

WHEN YOU PRAY

MATTHEW 6:1-21

GENTLE

TITUS 3:1-15

THOSE WHO
DREAM

PSALM 126

SELAH

PSALM 84

COME & SEE

JOHN 1:35-42

KEEPER

PSALM 121

REFLECT

Can you think of a person in your life who is gentle yet strong?
How are they impactful?
How might you adopt that character?

PRAY

Gracious God,
Being people of faith has never been easy. From the very beginning, we have needed reminders—to be gentle, to show courtesy, to devote ourselves to good works. In a world of division, help me be gentle. May that gentleness be a power for good. Amen.



GENTLE

REFLECT

What are your spiritual practices?
What spiritual practices need new life?

PRAY

Teaching God,
You remind us to avoid going through the motions on autopilot so that we can engage our faith with our whole hearts. You're worth our whole hearts. So today I pray: Be there in my fasting. Be there in my praying. Be there in my walking and waking. Make this journey real. Make it rich. Make it yours. Amen.



WHEN YOU PRAY

REFLECT

The word "selah" is used 74 times in scripture.
The meaning is unclear, but many believe it indicates a pause.
Where or how do you need to pause in your life?

PRAY

Holy God,
Some truths are so good that we need a moment to let them sink in, otherwise they risk running off of us like water. So today we slow down. We whisper, "selah." We pause, and we remember—one day in your courts is better than a thousand elsewhere. Amen.



SELAH

REFLECT

What dreams do you have for this world?
For yourself? For your community?

PRAY

God of tomorrow,
Brokenness weighs on us. No one is left untouched. And so we lift our eyes to you, dreaming of the day when love is all we carry. Give us the strength to be those who dream—today and tomorrow. Amen.



THOSE WHO DREAM

REFLECT

What images of God are comforting to you?
Where does your spirit need comfort?

PRAY

Gracious God,
Scripture says that you are my keeper, which floods me with images of cradling hands softly catching me. I imagine I could slip through your fingers if I wanted to—the freedom is there. However, as long as I want to be here, you have me. What a comforting idea that is. I think I will stay. Amen.



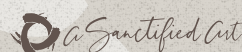
KEEPER

REFLECT

In a world that loves certainty, where could you practice curiosity?
How might curiosity be a spiritual tool?

PRAY

Inviting God,
You are a God who is up to something good, always thinking ahead, always inviting us to join. So spark curiosity in me today so that I might ask, "Where are you going? I want to tag along." Amen.



COME & SEE

TEMPLE

JOHN 2:13-22

HEALING

PSALM 147:1-11

REST

HEBREWS 4:1-10

COMMANDMENTS

DEUTERONOMY 10:12-22

WORDS

DEUTERONOMY 11:18-21

SPEAK

JEREMIAH 1:1-10

REFLECT

What corners of your heart need healing?
What pains you?

PRAY

God of the stars in the sky,
I cling to the fact that you are a healing God. You are a God who longs for our wholeness. So just as you are with the stars and the sky and all creation, be close to me today. Heal the fragile parts of me, and help me see the next right step. Gratefully I pray. Amen.



HEALING

REFLECT

What angers you deep in your bones?
Where is God in that anger?

PRAY

God of justice,
You flipped tables in the temple, and then immediately spoke to people who were eager to listen. We seem to only be able to do one or the other—we can be prophetic or pastoral. We can be angry or be gentle. We can speak or listen. Help us to hold both at the same time. Teach us your ways, so that we too can be agents of change. Amen.



TEMPLE

REFLECT

What distractions in your life pull you from the core values of your faith?
How can you recenter?

PRAY

God of our ancestors,
Take me back to the beginning. Take me back to the foundation. Remind me of the core of faith—to serve, to love, to walk with you. When I lose my way and find myself caught up in matters that do not matter, bring me back to your center. Amen.



COMMANDMENTS

REFLECT

When was the last time you truly rested?
What practices are restful for you?
What changes in your life need to be made to protect rest?

PRAY

God of rest,
What a gift it is to us that you rested on the seventh day. Oh how we need that example. Oh how I need that example. I am weary, so today I pray: Give me the strength and the wisdom to rebuild my life with rest at the center. Amen.



REST

REFLECT

What words do you need to say to yourself today?
What things are you so passionate about that you can't help but talk about them?

PRAY

God of invitations,
You invite me to speak—to speak kindly to myself, to speak up for justice, to speak words of hope and good news. It's easy to let the world do the talking. It's defeating to imagine I might not be heard. Nevertheless, give me the courage to speak. Amen.



SPEAK

REFLECT

What is the hardest part about opening your Bible?
What goals do you have for your relationship with scripture?
What can help you get there?

PRAY

God who speaks,
As a people, we seem to have forgotten your Word. Those who went before us knew scripture like the back of their hands, but I admit, I can struggle to remember stories and verses. I know you're in there—inside the pages of my Bible. Help me find you. Help me crave your word like I crave connection. Amen.



WORDS



SEE
JEREMIAH 1:11-19



LIVE
JOHN 4:43-54



WELL
JOHN 5:1-18



SHELTER
PSALM 27



ANSWER
PSALM 22



SPEAK
OPENLY
JOHN 7:1-13

REFLECT

When do you feel most alive?
What does it feel like?
When are you the furthest from feeling alive?
What can you change?

PRAY

Jesus of Nazareth,
Over and over and over again, you choose life. You heal us
with your hands and your words, saying, “Go, you shall live.”
So now that I have this wild and wonderful life, help me to use
it to the best of my ability. I see now—this is a gift. Amen.



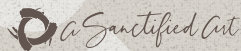
LIVE

REFLECT

If God were to ask you, “What do you see?”
What would you say?
How would your answer impact your actions?

PRAY

God of visions,
You ask me, “What do you see?” And in this moment, I’m not
sure how close I’ve been looking. There is so much suffering in
the world. It’s easy to turn away. It’s tempting to curate our
lives to see what we want to see. Open my eyes to truthfully
and honestly see what you see. Amen.



SEE

REFLECT

Psalm 27 is a morning song, designed to start your day.
What is your favorite part of your morning ritual?
Where could you include more gratitude and praise?

PRAY

God of the dawn,
If you were a home, I would pray: Put me inside those four
walls. Open the door and pull me in. Let me walk your
hallways and sit on your couch. Teach me the flow of the
floors as I memorize the flow of your voice. I want to be close
to you. Help me get there. Amen.



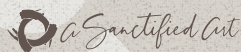
SHELTER

REFLECT

What would life look like for you to be well?
What visible or invisible things in your life need healing?

PRAY

Patient healer,
I need your healing words, but the things that ail me are not
obvious to the eye. They are internal—hurtful narratives,
doubt in myself, doubt in you. I long for you to see all of
me and to make me well. Show me how to get off my mat.
Gratefully I pray. Amen.



WELL

REFLECT

What prevents you from speaking openly?
What would it look like to be empathetic to your neighbor,
affirming of all, and still authentic to yourself when you speak?

PRAY

Holy God,
There are all sorts of narratives about what it means to be
a Christian. I am quick to defend myself, but am I quick to
defend you? Do not let me be silent, allowing false truth to
hang in the air. Let me be one who speaks openly of your love
for all, and how your love has changed my life. Amen.



SPEAK OPENLY

REFLECT

What hurt do you take to God?
Knowing that Jesus quoted this passage on the cross,
how does that change your perspective of this psalm?

PRAY

Creator God,
I cry out to you, but I often hear nothing. I want easy answers
but I am coming to see, you are not a vending machine. I
cannot always force what I want. Are you silent? Are you
speaking and I’m missing it? Are you trying to teach me how
to rest in you without frantically finding solutions? Whatever
the answer, I trust that you’re here. Grant me peace. Amen.



ANSWER

NAME

MARK 5:1-10

DWELL

JEREMIAH 7:1-7

THIRST

JOHN 7:37-44

GATHERS

PSALM 147:1-11

FREE

JOHN 8:31-32

WAIT

PSALM 130

REFLECT

When do you feel the closest to God?
When do you feel the furthest from God?

PRAY

Holy God,
It is easy for me to go through the motions, to say the words without feeling, to act the part without conviction. But I don't want a life that lacks feeling or conviction. I want people to know I'm a Christian by my love, not by an outward shallow appearance. So dwell in me, God. Dwell in me, dwell in me, dwell in me. Amen.



DWELL

REFLECT

Take inventory of your soul.
What do you carry that weighs you down?
What do you carry that brings you to life?
Know that God sees it all, and calls you by name.

PRAY

Gracious God,
You see me when I am down, and you invite me to tell you about it. You ask me, "What is your name?" And in that moment, I can respond with the lies that cover me, or I can respond, "I am a child of God." No matter what I say, I know that you love me. What a gift to be seen and called by name. Amen.



NAME

REFLECT

When was a time when you felt gathered in?
How can you be a gatherer alongside God in your own life?

PRAY

God of wide arms,
Sometimes I feel scattered, a little like an outcast, a little too familiar with the edge. I long for you to gather us up and pull us together into community, into you. For you are the God of the brokenhearted. You are the God of the edge. For that, I am eternally grateful. Amen.



GATHERS

REFLECT

What in your life feels like water—thirst-quenching, healing, renewing?
What leaves you thirsty?

PRAY

God of renewal,
You invite me to the water's edge. You invite me to drink big, messy, two-handed gulps of your living water. You invite me to wade in, to float, to no longer feel thirsty. I want all of that. I want it more than I can say, but I don't know how to get to the river. Show me the way. Amen.



THIRST

REFLECT

What do you wait for in this life?
What do you long for? Make a list of these things.

PRAY

Holy God,
I am waiting for the sun to rise. I am waiting for the day with no more pain. I am waiting for peace and joy like a river. So as I wait, give me the will to move my feet. I will watch for morning. I will watch for morning. Amen.



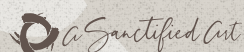
WAIT

REFLECT

When you think of the word free, what comes to mind?
What things in this world prevent you from being free—spiritually, mentally and emotionally?

PRAY

God of truth,
I long to be free. I long for an untethered heart, for an unbound mind, for the freedom to move toward you with every breath. Help me to see where I am confining myself. Help me to break the patterns and systems that confine. Help me to see the truth, to follow you, and to be truly free. Amen.



FREE

STONES

JOHN 8:47-59

REMEMBER

PSALM 42:1-6

SATISFIED

JOHN 6:1-15

AFRAID

JOHN 6:16-20

CLAY

JEREMIAH 18:1-6

BREAD

JOHN 6:41-51

REFLECT

Remember a time when you felt truly yourself.
Where were you and what were you doing?

Remember a time when you felt closest to God.
Where were you and what were you doing?

PRAY

God of yesterday and God of tomorrow,
You gave us the gift of remembering so that we might learn
from the past, practice gratitude, and remember who we are.
In this Lenten season, help me to reflect and remember your
story, my story, and the way the two connect. Amen.



REMEMBER

REFLECT

People throw stones at that which they do not understand.

What is something you have struggled to understand that you
could learn more about?

PRAY

Patient Jesus,
When you walked this world so many people did not
understand. They tried to pin you down with logic, throwing
stones at their confusion, throwing stones at what they did
not understand. I know I am guilty of the same. So today I
pray: Stretch my mind. Open my heart. Give me the strength
to imagine that which I cannot understand. Amen.



STONES

REFLECT

What do you fear? Research shows there is healing when we
write, so write down your fears. Let it be a prayer.

PRAY

God of promise,
There is so much that I fear. I am afraid of failing. I am afraid
of hurting those I love. I am afraid of relationships falling
apart, and of time passing too quickly. I am afraid that I will
never reach my dreams, or that I'll choose the wrong path
altogether. I am afraid that the environment will continue to
suffer, and that justice for all will never be reached. I have so
much fear, and the sea is deep. Please walk toward me. Amen.



AFRAID

REFLECT

Take a moment to practice gratitude.

List five things you are grateful for—beyond what might be
obvious or common answers.

PRAY

Miracle worker,
You fed 5,000 people until they were satisfied. At times
I wonder, am I ever truly satisfied? Am I always reaching,
planning, or wanting for more? Am I always hustling for my
self-worth, striving to be the best? Teach me to sit in the
grass at your feet. Teach me to eat with my neighbor. Teach
me to be satisfied. For this is enough. If I slow down, I know,
this is surely enough. Amen.



SATISFIED

REFLECT

What are the most meaningful meals you have had?
What made them holy?

PRAY

Bread of life,
This Lenten season, I want to practice seeing you at every
table—every place where food is shared, hands are held, and
laughter is exchanged; every quiet table where I eat alone.
I want to see you in all of it—the holiness and the ordinary.
Open my eyes to you in my midst. Amen.



BREAD

REFLECT

What relationships and events in your life have shaped you?
Where was God in that?

PRAY

Great potter,
If I am clay, then I fear I am being molded by the world. I
fear that I am in the hands of news feeds, social media, to-do
lists, and social pressures. However, what I want is to be clay
in your hands. I want to be shaped by you. I want to see your
artist's signature on me and know that I am yours. So do what
you do best. Kickstart the potter's wheel. Start this pot over
and mold me back toward you. Amen.



CLAY



JOY
PSALM 105



TRUST
PSALM 31



SETTING
YOUR MIND
MARK 8:31-33



MUD
JOHN 9:1-17



BREATH
PSALM 146



KNOW
JOHN 10:14

REFLECT

Complete these sentences:

I believe God is _____.

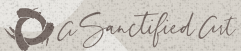
I believe Jesus is _____.

I believe the Spirit is _____.

I believe faith is _____.

PRAY

Trustworthy God,
There is so much that I do not understand about this world, but still, I trust in you. I trust that love is real, and that you are in love. I trust that joy is real, and that you are in joy. I trust that justice is real, and that you are in justice. So help me to be in those things too. Amen.



TRUST

REFLECT

What brings your soul true, abiding joy?
Can you incorporate more of that into your life?

PRAY

God of deliverance,
You brought your people out of Egypt with joy, so I know that joy is part of what you want for us. Help me to practice sparking joy in my own life. Give me the wisdom to pursue not the things that make me momentarily happy, but that which brings deep, abiding joy. Amen.



JOY

REFLECT

What are you passionate about?
What do you have, and what can you use that is right at your fingertips, to lean into that passion?

PRAY

God who breathed life into dust,
I should have known that you would use mud to heal. I should have known that you would use what was right there at your fingertips to change the world. Teach me to do the same. Amen.



MUD

REFLECT

What conversations are hard for you to hear?
Lean into active listening today.

PRAY

Holy God,
How often am I Peter? How often do I set my mind on human things, as opposed to what you would have me think of? Help me shift my gaze to see the bigger picture, to see you, to see my neighbor. Forgive me for the times when I get caught up in my own sight lines. Amen.



SETTING
YOUR MIND

REFLECT

Think of someone who knows you.
What are three things this person does not know about you?
Remember that God knows us fully.

PRAY

God who knows,
Most of us walk around begging to be seen, begging to be known. However, I don't have to beg with you. You know me completely. You see me. You hear me. You walk with me. There is no fighting for your attention. I have it. What a gift that is. Help me to appreciate the gift of this love. Amen.



KNOW

REFLECT

As you inhale and exhale, reread verses 8 and 9.
Allow those words to sink into your bones so that you can sing God's praises all day long.

PRAY

God of the air in our lungs,
At the end of my life, I will ask, "Did I do enough?" Will there be less prisoners, less widows, less orphans, less suffering? Will I have cared about the people you care about? Will I have made a difference? Keep your words in my mouth until I do. Amen.



BREATH



FEAR

PSALM 27



BUILD

JEREMIAH 29:4-7



UNBIND

JOHN 11:28-44



OVERTURN

MATTHEW 21:12-17



HOSANNA

JOHN 12:9-19



WISH

JOHN 12:20-21

REFLECT

What needs building up in your life?
How can you start?

PRAY

Creator God,
You invited the Israelites to build houses, to build gardens, to build relationships; so there is something holy about building. Help me survey my life to imagine what you might be calling me to build today. Is it community? Is it a home? Is it new relationships? Is it deeper relationships among the people I already know and love? I want to build. Help me see. Amen.



BUILD

REFLECT

What things do you worry about?
What do you fear?
Take a moment to acknowledge those fears and lift them up in prayer.

PRAY

Creator God,
Fear is like water, it runs on its own. It is powerful. A little bit of fear is a good thing. Too much fear and you'll drown. There is much to be afraid of in this fragile life, so today I bring you the fears on my heart. See them. Relieve them. Be with me. And if at all possible, grant me peace. Amen.



FEAR

REFLECT

What rhythms, habits, perspectives, narratives, or ways of thinking need to be overturned in your life?

PRAY

God of justice,
You have never hesitated to overturn unjust structures—power systems, tables, stereotypes. In many ways, this can feel shocking to us. We humans are known for moving slowly when it comes to change or progress. So today I pray, help me let go of the need to control the tempo. I want to help you overturn. Amen.



OVERTURN

REFLECT

What do you grieve in this world?
What does that grief feel like?
What unbinds or loosens that hurt?

PRAY

Jesus of Nazareth,
You wept tears for Lazarus, which means you know what grief feels like. We wish that you could miraculously heal all losses like you did with Lazarus, for death is never fair or convenient. However, we ask that you simply grieve with us. Cry with us. Go to the graveside with us. Unbind our grief and walk with us. Amen.



UNBIND

REFLECT

What wishes do you have—for your faith, for your relationship with God, for your relationship with yourself?

PRAY

Gracious God,
There is much that I wish for. I wish for longer Sabbath days, for starry nights, for peace in my bones, for love in this city. However, above all else, I wish to see you. I wish for a closer relationship with you, O God. So scoop me up. Hear this wish. Hear this prayer. For I am like the Greeks who said, "We wish to see Jesus." Amen.



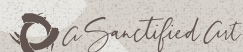
WISH

REFLECT

Imagine yourself at the parade. Would you sing Hosanna? Would you be afraid? Picture the sights, the smells, the crowd. For a moment, put yourself there.

PRAY

Great teacher,
You rode into Jerusalem on a donkey. It was a peaceful protest, but it was risky. You had to have known that this would end in violence, for who could stand against the state and survive? I imagine your bravery, and pray: Grant me a portion of that courage. I want to love the world as fiercely as you. Amen.



HOSANNA

ANXIOUS

PHILIPPIANS 4:4-9

LIGHT

JOHN 12:34-36

TEND

JOHN 19:38-42

DENY

JOHN 13:36-38

RECOGNIZE

LUKE 24:13-35



DAILY DEVOTIONAL CARDS

Written by Rev. Sarah Are

REFLECT

Who or what serves as a nightlight in your life—helping you see where you are, helping to guide your path?

PRAY

God of light,
If I am walking, I want to walk toward the dawn. I want to walk into the sun. I want to walk closer to you. There are many long shadows that can distract and deter. Help guide my feet. Be my light. Gratefully I pray. Amen.



LIGHT

REFLECT

When have you experienced anxiety in your life?
What did it feel like?
What steps do you take to center yourself?
Where is God in that?

PRAY

God of peace,
We are all a little bit anxious. Our world moves so fast. How could we not be? I know anxiety is not what you wish for us, because you have always wanted whole, full, peaceful lives for your people. So today I ask for your deep breaths and a calm spirit. Relieve my anxiety. Center me. Help me slow down in a fast-paced world. Amen.



ANXIOUS

REFLECT

When have you been in denial?
When have you denied others?
When have you denied God?

PRAY

Holy God,
Peter denied. I understand why. Being a Christian in this world is not easy. People have assumptions about what I believe, who I am, who I include. I find myself tempted to defend my beliefs, or to downplay how much I long for you. Forgive me, for I am like Peter. I have been ashamed to tell this story. Forgive me, forgive me, forgive me. Amen.



DENY

REFLECT

When have you witnessed someone tending to a difficult task?

PRAY




God of grace,
In the aftermath of violence, Joseph of Arimathea and Nicodemus buried your son. They tended to the body, because even after death, your incarnate life mattered. Help me to tend to the difficult tasks that honor you. Amen.



TEND

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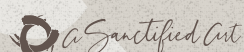
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REFLECT

Where have you seen God this week?

PRAY

Holy God,
You are right in front of me. So often we are face to face, and yet so often I miss it! I want to recognize you, but more than that, I want to walk with you. I want to eat with you. I want to rejoice with you. You are on the loose—out in the world. Thanks be to God. I will keep my eyes open. Amen.



RECOGNIZE