

# PERPETUAL LENTEN CALENDAR



## THE ABUNDANT WAY OF THE BEATITUDES

ULTIMATELY, THIS LENTEN SPRING SEASON OF GROWTH —  
IS A SEASON OF ABUNDANCE:  
ABUNDANT REPENTANCE, ABUNDANT LOVE, ABUNDANT GRACE —  
AN ABUNDANCE OF GOD.

MAYBE THIS IS A SEASON TO LIVE THE ABUNDANT, CRUCIFORM WAY  
OF THE BEATITUDES, TO MEMORIZE THE BEATITUDES BY HEART,  
SO THIS WAY OF ABUNDANCE IS WHAT THE HEART KNOWS BY HEART.

*In these pages you will find 3 sets of cards:*

*7 Days of the Week, 6 Weeks of Lent, & 40 Daily cards.*

*Print these pages onto cardstock paper and cut out each set of cards.*

*Then stack them so that they reveal the current day of the week, week of Lent,  
and daily journaling card for the Lenten season (see example below).*

*You can display your cards in any small business card holder, or make your own  
using ideas from Pinterest for inspiration.*

**WEDNESDAY**

**LENT: WEEK 1**  
THE ABUNDANT WAY OF THE BEATITUDES

BLESS  
POOR  
FOR THEIRS  
OF

BLE  
THOSE W  
FOR THEY SHA

MAT

**1**

BEING BANKRUPT BEFORE GOD  
FILLS A SOUL WITH THE  
RICHES OF HIS GRACE.

SHARE A DEEPLY VULNERABLE  
PART OF YOUR HEART WITH  
GOD IN YOUR JOURNAL. FEEL  
THE RICHES OF HIS GRACE FILL  
YOUR EMPTY, WILLING HANDS  
AND HEART.

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**WEDNESDAY**

**LENT: WEEK 1**  
THE ABUNDANT WAY OF THE BEATITUDES

**1**

BEING BANKRUPT BEFORE GOD  
FILLS A SOUL WITH THE  
RICHES OF HIS GRACE.

SHARE A DEEPLY VULNERABLE  
PART OF YOUR HEART WITH  
GOD IN YOUR JOURNAL. FEEL  
THE RICHES OF HIS GRACE FILL  
YOUR EMPTY, WILLING HANDS  
AND HEART.

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

REST

REST IN THE  
REST OF CHRIST.  
YOU ARE NOT HELD TO A  
STANDARD OF PERFECTION...  
YOU ARE HELD IN HIS ARMS  
OF GRACE.

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### LENT: WEEK 1

THE ABUNDANT WAY OF THE BEATITUDES

BLESSED ARE THE  
POOR IN SPIRIT  
FOR THEIRS IS THE KINGDOM  
OF HEAVEN.

BLESSED ARE  
THOSE WHO MOURN  
FOR THEY SHALL BE COMFORTED.

MATTHEW 5:3-4



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### LENT: WEEK 2

THE ABUNDANT WAY OF THE BEATITUDES

BLESSED ARE THE  
MEEK,  
FOR THEY SHALL INHERIT THE  
EARTH.

BLESSED ARE THOSE WHO  
HUNGER AND THIRST  
FOR RIGHTEOUSNESS,  
FOR THEY SHALL BE SATISFIED.

MATTHEW 5:5-6



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### LENT: WEEK 3

THE ABUNDANT WAY OF THE BEATITUDES

BLESSED ARE THE  
MERCIFUL,  
FOR THEY SHALL RECEIVE MERCY.

BLESSED ARE THE  
PURE IN HEART,  
FOR THEY SHALL SEE GOD.

MATTHEW 5:7-8



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### LENT: WEEK 4

THE ABUNDANT WAY OF THE BEATITUDES

BLESSED ARE THE  
PEACEMAKERS,  
FOR THEY SHALL BE CALLED SONS  
OF GOD.

BLESSED ARE THOSE WHO ARE  
PERSECUTED FOR  
RIGHTEOUSNESS' SAKE  
FOR THEIRS IS THE KINGDOM OF  
HEAVEN.

MATTHEW 5:9-10



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### LENT: WEEK 5

THE ABUNDANT WAY OF THE BEATITUDES

BLESSED ARE YOU WHEN OTHERS  
REVILE YOU  
AND  
PERSECUTE YOU  
AND UTTER ALL KINDS OF EVIL  
AGAINST YOU FALSELY ON MY  
ACCOUNT.

REJOICE & BE GLAD,  
FOR YOUR REWARD IS GREAT  
IN HEAVEN, FOR SO THEY  
PERSECUTED THE PROPHETS  
WHO WERE BEFORE YOU.

MATTHEW 5:11-12



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### LENT: WEEK 6

THE ABUNDANT WAY OF THE BEATITUDES

*(a review of all)*

BLESSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF HEAVEN. BLESSED ARE THOSE WHO MOURN, FOR THEY SHALL BE COMFORTED. BLESSED ARE THE MEEK, FOR THEY SHALL INHERIT THE EARTH. BLESSED ARE THOSE WHO HUNGER AND THIRST FOR RIGHTEOUSNESS, FOR THEY SHALL BE SATISFIED. BLESSED ARE THE MERCIFUL, FOR THEY SHALL RECEIVE MERCY. BLESSED ARE THE PURE IN HEART, FOR THEY SHALL SEE GOD. BLESSED ARE THE PEACEMAKERS, FOR THEY SHALL BE CALLED SONS OF GOD. BLESSED ARE THOSE WHO ARE PERSECUTED FOR RIGHTEOUSNESS' SAKE, FOR THEIRS IS THE KINGDOM OF HEAVEN. BLESSED ARE YOU WHEN OTHERS REVILE YOU AND PERSECUTE YOU AND UTTER ALL KINDS OF EVIL AGAINST YOU FALSELY ON MY ACCOUNT. REJOICE AND BE GLAD, FOR YOUR REWARD IS GREAT IN HEAVEN, FOR SO THEY PERSECUTED THE PROPHETS WHO WERE BEFORE YOU.

MATTHEW 5:3-12



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1

BEING BANKRUPT BEFORE GOD  
FILLS A SOUL WITH THE  
RICHES OF HIS GRACE.

SHARE A DEEPLY VULNERABLE  
PART OF YOUR HEART WITH GOD  
IN YOUR JOURNAL. FEEL THE  
RICHES OF HIS GRACE FILL  
YOUR EMPTY, WILLING  
HANDS AND HEART.

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2

SITTING WITH A LIST OF  
LOSSES LETS THE SOUL GAIN  
THE COMFORT OF GOD.

TODAY, WRITE SOME LOSSES THAT  
COME TO MIND. PRAY OVER  
THEM AND HEAR IT, LIKE YOUR  
HEARTBEAT, YOUR VERY OWN  
SONG: "BANKRUPT—BUT  
BEAUTIFUL, BELONGING,  
BELOVED."

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3

WALK OUT OF THE  
WORLD OF SELF-HELP  
AND REST IN THE REALITY  
OF JESUS' HELP.

TODAY IN YOUR JOURNAL, ASK  
JESUS TO BE ALL YOUR HELP WITH  
YOUR GREATEST HURT—AND  
HELP JUST ONE OTHER PERSON A  
BIT IN THEIRS.

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4

LIFE IS NOT DO-IT-YOUSELF—  
BUT JESUS-DID-IT-ALL.

TODAY, WRITE OUT YOUR  
HEAVIEST BURDENS AND LAY  
THEM AT THE FOOT OF THE  
CROSS IN PRAYER.

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5

YOU DON'T HAVE TO HAVE  
WHAT IT TAKES—YOU JUST  
HAVE TO TAKE JESUS.

TODAY, ANSWER THIS QUESTION  
IN YOUR JOURNAL: HOW CAN YOU  
TAKE JESUS TODAY—AND TAKE  
JESUS TO ONE OTHER PERSON?

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6

WHEN YOU ACCEPT THAT YOUR  
PROBLEMS ARE BEYOND YOU,  
JESUS ACCEPTS YOU INTO A LIFE  
BEYOND YOUR WILDEST DREAMS.

REFLECT TODAY IN YOUR  
JOURNAL: ENVISION JESUS  
CARRYING YOUR PROBLEMS AND  
CARRYING YOU. WHAT DOES  
THAT LOOK LIKE, AND HOW  
DOES IT FEEL?

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7

ACCEPTING THAT WE ARE  
POWERLESS OVER OUR  
PROBLEMS IS THE FIRST STEP  
IN ACCEPTING GOD'S POWER  
TO WORK THROUGH  
THOSE PROBLEMS.

TAKE THE FIRST STEP OF BEING  
POWERLESS TODAY. WRITE IT  
OUT: HOW COULD GOD'S POWER  
WORK THROUGH YOU FOR ONE  
OTHER PERSON TODAY?

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8

WHAT IF—INDEPENDENCE IS  
THE ESSENCE OF BROKENNESS.  
DEPENDENCE IS THE ESSENCE  
OF ABUNDANCE.

JOURNAL YOUR REFLECTION:  
HOW IS BEING INDEPENDENT  
FROM GOD CAUSING BROKENNESS  
FOR YOU TODAY? HOW MIGHT  
YOU BE DEPENDENT ON GOD  
TODAY AND LET SOMEONE BE  
DEPENDENT ON YOU?

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9

THE FATHER-DEPENDENT LIFE  
IS THE ONLY WAY TO THE  
FULLY ABUNDANT LIFE.

WRITE DOWN YOUR REFLECTIONS:  
ENVISION WHAT DEPENDENCE ON  
GOD TODAY WOULD LOOK LIKE.  
HOW MIGHT YOU HUMBLY TAKE  
ONE STEP TO LET YOURSELF BE  
DEPENDENT ON SOMEONE  
ELSE TODAY?

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10

PITY FOR YOURSELF ISN'T THE SAME AS REPENTANCE TO GOD. ONE WILL FOOL YOU; THE OTHER WILL FREE YOU.

SPEND QUIET TIME WITH YOUR JOURNAL, REPENTING TO GOD TODAY. CHOOSE ONE ENTRY AND REPENT TO ONE OTHER PERSON AND FEEL FREEDOM.

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11

DAILY REPENTANCE IS THE DOORWAY TO A LIFE OF ABUNDANCE.

BEGIN THE HABIT OF KEEPING A SECTION IN YOUR JOURNAL FOR JOURNALING REPENTANCE & COMMIT TO WRITE DAILY. FORGIVE SOMEONE WHO HAS BROKEN YOUR HEART. FEEL THE EXPANSE OF ABUNDANCE.

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12

WHEN REFUSING GOD'S FORGIVENESS, YOU MAY BE REFUSING TO HUMBLE YOURSELF, WHICH IS JUST ANOTHER WAY OF SAYING YOU'RE REFUSING TO BE LOVED.

FILL YOUR PAGE WITH REFLECTIONS: WHAT MIGHT YOU LET GOD (AND YOURSELF) FORGIVE YOU OF TODAY? WHO COULD YOU LOVE BY FORGIVING? LET LOVE MEET YOU AND USHER YOU INTO ABUNDANT LIFE.

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13

MEEKNESS IS THE NEW GREATNESS.

HOW COULD YOU WALK MEEKLY IN CHRIST TODAY? WRITE AT LEAST ONE WAY YOU COULD ENGAGE MEEKLY WITH ONE PERSON TODAY.

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14

NOTHING IS WHAT YOU NEED FOR JESUS TO GIVE YOU HIS EVERYTHING.

REFLECT WITH A PEN & IMAGINE OPERATING OUT OF YOUR NOTHINGNESS & ALL OF HIS EVERYTHING TODAY. HOW COULD YOU SURPRISE SOMEONE WITH JUST ONE THING TODAY?

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15

NEED IS WHAT YOU NEED THE MOST.

SIT WITH NEED TODAY, WALK WITH NEED, THINK WITH NEED, BREATHE WITH NEED, LIVE WITH NEED. WHEN YOU LIVE WITH NEED, YOU DISCOVER THAT JESUS IS ALL YOU NEED. REFLECT TODAY: HOW MIGHT YOU LET ONE PERSON NEED YOU TODAY?

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16

YOU CAN TAKE YOUR HANDS OFF YOUR LIFE—BECAUSE YOU'RE IN GOD'S HAND.

JOURNAL & DESCRIBE THE IMAGE OF YOU RESTING IN GOD'S HAND. WHAT MIGHT THAT LOOK LIKE? LET THAT CARRY YOU.

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17

LOVE IS GIVING WHATEVER IS BEST FOR OTHERS, WHATEVER IT COSTS YOU.

REFLECT ON WHAT IT COST JESUS TO GIVE YOU WHAT WAS BEST FOR YOUR SOUL. LOVE LIVES GIVEN. HOW COULD YOU GIVE THE BEST TODAY TO SOMEONE WHO EXPECTS THE WORST?

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18

YOU CAN FEEL AT THE END OF YOUR ROPE—BUT GOD HAS BOUND HIS HEART TO YOURS & WHAT IS ENDLESS IS HIS ALL-SUFFICIENT GRACE.

JOURNAL THE WAYS GOD'S GRACE IS MEETING YOU TODAY.

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19

THERE IS NOTHING JESUS WOULDN'T LEAVE TO GET TO LOVE YOU. NOTHING HE WOULDN'T GIVE UP TO GAIN YOU. NOTHING HE WOULDN'T SACRIFICE TO SEEK YOU OUT. REFLECT ON HOW KNOWING THERE IS NOTHING HE WOULDN'T DO FOR YOUR BEST, HELPS YOU TO GET THROUGH ANYTHING. TELL ONE PERSON TODAY HOW VALUED THEY ARE BY GOD.

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20

BLESSED ARE THOSE WHO HUNGER AND THIRST, NOT AFTER BLESSEDNESS, BUT RIGHTEOUSNESS. CONFESS HUNGERING FOR BLESSEDNESS. WRITE A PRAYER ASKING FOR A HUNGER FOR RIGHTEOUSNESS. PRAY FOR THE HUNGER OF THE CHURCH FOR RIGHTEOUSNESS MORE THAN BLESSEDNESS.

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21

THINK ABOUT GOD - AND HE GETS STUCK IN YOUR HEAD. THIRST FOR GOD - AND YOU GET ABUNDANT LIFE. WRITE "THIRST" AT THE TOP OF THE PAGE, AND LIST SEVERAL WAYS YOU MIGHT STIR YOUR THIRST FOR GOD.

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22

WORRY IS ERASED IN WORSHIP. BE A WORSHIP WARRIOR, NOT A WRECKED WORRIER. WRITE YOUR WORRIES DOWN TODAY, BUT THEN MEET EACH ONE WITH WORSHIP. WRITE A PSALM, A SONG, OR A PRAYER THAT SPEAKS OVER YOUR WORRY.

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23

IF YOU TRULY KNEW HOW CONCERNED GOD IS ABOUT YOU-YOU WOULD TRULY HAVE NO CONCERNS. JOURNAL WHAT IT WOULD LOOK LIKE TO IMAGINE GOD PICKING UP AND CARRYING ALL YOUR WORRIES TODAY. WHAT MIGHT THAT LOOK LIKE AND FEEL LIKE?

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24

TURN OVER TO GOD WHAT HAS BOUND YOU TO WORRY-SO YOU BIND YOUR HEART TO GOD'S. LEAVE YOUR WORRIES WITH GOD-OR YOUR WORRIES WILL MAKE YOU LEAVE GOD. REFLECT IN YOUR JOURNAL: HOW MIGHT LIVING THE BEATITUDES CHANGE YOUR ATTITUDE AND WORRIES?

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25

WHAT MAY LOOK LIKE A COLOSSAL FAILURE TO OTHERS MAY LOOK LIKE COURAGEOUS FAITH TO GOD. WRITE DOWN SOME OF YOUR PERCEIVED FAILURES AND EXAMINE HOW THEY MIGHT REALLY BE COURAGEOUS ACTS OF FAITH.

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26

SUCCESS TO THE WORLD MAY LOOK LIKE INDEPENDENCE, POSSESSIONS, COMPETITION, AND AFFLUENCE. BUT SUCCESS TO GOD LOOKS LIKE THIRSTING FOR PRESENCE, DAILY REPENTANCE, RELENTLESS DEPENDENCE, ENDLESS REMEMBRANCE, AND OUTRAGEOUS OBEDIENCE. WRITE WHAT SOME OF YOUR SUCCESSES LOOK LIKE FROM THE PERSPECTIVE OF THE BEATITUDES.

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27

HIS DAILY FAITHFULNESS IS WHAT GIVES US DAILY CONFIDENCE. WRITE IT DOWN TODAY: HOW MIGHT ALL HIS FAITHFULNESS GIVE YOU CONFIDENCE IN ALL THINGS? HOW MIGHT FAITHFULLY LIVING THE BEATITUDES GIVE YOU CONFIDENCE?

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28

WHEN YOU STOP THINKING HAPPINESS IS ALWAYS SOMEWHERE ELSE, YOU START TO FIND IT RIGHT WHERE YOU ARE.

JOURNAL WHERE YOU SEE ABUNDANCE AND HAPPINESS RIGHT WHERE YOU ARE TODAY?

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29

THE ART OF LIVING LIES IN THE BALANCE OF HOLDING ON AND LETTING GO BECAUSE HE IS HOLDING ON TO YOU.

TODAY, LIST SOME OF HIS PROMISES. LET GO & SURRENDER TO HIS PLAN. HIS PLAN IS ALWAYS THE BEATITUDES.

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30

FULFILLING LIVES HAPPEN WHEN WE GIVE OUR HEARTS TO FILL OTHER PEOPLE'S EMPTY PLACES. ONLY THE LIFE THAT LIVES GIVEN, GIVES ANY JOY.

HOW CAN YOU GIVE TIME TO SOMEONE IN NEED TODAY? WRITE A PLAN TO GIVE THEM A BIT OF YOUR BRAVE, BEAUTIFUL, BROKEN HEART—TASTE A VULNERABLE COMMUNION.

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31

FACE YOUR FEARS AND YOU FACE YOUR IDOLS. BREAK YOUR IDOLS AND YOU BREAK FREE FROM ALL YOUR FEARS.

WRITE DOWN ONE FEAR TODAY—RIP IT UP. LIVE THE BRAVE OF THE BEATITUDES. TODAY, ASK ONE OTHER PERSON ABOUT HER FEARS & CONFESS YOURS.

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32

WHEN YOU END YOUR PRAYERS, THEY DO NOT END. JESUS IS MORE THAN THE UNENDING LISTENER OF YOUR PRAYERS. HE IS THE UNCEASING PARTNER IN YOUR PRAYERS.

COMMUNE WITH CHRIST IN INTIMATE PRAYER TODAY. WRITE PRAYERS FROM YOUR HEART, AND PRAY FOR OTHERS.

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33

THIS IS WHAT YOU CAN ALWAYS TRUST: WHAT DIES, WILL RISE.

WHEN YOU'RE CALLED TO A CROSS, GOD IS ALWAYS CALLING YOU TO YOUR GREATEST GOOD - AND AN EVEN GREATER ABUNDANCE. WRITE DOWN ONE THING YOU CAN LAY DOWN AT THE CROSS TODAY. PRAY FOR SOMEONE WHO IS CARRYING A HARD CROSS.

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34

YOU NEVER HAVE TO OVERCOME YOUR BROKENNESS TO CLAIM GOD'S LOVE. HIS LOVE HAS ALREADY OVERCOME YOUR BROKENNESS AND CLAIMED YOU.

GOD'S GRACE AND ACCEPTANCE BREAKS OUR SIN. HUMBLY CONFESS SIN IN YOUR JOURNAL, AND RECEIVE GOD'S GRACE AND ACCEPTANCE TO BREAK IT ALL.

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35

NO MATTER HOW MUCH GUILT WE HAVE, JESUS HAS MORE GRACE FOR US. ARE YOU HOLDING ONTO GUILT OR CONDEMNATION? WRITE IT DOWN, AND THEN ACCEPT: THERE'S GRACE ENOUGH TO COVER ALL THE THINGS WE WISH WE HAD NEVER DONE AND ALL THE GOOD WE WISH WE HAD. GOD'S DECLARATION OF NO CONDEMNATION IS THE SEED OF ALL TRANSFORMATION.

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36

THE ONLY WAY TO LIVE A TRULY REMARKABLE LIFE IS TO LEAVE THE MARKS OF HIS LOVE EVERYWHERE. REFLECT IN YOUR JOURNAL: HOW CAN YOU POUR OUT YOUR LIFE IN SMALL MOMENTS TODAY, BECAUSE THESE ADD UP TO THE MONUMENTAL MOMENTS. HOW WILL YOU LIVE—REALLY LIVE—THE ABUNDANT ATTITUDE OF THE BEATITUDES TODAY?

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37

EMBRACE THE CROSS-LIFE  
SO YOU CAN HAVE  
THE ABUNDANT LIFE.

JOURNAL IT OUT:  
HOW WILL YOU EMBRACE THE  
WAYS OF JESUS, THAT BINDS YOUR  
BROKEN HEART TO HIS, THAT LIVES  
CRUCIFORM AND IS TRANSFORMED  
INTO THE ABUNDANT LIFE TODAY?

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38

FIRE IN YOUR BONES,  
FEARLESSNESS IN YOUR VEINS,  
FAITH IN YOUR SIGHTS, AND YOUR  
FATHER IN YOUR HEART.

REFLECT WITH A PEN: HOW CAN  
YOU MAKE THE ABUNDANT WAY OF  
THE BEATITUDES THE WAY YOU  
LIVE YOUR DAY TODAY? WHAT  
DOES IT LOOK LIKE? WHAT MIGHT  
YOU NEED TO CHANGE?

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39

A WAY THROUGH THE DAY:  
THRILL TO THE WORD, NOT TO  
WANTS. MEDITATE ON HIS WAYS,  
NOT ON WORRIES. SEEK HIS WILL.

PREACH THE ABUNDANT WAY  
OF THE BEATITUDES TO YOURSELF  
ON YOUR PAGES TODAY.

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40

BE PASSIONATE ABOUT GOD,  
BUT EVEN MORE SO,  
BE PASSIONATE WITH GOD.

SET ASIDE TIME TO MAKE THE  
MOST INTIMATE CONVERSATION  
OF YOUR DAY BE WITH YOUR  
GOD. WRITE PRAYERS OF THANKS  
FOR MAKING YOU BECOME  
THE ABUNDANT WAY OF  
THE BEATITUDES.

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REST

REST IN THE  
REST OF CHRIST.

YOU ARE NOT HELD TO A  
STANDARD OF PERFECTION...  
YOU ARE HELD IN HIS ARMS  
OF GRACE.

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