

HUNGER  
&  
THIRST



*A LENTEN  
DEVOTIONAL GUIDE*



## CONTENTS

---

WEEK 1  
ACKNOWLEDGE OUR HUMANITY

WEEK 2  
SEEKING GOD

WEEK 3  
SURRENDER & SACRIFICE

WEEK 4  
GOD'S PROVISION

WEEK 5  
TRANSFORMATION & RENEWAL

WEEK 6  
PREPARING FOR THE CROSS

---

*Our hope is that these pages will  
serve you as a purposeful,  
intentional, and meaningful guide  
while you journey through this  
significant Lenten season.*

**WEEK 1**

ACKNOWLEDGE OUR HUMANITY

SUNDAY, MARCH 9

---

MATTHEW 5:6

Blessed are those who hunger  
and thirst for righteousness, for  
they will be filled.

PRAYER

*Lord, I come to you acknowledging  
my deep need for you. Please  
deepen my hunger as I desire to  
be more like you.*

REFLECTION QUESTION

How can you intentionally seek  
God during this Lenten season?

---

---

---

---

---

---

---

---

WEEK 1  
ACKNOWLEDGE OUR HUMANITY  
MONDAY, MARCH 10

---

GENESIS 2:7  
Then the Lord God formed them,  
the man of dust from the ground  
and breathed into his nostrils the  
breath of life, and the man  
became a living creature.

PRAYER  
*Lord, help me embrace my humanity,  
knowing that you created me from  
dust and sustain me with your  
breath. Help me during Lent to  
trust you and depend on you.*

REFLECTION QUESTION  
In what ways do you rely on your  
own strength rather than God's?

---

---

---

---

---

---

---

WEEK 1

ACKNOWLEDGE OUR HUMANITY

TUESDAY, MARCH 11

---

2 CORINTHIANS 12:9

But He said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'

Therefore I will boast all the more gladly about my weaknesses, so Christ's power may rest on me.

PRAYER

*Lord, help me to trust in your strength rather than on my own abilities.*

REFLECTION QUESTION

What areas of your life are you trying to control rather than trusting in God's grace?

---

---

---

---

---

---

---

WEEK 1  
ACKNOWLEDGE OUR HUMANITY  
WEDNESDAY, MARCH 12

---

ROMANS 3:23

For all have sinned and fall  
short of the glory of God.

PRAYER

*Lord, thank you for your  
undeserved mercy and love. Remove  
the shame of my brokenness and let  
me live in your grace.*

REFLECTION QUESTION

What do you need to confess and  
surrender to God to live the life  
He is calling you to live?

---

---

---

---

---

---

---

---

WEEK 1

ACKNOWLEDGE OUR HUMANITY

THURSDAY, MARCH 13

---

PSALM 139:13-14

You formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.

PRAYER

*Lord, for uniquely creating me and knowing me fully, I give you praise. Help me to carry your fingerprints into the world around me as I rely on you.*

REFLECTION QUESTION

How does the knowledge that God uniquely created you shape the way you see yourself?

---

---

---

---

---

---

---



WEEK 1  
ACKNOWLEDGE OUR HUMANITY  
*FRIDAY, MARCH 14*

---

HEBREWS 4:15

For we do not have a high priest  
who is unable to empathize with  
our weaknesses, but we have one  
who has been tempted in every  
way, just as we are-yet he did  
not sin.

PRAYER

*Lord, thank you for knowing my  
struggles and my fears. Help me to  
trust you in all things.*

REFLECTION QUESTION

How does knowing that Jesus  
experienced similar struggles to  
you give you strength and bring  
you comfort?

---

---

---

---

---

---

---

WEEK 1

ACKNOWLEDGE OUR HUMANITY

SATURDAY, MARCH 15

---

2 CORINTHIANS 4:16-17

Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

PRAYER

*Lord, thank you for the hope we have in you. We know we are not defined by our failures but rather by your grace. Help us as we face our temporary struggles here on earth.*

REFLECTION QUESTION

What is one way you can live with hope today, regardless of what you may be facing?

---

---

---

---

---

---

---

---

**WEEK 2**

SEEKING GOD

SUNDAY, MARCH 16

---

PSALM 42:1

As the deer pants for the water  
brooks, so my soul pants for  
You, O God.

PRAYER

*Lord, stir in me a new desire for  
you in my heart. Let me want you  
in only a way that you can  
satisfy.*

REFLECTION QUESTION

What does it mean to truly long  
for God above all else?

---

---

---

---

---

---

---

WEEK 2  
SEEKING GOD  
MONDAY, MARCH 17

---

JEREMIAH 29:13

You will seek Me and find Me  
when you seek Me with all your  
heart.

PRAYER

*Lord, help me to seek you better  
today. In the busyness and chaos  
of this world and my life, let me  
take time to look for and to you.*

REFLECTION QUESTION

How can you seek God with all  
of your heart?

---

---

---

---

---

---

---

---

WEEK 2  
SEEKING GOD  
TUESDAY, MARCH 18

---

MATTHEW 6:33

But seek first the kingdom of  
God and His righteousness, and  
all these things will be added to  
you.

PRAYER

*Lord, today I pray that I would  
first seek you and your kingdom.  
In everything that I do, I pray  
that I would make you part of it.*

REFLECTION QUESTION

In order to seek God whole-  
heartedly, is there something  
you need to remove in your life?

---

---

---

---

---

---

---

WEEK 2  
SEEKING GOD  
WEDNESDAY, MARCH 19

---

PSALM 105:4

Seek the Lord and His strength;  
seek His presence continually!

PRAYER

*Lord, give me courage to face  
whatever today or tomorrow might  
hold and face it with only a  
strength that you can provide.*

REFLECTION QUESTION

In times of doubt and weakness,  
how can you seek out God's  
strength and rely on Him?

---

---

---

---

---

---

---

WEEK 2  
SEEKING GOD  
*THURSDAY, MARCH 20*

---

ISAIAH 26:9

My soul yearns for You in the  
night; in the morning my spirit  
longs for You.

PRAYER

*Lord, my soul does yearn for you,  
and my spirit longs for you. I  
pray that whether night or day, I  
would feel this longing and run to  
you.*

REFLECTION QUESTION

How does your current  
relationship with church and the  
Bible reflect your soul's  
yearning for God?

---

---

---

---

---

---

---

WEEK 2  
SEEKING GOD  
FRIDAY, MARCH 21

---

JAMES 4:8

Come near to God and He will  
come near to you.

PRAYER

*Lord come near to me, and let me  
remember to notice your presence  
today.*

REFLECTION QUESTION

How does this invitation and  
truth that God will come near to  
you give you peace?

---

---

---

---

---

---

---



WEEK 2  
SEEKING GOD  
SATURDAY, MARCH 22

---

2 CHRONICLES 7:14

If my people, who are called by  
my name, will humble themselves  
and pray and seek my face and  
turn from their wicked ways, then  
I will hear from heaven, and I will  
forgive their sin and will heal  
their land.

PRAYER

*Lord, forgive me where I will fall  
short today. Help me to turn to you,  
knowing that you are a God who  
forgives.*

REFLECTION QUESTION

It's not always easy to seek  
after God. What things do you  
need to ask forgiveness for  
today?

---

---

---

---

---

---

---

**WEEK 3**

SURRENDER & SACRIFICE

SUNDAY, MARCH 23

---

ROMANS 12:1

Offer your bodies as a living sacrifice, holy and pleasing to God.

PRAYER

*Lord, help my life be an offering to you. Show me the areas I need to surrender to your control as I live a life worthy of your sacrifice.*

REFLECTION QUESTION

What sacrifice is God calling you to make during Lent and possibly beyond?

---

---

---

---

---

---

---

---

WEEK 3  
SURRENDER & SACRIFICE  
MONDAY, MARCH 24

---

PROVERBS 3:5-6

Trust in the Lord with all your  
heart and lean not on your own  
understanding.

PRAYER

*Lord, help me to surrender all  
things to your will. Teach me to  
trust in you and show me the path  
you are leading me down. Help me  
to respond with faith and  
courage.*

REFLECTION QUESTION

What fears are holding you back  
from fully trusting God?

---

---

---

---

---

---

---

WEEK 3  
SURRENDER & SACRIFICE  
*TUESDAY, MARCH 25*

---

LUKE 9:23

Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

PRAYER

*Lord, help me to choose your ways over mine. Help me to commit daily to following you. Show me the areas I need to sacrifice to focus on you.*

REFLECTION QUESTION

What is a practical way you can live sacrificially today?

---

---

---

---

---

---

---

WEEK 3  
SURRENDER & SACRIFICE  
WEDNESDAY, MARCH 26

---

PHILIPPIANS 3:8

I consider everything a loss  
because of the surpassing worth  
of knowing Christ Jesus my Lord.

PRAYER

*Lord, during this Lenten season,  
help me to make sacrifices, so that  
I may gain more of you. Let me make  
space in the busyness of life for you  
to inhabit all things.*

REFLECTION QUESTION

What areas of your life is the Lord  
trying to inhabit? How can you  
make that a reality?

---

---

---

---

---

---

---

WEEK 3  
SURRENDER & SACRIFICE  
*THURSDAY, MARCH 27*

---

JAMES 4:10

Humble yourselves before the Lord, and He will lift you up.

PRAYER

*Lord, we confess humility is difficult but help us to have a humble heart as we seek to know and exalt you more.*

REFLECTION QUESTION

What areas of pride do you need to surrender?

---

---

---

---

---

---

---

---

WEEK 3  
SURRENDER & SACRIFICE  
*FRIDAY, MARCH 28*

---

ISAIAH 41:10  
Do not fear, for I am with you.

PRAYER  
*Lord, help me to trust you in all things. Remove my fear so I may serve you more.*

REFLECTION QUESTION  
How is fear hindering you from surrendering fully to God? How can you focus on trusting God more during this Lenten season?

---

---

---

---

---

---

---

WEEK 3

SURRENDER & SACRIFICE

SATURDAY, MARCH 29

---

LUKE 22:42

Yet not my will, but yours be done.

PRAYER

*Lord, I give you all control of my life - my plans, hopes, desires and fears are all yours. Teach me to embrace your ways over mine.*

REFLECTION QUESTION

How can Jesus' example of surrender encourage you in your own journey?

---

---

---

---

---

---

---

---



**WEEK 4**  
GOD'S PROVISION  
SUNDAY, MARCH 30

---

EXODUS 16:4

Then the Lord said to Moses, I  
will rain down bread from heaven  
for you.

PRAYER

*Lord, help me to trust that you  
will provide all I need for each  
day. Help me to rely on you in all  
things.*

REFLECTION QUESTION

How can I focus on today's  
blessings from God rather than  
worry about the future?

---

---

---

---

---

---

---

WEEK 4  
GOD'S PROVISION  
MONDAY, MARCH 31

---

MATTHEW 6:33

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

PRAYER

*Lord, help me to prioritize your kingdom instead of building my own. Help me to trust that you will provide.*

REFLECTION QUESTION

What does 'God's Kingdom' look like in your life? What areas in your own life do you need to shift to allow God's Kingdom to grow?

---

---

---

---

---

---

---

WEEK 4  
GOD'S PROVISION  
TUESDAY, APRIL 1

---

PHILIPPIANS 4:19

And my God will meet all your needs according to the riches of his glory in Christ.

PRAYER

*Lord, teach me to rely on you rather than my own strength. Give me your peace and comfort as I trust in your provision for my life.*

REFLECTION QUESTION

Reflect on your life. How has God provided for you in the past? Does that comfort you for the future?

---

---

---

---

---

---

---

WEEK 4  
GOD'S PROVISION  
WEDNESDAY, APRIL 2

---

NEHEMIAH 9:21

Even in the wilderness He fed them.

PRAYER

*Lord, in the wilderness seasons of my life, help me to trust you. I confess my fear and worry about the future and ask for your peace. Thank you for being faithful to me even in the uncertainty of life.*

REFLECTION QUESTION

What areas of your life do you need to learn to trust God in His faithfulness?

---

---

---

---

---

---

---

---

WEEK 4  
GOD'S PROVISION  
*THURSDAY, APRIL 3*

---

ISAIAH 26:3

You will keep in perfect peace  
those whose minds are steadfast,  
because they trust you.

PRAYER

*Lord, help me to trust you  
completely so that I may be  
comforted by your peace.*

REFLECTION QUESTION

What aspects of your life feel  
anxious or unsettled? How can you  
seek God's peace in these areas?

---

---

---

---

---

---

---

WEEK 4  
GOD'S PROVISION  
FRIDAY, APRIL 4

---

MATTHEW 11:28

Come to me, all you who are weary  
and burdened, and I will give you  
rest.

PRAYER

*Lord, help me to find rest in you. I  
give you my burdens and worries. I  
ask that you bless me with your  
peace. Help me to believe you are  
enough.*

REFLECTION QUESTION

What burdens are you carrying  
that you need to lay down and  
make space for God's rest in your  
life?

---

---

---

---

---

---

---

---

WEEK 4  
GOD'S PROVISION  
SATURDAY, APRIL 5

---

PSALM 147:3

He heals the brokenhearted and  
binds up their wounds.

PRAYER

*Lord, I bring my hurts and  
brokenness to you. Heal me and  
restore me with your grace.*

REFLECTION QUESTION

What wounds are still evident in  
your life and how has it affected  
your relationships? How can you  
allow God to heal those wounds?

---

---

---

---

---

---

---

---

**WEEK 5**

TRANSFORMATION & RENEWAL

SUNDAY, APRIL 6

---

2 CORINTHIANS 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

PRAYER

*Lord, create in me a new creation. Help me to be transformed to be more like you, and for the old me to pass away.*

REFLECTION QUESTION

What does it mean to you personally to be a new creation? What things are holding you back?

---

---

---

---

---

---

---



WEEK 5  
TRANSFORMATION & RENEWAL  
MONDAY, APRIL 7

---

ROMANS 12:2

Do not be conformed to this  
world but be transformed by the  
renewal of your mind.

PRAYER

*Lord, renew my mind, transform my  
thinking, help me to think as you  
would think.*

REFLECTION QUESTION

What thought patterns are  
keeping me from being more like  
Christ?

---

---

---

---

---

---

---

WEEK 5  
TRANSFORMATION & RENEWAL  
TUESDAY, APRIL 8

---

1 JOHN 4:19

We love because he first loved us.

PRAYER

*Lord, thank you for loving us. I pray  
that because of your all-  
encompassing love I can love others  
better.*

REFLECTION QUESTION

Reflect on God's love for us. How  
does this indescribable love  
transform the way in which you  
should live?

---

---

---

---

---

---

---

---

WEEK 5  
TRANSFORMATION & RENEWAL  
WEDNESDAY, APRIL 9

---

GALATIANS 5:25

Since we live by the Spirit, let us  
keep in step with the Spirit.

PRAYER

*Lord, I pray that I may stay in step  
with the Spirit, allowing the Spirit  
to transform me and make me more  
like you.*

REFLECTION QUESTION

The Holy Spirit is powerful. How  
have you seen the Spirit working  
in your life this week?

---

---

---

---

---

---

---

WEEK 5  
TRANSFORMATION & RENEWAL  
*THURSDAY, APRIL 10*

---

GALATIANS 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

PRAYER

*Lord, renew my life to fully embrace and live by these fruits. I know this is how you call us to live. Wherever you lead I will follow.*

REFLECTION QUESTION

How is the fruit of the Spirit evident in your life? Where are you struggling?

---

---

---

---

---

---

---

WEEK 5  
TRANSFORMATION & RENEWAL  
FRIDAY, APRIL 11

---

EPHESIANS 2:10

For we are God's handiwork,  
created in Christ Jesus to do good  
works, which God prepared in  
advance for us to do.

PRAYER

*Lord, thank you for creating me.  
Help me to do good works in your  
name. I pray that my eyes will open  
to see the things that you have  
prepared ahead of me.*

REFLECTION QUESTION

What does it look like to partner  
with God each day as we do good  
works?

---

---

---

---

---

---

---

WEEK 5  
TRANSFORMATION & RENEWAL  
*SATURDAY, APRIL 12*

---

COLOSSIANS 3:12

Clothe yourselves with compassion, kindness, humility, gentleness, and patience.

PRAYER

*Lord, renew in my heart-compassion, kindness, humility, gentleness, and patience. Help me to mirror your heart in these ways.*

REFLECTION QUESTION

How can you show compassion, kindness, humility, gentleness and patience today?

---

---

---

---

---

---

---

**WEEK 6**  
PREPARING FOR THE CROSS  
*SUNDAY, APRIL 13*

---

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.'

PRAYER

*Lord, today I pray that as I prepare  
and wait for the cross, I can take  
up my own cross. In my walk with  
you, I pray that I can deny myself  
and follow you.*

REFLECTION QUESTION

What does it look like to take up  
your cross daily and follow  
Christ?

---

---

---

---

---

---

---

WEEK 6  
PREPARING FOR THE CROSS  
MONDAY, APRIL 14

---

PHILIPPIANS 3:10-11

I want to know Christ- yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead.

PRAYER

*Lord, I want to understand your sufferings, and I want to live in the promise of the resurrection every day.*

REFLECTION QUESTION

How does both the cross and resurrection change the way in which I live?

---

---

---

---

---

---

---

---



WEEK 6  
PREPARING FOR THE CROSS  
*TUESDAY, APRIL 15*

---

ROMANS 6:6-8

For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin- because anyone who has died has been set free from sin. Now, if we die with Christ, we believe that we will also live with him.

PRAYER

*Lord, thank you for dying on the cross for our sins. Help me to live knowing that truth, that we are no longer slave to sin because of your sacrifice.*

REFLECTION QUESTION

What does Christ's death on the cross mean to you?

---

---

---

---

---

---

---

WEEK 6  
PREPARING FOR THE CROSS  
WEDNESDAY, APRIL 16

---

REVELATION 22:20

He who testifies to these things says, 'Yes, I am coming soon.' Amen. Come, Lord Jesus.

PRAYER

*Lord, we may not know the day or the hour, but we know that someday you will return. Today I pray for that day. I wait in anticipation for the triumphant day that we will meet.*

REFLECTION QUESTION

How does it feel to know that someday Christ will return?

---

---

---

---

---

---

---

WEEK 6  
PREPARING FOR THE CROSS  
*THURSDAY, APRIL 17*

---

1 CHRONICLES 16:34

Give thanks to the Lord, for he is  
good; His love endures forever.

PRAYER

*Lord, thank you for the Lenten  
season, a time to pause, reflect,  
repent, renew, and give thanks. As  
Resurrection Sunday quickly  
approaches, let us cling to the hope  
and truth that death did not win.*

REFLECTION QUESTION

What have these last 40 days  
meant to you? What will you bring  
with you through the rest of this  
year from this season?

---

---

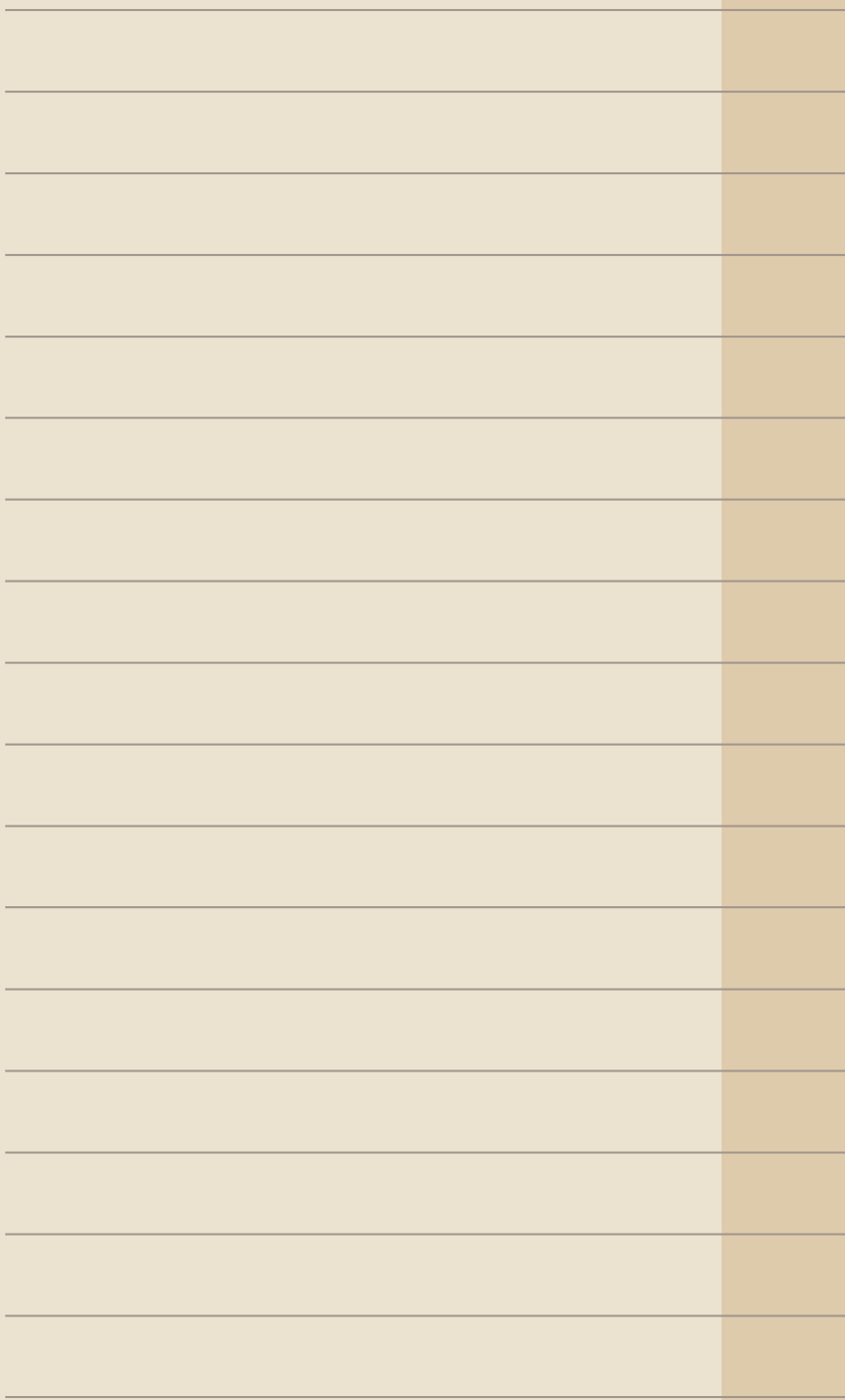
---

---

---

---

---





This image shows a blank sheet of lined paper. The paper has a light beige background. On the right side, there is a vertical margin line, creating a narrow column. The rest of the page is filled with horizontal ruling lines, spaced evenly down the length of the page. There are 20 horizontal lines in total, including the margin line. The lines are thin and dark, providing a guide for writing.





COPYRIGHT © 2025  
FIRST BAPTIST CHURCH LUFKIN