there a burden you're clasping to that you need to release to the Father? Pray over 1 John 1:9: "If we confess our sins, he is faithful and just and will forgive our sins and purify us from all unrighteousness." (NIV)

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Prayer Devotion

Confession and repentance are difficult. God designed them to exist within community. But he also provided and designed prayer to exist in the same community for support and as an essential element during the repentance journey.

Throughout the Bible, scripture tells us to confess to one another, and chapters tell stories of entire cities weeping and moaning their confession of sin. Though, it's difficult though to shed one's skin in front of others, prayers are designed to lead us down the narrow path.
Pray with a friend, pastor, family member, or even a Christian counselor. Never cease to pray during this season of spiritual renewal and healing. You will be vulnerable as evil lurks waiting for weakened spirits to prey upon. Pray prayers of supplication, strength, thanksgiving, intercession, revelation, healing, and confession to remain strengthened in the Lord.

Pray and meditate over Ephesians 6:18: "praying always, with all prayer and supplication, in the Spirit, being watchful to this end with all perseverance and supplication for all the saints." How can you set aside time differently during this season of repentance? Will you take time to listen? What can you set aside to ensure more downtime for meaningful prayer and restoration?

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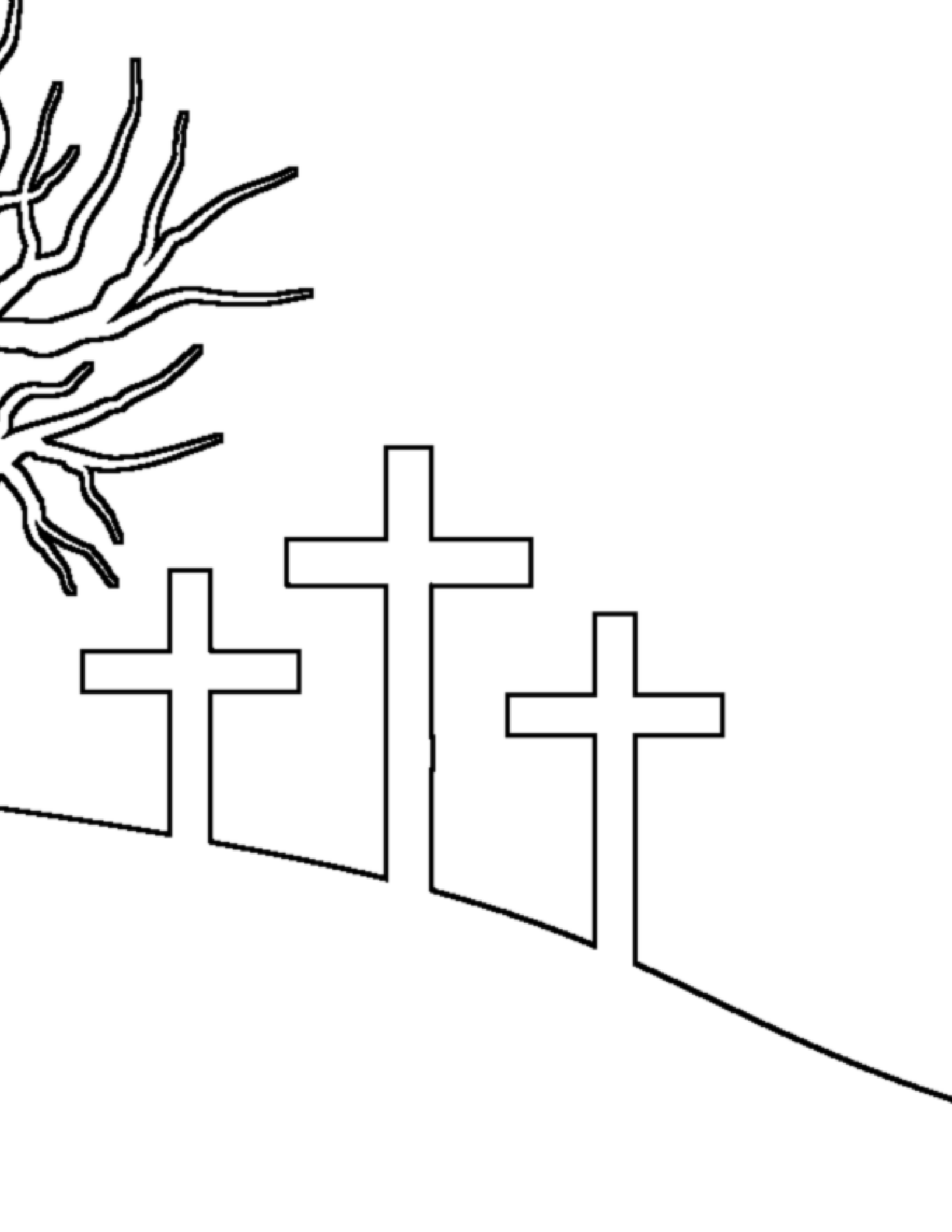

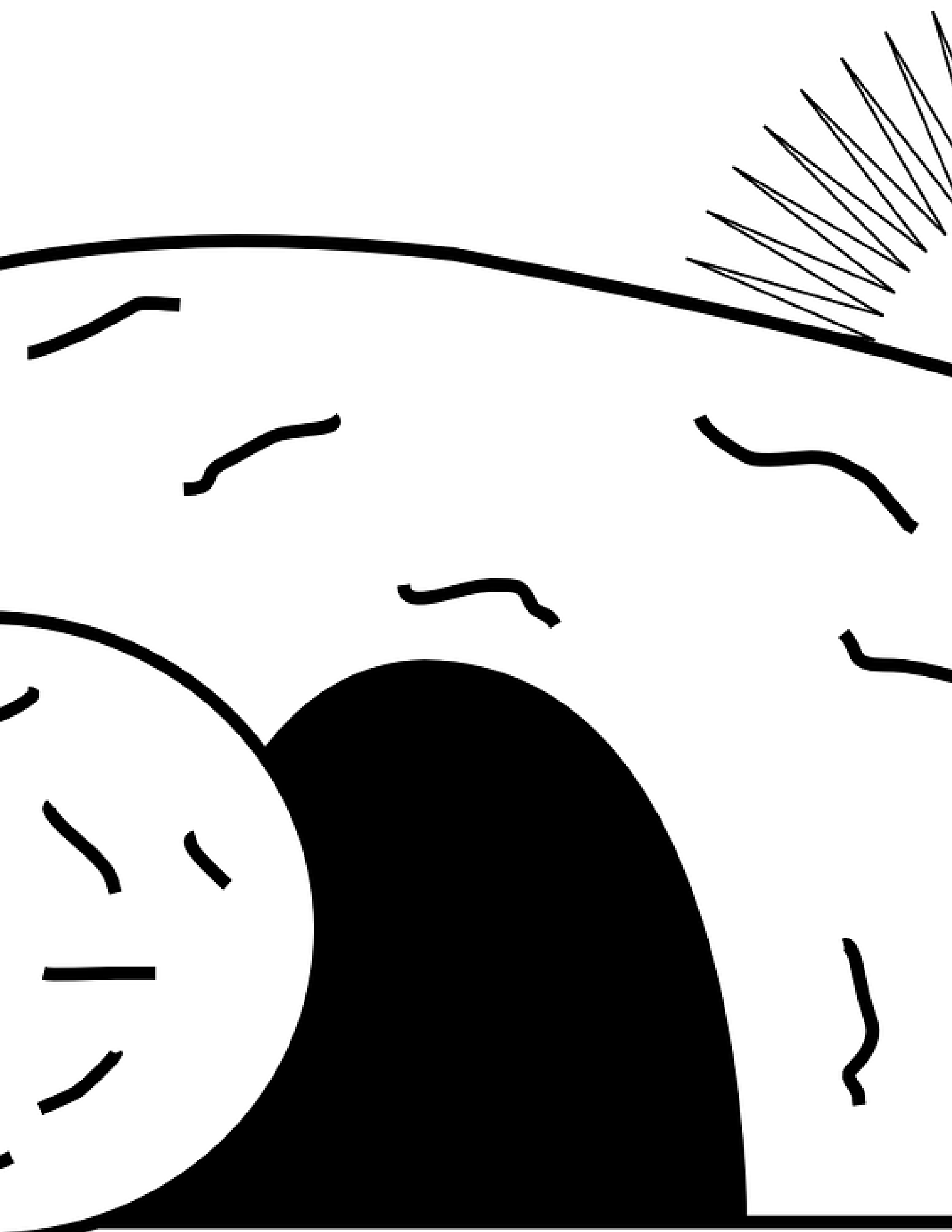

LENT

COMMITMENT CALENDAR

DAY 1	**DAY2**	**DAY 3**	**DAY 4**
Start a paper chain. Write down your blessings during lent. and connect them.	Buy molding clay. use it to shape into hearts to acknowledge the love Jesus has for you.	Start a new tradition of love in your family, in your workplace, or where you live	Complete the Repentance Devotion
DAY 5	**DAY6**	**DAY 7**	**DAY 8**
Invite others to add to your blessing paper chain	Choose one thing to stop doing. Dedicate it to the Lord and ask for His Blessing	Find a stone. Give thanks to God for the Cornerstone of foundation in your new life	Choose a Christian Non-Fiction Book to Read.
DAY 9	**DAY 10**	**DAY 11**	**DAY 12**
Buy a journal and give it away	Write a handwritten note and mail it to an elderly family member or former neighbor	Find a new Christian Podcast	Clean out your social media feed.. Ask for God's guidance
DAY 13	**DAY 14**	**DAY 15**	**DAY 16**
Pray as a family, each taking a turn in thanksgiving and petition	Send a care package with inspirational material to a college student	Read 1 John 3 and journal your thoughts	Color one of the coloring pages in this resource guide
DAY 17	**DAY 18**	**DAY 19**	**DAY 20**
Read Psalm 51 and journal your thoughts	Write a poem as a praise to God	Take a long walk. Try to think about nothing. Let your mind rest.	Pay it forward. Light a candle as you pray over this person today

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LENT

COMMITMENT CALENDAR

DAY 21	**DAY22**	**DAY 23**	**DAY 24**
Write down sin revealed to you during prayer time.. Destroy the paper.	use the molding clay to shape how God has transformed you.	Fast until sundown. Use meal time to pray and talk to God.	Complete the Confession Devotion
DAY 25	**DAY26**	**DAY 27**	**DAY 28**
Complete a second coloring page	Choose one more thing to stop doing. Dedicate it to the Lord and ask for His Blessing	Listen to Christian music all day. Choose hymns if you listen to praise music and vice versa	Choose a Christian Non-Fiction Book to give away
DAY 29	**DAY 30**	**DAY 31**	**DAY 32**
Buy a journal and and use it with a bible app verse of the day	Visit the local Christian Book Store and ask the owner for recommended reading	Find a new Christian influencer to follow	Read Ephesians 2:10 and journal your thoughts
DAY 33	**DAY 34**	**DAY 35**	**DAY 36**
Pray as a family, each taking a turn in thanksgiving and petition	Send a care package with inspirational material to a college student	Complete the Prayer Devotion	Color the last coloring page in this resource guide
DAY 37	**DAY 38**	**DAY 39**	**DAY 40**
Find one accountability partner to support you as you continue your journey	Journal what it means to have a renewed mind and spirit in Christ	Pay it forward. Light a candle as you pray over this person today	The Lord your God will bless you in all the work of your hands, and your joy will be complete - Duet. 16:15 Love, Kass

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HEAVENLY FATHER, AS YOUR HUMBLE SERVANT, I COME TO YOU BROKEN AND FAULTY. THOUGH YOU KNOW THE INIQUITIES OF MY HEART, YOU ALSO KNOW SPIRIT OF LOVE WITHIN ME. CHANGE ME FROM THE INSIDE, OUT. REPLACE MY WORLDLY THOUGHTS WITH THE WISDOM OF HEAVEN. YOU ALONE CAN MAKE ME NEW. MAKE EACH DAY A STEP CLOSER TO YOU. THANK YOU FOR YOUR SON, JESUS WHO GAVE ALL SO THAT I MAY HAVE ALL IN YOU.
AMEN

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LORD, I GIVE THANKS FOR THOSE WHO SURROUND ME WITH LOVE. I LIFT THEM UP, FOR THEY HOLD A SPECIAL PLACE IN MY HEART. AS THEY COME ALONG SIDE ME, LORD, FILL THEM WITH JOY AND PATIENCE. YOU LOVE NEVER FAILS US LORD. YOU ARE OUR STRENGTH AND REDEEMER. YOU HAVE GENEROUSLY GIVEN US FRIENDS AND FAMILY AND WILL PROVIDE FOR ALL OUR NEEDS. AS WE LOVE AND SUPPORT ONE ANOTHER, ACCORDING TO YOUR WILL, LET GRACE AND PEACE SETTLE AMONG US. LET US REJOICE WITH GLADNESS AT YOUR MIGHTY NAME.
AMEN

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LORD, EACH DAY I SHED THE OLD AND PUT ON THE NEW. I'M SO GRATEFUL FOR YOUR GRACE AND MERCY. I KNOW I WON'T BE PERFECT, BUT LORD, WITH YOUR FORGIVENESS I KNOW I WILL RECEIVE YOUR WISDOM AND KNOWLEDGE. AS I TURN AWAY FROM MY OLD LIFE, MY HOPE IS IN YOU AND YOU WILL BE A LIGHT ON MY PATH FOREVER. I KNOW THAT THOUGH I MAY STUMBLE, YOUR PLANS FOR ME ARE FOR GOOD. I AM YOUR MASTERPIECE AND I PRAISE YOU AND DECLARE YOU LORD OVER ALL.
AMEN

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LORD, GUIDE ME IN YOUR TRUTH. REVEAL YOURSELF TO ME AND OPEN MY EARS AND EYES TO HEAR AND SEE YOU. LET ME FIND YOU WHEN I SEEK YOUR FACE. I'M SO SORRY FOR DOING WRONG WHEN I KNOW BETTER, AND REPEATING TRANSGRESSIONS THAT ARE SO EASILY AVOIDED. I'M SO GRATEFUL FOR YOUR ENDURING LOVE, YOUR GENTLE KINDNESS AND THE REMINDER THAT NOTHING WILL SEPARATE US. I COMMIT ALL THAT I DO AND KNOW YOU WILL ESTABLISH THEM FOR YOUR GLORY. MY HEART'S DESIRE IS RECEIVE YOUR LIGHT AND BE A LIGHT TO OTHERS. THAT I MIGHT BE THAT VESSEL IS PURE JOY.
AMEN

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