

Journey to the Cross

A 40-Day Devotional for Lent



2025 Daily Devotional

by
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Introduction to Lent Spiritual Discipline

Lent is a sacred season of preparation, reflection, repentance, and renewal. It invites us to journey with Christ toward the cross and resurrection. It is also a time for spiritual discipline, drawing us closer to God through prayer, fasting, and acts of service. During these 40 days, we intentionally set aside time to deepen our faith, examine our hearts, and respond to God's call to live lives of holiness and grace.

In the Christian tradition, Lent begins on Ash Wednesday, a day marked by the liturgical action of receiving ashes on our foreheads. These ashes, a biblical symbol of repentance, humility, and mortality, remind us of our dependence on God and the transitory nature of life. The liturgical phrase often spoken during this act, "Remember that you are dust, and to dust you shall return," echoes Genesis 3:19 and calls us to reflect on the deeper meaning of our existence in light of God's eternal purposes. Lent is a gift, an opportunity to slow down, examine our hearts, and make room for God to work within us.

The season of Lent finds its foundation in the Bible, particularly in the story of Jesus' forty days in the wilderness (Matthew 4:1-11, Mark 1:12-13, Luke 4:1-13). Following his baptism, Jesus is led by the Spirit into the wilderness, where he fasts and prays, facing temptation and deepening his reliance on God. This preparation period precedes his public ministry, reminding us that spiritual growth often involves times of discipline and dependence on God.

Lent's forty days are modeled after this wilderness experience, as well as other significant periods of forty in scripture, such as the forty days of rain during Noah's time (Genesis 7:12), the forty years of Israel's journey in the wilderness (Deuteronomy 8:2-3), and the forty days Moses spent on Mount Sinai receiving the law (Exodus 34:28). These biblical events remind us that God uses times of preparation to shape and refine God's people for the work ahead. The season's colors—purple and violet—symbolize repentance and preparation.

This devotional guide is designed to accompany you daily, offering Scripture, reflections, prayers, and thoughts for the day. May this journey to the cross enrich your faith and transform your walk with Christ, preparing your heart for the joy of Easter morning.

Day 1: Wednesday, March 5, 2025

Scripture Reading: Matthew 6:1-6, 16-21

Reflection: Jesus reminds us that true devotion is not about public recognition but about the quiet sincerity of our hearts. Lent invites us to examine our motives in prayer, fasting, and giving. Are we seeking God's presence, or are we seeking approval from others? Let this season redirect our focus to what truly matters: the treasures of heaven.

Prayer: Loving God, guide my heart to seek you in all I do. Help me to cultivate sincerity in my prayers, humility in my fasting, and generosity in my giving. May my life be a reflection of your grace. Amen.

Thought for the Day: God sees what is done secretly and rewards it with grace.

Day 2: Thursday, March 6, 2025

Scripture Reading: Acts 7:30-34

Reflection: In the wilderness, Moses encountered God in the burning bush. God's voice called him to a purpose greater than himself. Lent is a time to listen to God's call in our lives. Where is God inviting you to step out in faith and serve others?

Prayer: God of the burning bush, help me to hear your voice amid life's noise. Give me the courage to answer your call and trust your guidance. Amen.

Thought for the Day: God calls us to holy ground, even in the wilderness.

Day 3: Friday, March 7, 2025

Scripture Reading: Acts 7:35-42

Reflection: Despite witnessing God's wonders, the Israelites often returned to old ways of thinking and living. Lent reminds us of our tendency to cling to the familiar, even when God calls us to transformation. Let us turn from idols and fix our hearts on God alone.

Prayer: Transforming God, forgive me when I resist change. Turn my heart entirely toward you, and help me trust your ways. Amen.

Thought for the Day: Trusting God leads to freedom and transformation.

Day 4: Saturday, March 8, 2025

Scripture Reading: John 12:27-36

Reflection: Jesus' soul was troubled as he faced the cross, yet he chose to glorify God through his obedience. Lent calls us to follow Christ's example of surrender, even in the face of difficulty. Where might God be asking you to surrender this Lent?

Prayer: God of light, give me the strength to follow Christ's example of faithfulness. Teach me to surrender to your will and trust in your purposes. Amen.

Thought for the Day: In surrender, we find the light of God's glory.

Day 5: Sunday, March 9, 2025

Scripture Reading: Luke 4:1-13

Reflection: Jesus overcame temptation in the wilderness through the power of God's word. Lent is a time to fortify our spiritual lives by immersing ourselves in Scripture and prayer. How can you lean on God's word to resist the temptations you face?

Prayer: Holy God, strengthen me with your word and Spirit. Lead me not into temptation, but deliver me from all that draws me away from you. Amen.

Thought for the Day: God's word is our strength in times of temptation.

Day 6: Monday, March 10, 2025

Scripture Reading: 1 John 2:1-6

Reflection: The essence of Christian discipleship is to walk as Christ walked. Lent invites us to reflect on how our lives mirror Jesus' love and obedience. Are your steps aligned with Christ's example?

Prayer: Gracious God, teach me to follow in the footsteps of Jesus. Help me to live a life marked by love, obedience, and faithfulness to you. Amen.

Thought for the Day: Following Jesus means walking in love and truth.

Day 7: Tuesday, March 11, 2025

Scripture Reading: 2 Peter 2:4-21

Reflection: Peter warns against falling into the traps of false teachings and unfaithful living. Lent challenges us to discern truth from falsehood and to root ourselves in God's word. How are you grounding yourself in God's truth this season?

Prayer: God of truth, protect me from the temptation of falsehood. Plant your word deep in my heart and lead me in righteousness. Amen.

Thought for the Day: God's truth is a firm foundation in a shifting world.

Day 8: Wednesday, March 12, 2025

Scripture Reading: Luke 21:34-22:6

Reflection: Jesus warns his disciples to remain alert and prayerful as they face trials. Lent is a time to cultivate spiritual vigilance and deepen our dependence on God. How can you stay spiritually awake today?

Prayer: Eternal God, keep me watchful and prayerful in all things. Help me to trust in your strength as I face life's challenges. Amen.

Thought for the Day: Spiritual vigilance keeps us grounded in God's presence.

Day 9: Thursday, March 13, 2025

Scripture Reading: Philippians 3:2-12

Reflection: Paul calls us to seek to know Christ and share his resurrection. Lent is a journey of transformation that encourages us to shed what holds us back and move forward in faith. What is God inviting you to release this Lent?

Prayer: God of new beginnings, help me press on toward knowing you more deeply. Let nothing hold me back from the life you desire for me. Amen.

Thought for the Day: Press on, for Christ is our goal and prize.

Day 10: Friday, March 14, 2025

Scripture Reading: Philippians 3:17-20

Reflection: Paul reminds us that our faithful citizenship is in heaven. Lent is a time to reflect on our ultimate allegiance. Are we living as citizens of God's kingdom or distracted by earthly pursuits?

Prayer: God of heaven, remind me that my true home is with you. Help me to live as a faithful citizen of your kingdom. Amen.

Thought for the Day: Our citizenship is in heaven, and Christ is our King.

Day 11: Saturday, March 15, 2025

Scripture Reading: Matthew 23:37-39

Reflection: Jesus laments over Jerusalem, expressing deep love and longing to gather the people under God's care. Lent reminds us of God's constant invitation to come closer, even when we stray. How can you accept God's invitation today?

Prayer: Compassionate God, draw me nearer to your heart. Help me to trust in your love and care, knowing you desire to shelter me in your grace. Amen.

Thought for the Day: God's love is a refuge for all who seek it.

Day 12: Sunday, March 16, 2025

Scripture Reading: Luke 13:31-35

Reflection: Jesus' determination to continue his mission despite opposition teaches us courage and steadfastness. Lent calls us to follow Christ boldly, even when the path is difficult. Where is God calling you to be courageous?

Prayer: God of strength, help me to persevere in my faith and follow your calling with courage. Give me the boldness to trust in your plans. Amen.

Thought for the Day: Courage is faith in action.

Day 13: Monday, March 17, 2025

Scripture Reading: Romans 4:1-12

Reflection: Paul emphasizes faith as the foundation of our righteousness before God. Lent is a time to renew our faith and trust God's promises, just as Abraham did. How can you deepen your faith today?

Prayer: Faithful God, strengthen my trust in you. Help me live daily in faith, knowing you are faithful to your promises. Amen.

Thought for the Day: Faith is the key to living in God's grace.

Day 14: Tuesday, March 18, 2025

Scripture Reading: 1 Corinthians 10:1-13

Reflection: Paul reminds us that God is faithful and provides a way out in times of temptation. Lent invites us to rely on God's strength to overcome challenges and resist sin. How can you trust in God's faithfulness today?

Prayer: God of faithfulness, help me lean on you in times of temptation. Show me the way to overcome and live in your grace. Amen.

Thought for the Day: God is faithful and provides a way out of every trial.

Day 15: Wednesday, March 19, 2025

Scripture Reading: Luke 13:22-31

Reflection: Jesus speaks of the narrow door, reminding us to strive for a life aligned with God's will. Lent is a time to evaluate our priorities and ensure we follow Christ's example. Are your choices leading you closer to God?

Prayer: Guiding God, help me to choose the narrow path that leads to life. Align my heart with your will and lead me in your ways. Amen.

Thought for the Day: The narrow path leads to abundant life.

Day 16: Thursday, March 20, 2025

Scripture Reading: Revelation 2:8-11

Reflection: Jesus encourages the church in Smyrna to remain faithful even in suffering, promising the crown of life. Lent invites us to endure hardships with faith, knowing God's promises are sure. How can you hold on to hope today?

Prayer: God of hope, give me the strength to remain faithful in times of trial. Help me to trust in your promises and find joy in your presence. Amen.

Thought for the Day: Faithfulness leads to the crown of life.

Day 17: Friday, March 21, 2025

Scripture Reading: Revelation 3:1-6

Reflection: Jesus calls the church in Sardis to wake up and strengthen what remains. Lent is a time to awaken our spiritual lives and renew our commitment to God. What needs strengthening in your faith journey?

Prayer: God of renewal, awaken my heart to your presence. Help me to strengthen my faith and walk closely with you each day. Amen.

Thought for the Day: Wake up and renew your commitment to God.

Day 18: Saturday, March 22, 2025

Scripture Reading: Luke 6:43-45

Reflection: Jesus teaches that a tree is known by its fruit, reminding us that our actions reflect our hearts. Lent is a time to cultivate goodness within so that our lives bear the fruit of God's Spirit. What kind of fruit are you bearing?

Prayer: God of growth, cultivate goodness in my heart. Help me to bear fruit that reflects your love and grace to the world. Amen.

Thought for the Day: Good fruit grows from a heart rooted in God.

Day 19: Sunday, March 23, 2025

Scripture Reading: Luke 13:1-9

Reflection: In the fig tree parable, Jesus calls us to examine our lives and bear fruit worthy of repentance. Lent is a season of spiritual growth that reminds us of God's patience and mercy. Are there areas of your life that need pruning to grow?

Prayer: Merciful God, thank you for your patience and grace. Help me to bear fruit that reflects your love and brings glory to your name. Amen.

Thought for the Day: God's mercy gives us time to grow and bear fruit.

Day 20: Monday, March 24, 2025

Scripture Reading: Romans 2:1-11

Reflection: Paul teaches that God is not partial and judges all people according to their deeds. Lent invites us to examine our hearts and actions and strive to live in ways that reflect God's justice and righteousness. How can you live with integrity today?

Prayer: Just God, help me to live a life of integrity and faithfulness. May my actions reflect your love and justice in the world. Amen.

Thought for the Day: God calls us to live with justice and integrity.

Day 21: Tuesday, March 25, 2025

Scripture Reading: Romans 2:12-16

Reflection: Paul reminds us that the law is written on our hearts, guiding us to live according to God's will. Lent is a time to listen to God's voice within and act on it. Are you listening to the law written in your heart?

Prayer: Guiding God, help me hear your voice in my heart. Lead me to live according to your will each day. Amen.

Thought for the Day: God's law is written on our hearts, guiding us in truth.

Day 22: Wednesday, March 26, 2025

Scripture Reading: Luke 13:18-21

Reflection: Jesus describes the kingdom of God as a mustard seed and yeast, small yet transformative. Lent reminds us that even the most minor acts of faith and love can have a profound impact. How can you plant seeds of God's kingdom today?

Prayer: God of growth, use my small acts of faith to build your kingdom. Teach me to trust in the power of your Spirit to transform lives. Amen.

Thought for the Day: Small acts of faith can transform the world.

Day 23: Thursday, March 27, 2025

Scripture Reading: 2 Corinthians 4:16-5:5

Reflection: Paul reminds us to focus on the eternal, not the temporary, and to place our hope in God's promises. Lent is a time to renew our perspective and trust in the unseen work of God. What eternal hope sustains you today?

Prayer: Eternal God, renew my hope in your promises. Help me to trust in what is unseen and eternal. Amen.

Thought for the Day: Our hope is in what is eternal, not temporary.

Day 24: Friday, March 28, 2025

Scripture Reading: 2 Corinthians 5:6-15

Reflection: Paul urges us to live for Christ, who died and was raised for us. Lent calls us to reflect on how we live for Christ and serve others in his name. How can you live more fully for Christ today?

Prayer: Risen Christ, help me to live each day for you. May my life reflect your love and bring glory to your name. Amen.

Thought for the Day: Live for Christ, who gave his life for you.

Day 25: Saturday, March 29, 2025

Scripture Reading: Luke 15:1-10

Reflection: Jesus rejoices over the lost being found, illustrating God's unrelenting love and pursuit of us. Lent invites us to celebrate the grace that seeks and saves. How can you share God's joy and love with someone today?

Prayer: Loving God, thank you for seeking me when I was lost. Help me to reflect your joy and love to others, drawing them closer to you. Amen.

Thought for the Day: God's love rejoices in the lost being found.

Day 26: Sunday, March 30, 2025

Scripture Reading: Luke 15:11b-32

Reflection: The parable of the prodigal son reminds us of God's boundless grace and forgiveness. Lent is a time to return to God's open arms and rejoice in restoring relationships. Where do you need to experience or extend forgiveness?

Prayer: Gracious God, thank you for your forgiving love. Help me to forgive others as you have forgiven me and to embrace the joy of reconciliation. Amen.

Thought for the Day: God's grace welcomes us home with open arms.

Day 27: Monday, March 31, 2025

Scripture Reading: Revelation 19:1-8

Reflection: In a vision of heavenly worship, we are reminded of the ultimate triumph of God's justice and salvation. Lent directs our hope to the fulfillment of God's promises. How can you live in hopeful anticipation of God's reign today?

Prayer: Sovereign God, I rejoice in the promise of your eternal reign. Help me to live with hope and faith, anticipating the fulfillment of your justice and salvation. Amen.

Thought for the Day: God's justice and salvation inspire worship and hope.

Day 28: Tuesday, April 1, 2025

Scripture Reading: Revelation 19:9-10

Reflection: The angel declares the blessing of those invited to the marriage supper of the Lamb. Lent prepares our hearts for the heavenly feast, reminding us of God's ultimate invitation. How are you preparing to accept God's invitation?

Prayer: God of the banquet, prepare my heart for the feast of your kingdom. Help me to live in readiness and joy for what is to come. Amen.

Thought for the Day: God invites us to the heavenly feast of grace.

Day 29: Wednesday, April 2, 2025

Scripture Reading: Luke 9:10-17

Reflection: Jesus feeds the multitude, demonstrating God's abundant provision. Lent reminds us to trust God's ability to provide for all our needs. How can you share God's abundance with someone in need today?

Prayer: Generous God, thank you for your provision in my life. Help me to trust in your abundance and share it with others. Amen.

Thought for the Day: God's abundance satisfies every need.

Day 30: Thursday, April 3, 2025

Scripture Reading: Philippians 2:19-24

Reflection: Paul commends Timothy's genuine concern for others, reflecting Christ's selfless love. Lent calls us to embody Christ's humility and care. How can you show genuine concern for someone today?

Prayer: God of compassion, teach me to care for others with the selfless love of Christ. May my actions reflect your heart. Amen.

Thought for the Day: Genuine concern reflects the love of Christ.

Day 31: Friday, April 4, 2025

Scripture Reading: Philippians 2:25-3:1

Reflection: Paul speaks of the joy and encouragement found in Christian fellowship. Lent invites us to strengthen our connections with others in faith and to be sources of encouragement. How can you bring joy to someone in your community today?

Prayer: God of joy, thank you for the gift of Christian fellowship. Help me to encourage others and to reflect your love in my relationships. Amen.

Thought for the Day: Fellowship in Christ brings joy and encouragement.

Day 32: Saturday, April 5, 2025

Scripture Reading: John 11:45-57

Reflection: The leaders conspired against Jesus, fearing the impact of his ministry. Lent challenges us to examine how fear can lead to destructive choices and trust in God's purposes. What fears do you need to release to God?

Prayer: Sovereign God, help me release my fears to you. Strengthen my trust in your plan, and grant me the courage to follow your ways. Amen.

Thought for the Day: Trust in God's plan overcomes fear.

Day 33: Sunday, April 6, 2025

Scripture Reading: John 12:1-8

Reflection: Mary's act of anointing Jesus demonstrates extravagant love and devotion. Lent calls us to offer our best to God without hesitation. How can you show your dedication to Christ today?

Prayer: Loving God, help me honor you and offer my best to you in all I do. Teach me to follow Mary's example of love and devotion. Amen.

Thought for the Day: Extravagant love honors Christ.

Day 34: Monday, April 7, 2025

Scripture Reading: Hebrews 10:19-25

Reflection: The writer of Hebrews encourages us to draw near to God and hold fast to hope, encouraging one another toward love and good deeds. Lent reminds us of the power of community in our spiritual journey. Who can you encourage today?

Prayer: Faithful God, help me to hold fast to hope and to encourage others in their faith. May we grow together in love and good works. Amen.

Thought for the Day: Community strengthens faith and love.

Day 35: Tuesday, April 8, 2025

Scripture Reading: 1 John 2:18-28

Reflection: John warns of deception and calls believers to abide in Christ. Lent is a time to deepen our connection with Christ and to remain steadfast in the truth. How can you abide in Christ today?

Prayer: Eternal God, keep me rooted in your truth and steadfast in my faith. Teach me to abide in Christ each day. Amen.

Thought for the Day: Abiding in Christ keeps us grounded in truth.

Day 36: Wednesday, April 9, 2025

Scripture Reading: Luke 18:31-34

Reflection: Jesus foretells his suffering, but the disciples do not understand. Lent calls us to listen deeply and trust God, even when we do not fully comprehend. Where do you need to trust God's plan?

Prayer: Compassionate God, help me to trust your plan even when I do not understand. Open my heart to your guidance and lead me in faith. Amen.

Thought for the Day: Trust God's plan, even in uncertainty.

Day 37: Thursday, April 10, 2025

Scripture Reading: Hebrews 2:1-9

Reflection: The author of Hebrews highlights Christ's humility and the honor given to him. Lent encourages us to contemplate Christ's sacrifice and how we respond to his grace. How might you honor Christ today?

Prayer: Gracious God, thank you for Christ's humility and sacrifice. Help me to honor him through my words, actions, and devotion. Amen.

Thought for the Day: Christ's humility calls us to honor him.

Day 38: Friday, April 11, 2025

Scripture Reading: Hebrews 2:10-18

Reflection: Jesus shared in our humanity to bring salvation and hope. Lent reminds us of the depth of God's love and the gift of Christ's presence with us. How can you share this hope with others today?

Prayer: God of hope, thank you for sending Jesus to share in our humanity. Help me to share your love and hope with those around me. Amen.

Thought for the Day: Christ's humanity brings us hope.

Day 39: Saturday, April 12, 2025

Scripture Reading: Luke 22:1-13

Reflection: Jesus prepares for the Passover, knowing the path ahead. Lent calls us to prepare our hearts for the journey to the cross and resurrection. How are you preparing for Holy Week?

Prayer: Preparing God, help me to ready my heart for the journey of Holy Week. Teach me to walk with Christ in faith and love. Amen.

Thought for the Day: Prepare your heart for the journey of the cross.

Day 40: Sunday, April 13, 2025

Scripture Reading: Luke 23:1-49

Reflection: Jesus' crucifixion reveals the depth of God's love for the world. Lent culminates in this ultimate act of grace, calling us to respond with faith and gratitude. How can you live in response to Christ's sacrifice?

Prayer: Redeeming God, thank you for the gift of Christ's sacrifice. Help me to live each day in gratitude and faith, honoring the love poured out for me. Amen.

Thought for the Day: Christ's sacrifice calls us to live in faith and gratitude.