



POWER IN THE BLOOD

2026 LENTEN AND EASTER DEVOTIONAL

Would you be free from the burden of sin?
Would you over evil a victory win?
Would you be free from your passion and pride?
Come for a cleansing to Calvary's tide.
Would you be whiter, much whiter than snow?
Sin-stains are lost in its life-giving flow.
Would you do service for Jesus your King?
Would you live daily His praises to sing?
There is power, power, wonder-working power
in the blood of the Lamb;
there is power, power, wonder-working power
in the precious blood of the Lamb!

"There Is Power in the Blood"
Lewis Edgar Jones, 1899

Dear South Highland,

This hymn is deep in my bones thanks to the puppet ministry at my church growing up (you read that right – puppets!). When we went to minister and perform at nursing homes, this was the hymn that could get even the drowsiest senior to perk up and sing along.

This hymn is the invitation of the gospel, and the invitation Christ extends to us in the Lenten season: Come and be free from the burden of sin; come and be free from your passion and pride. This freedom comes from the life-giving, nourishing power of Jesus's own blood, shed for the forgiveness of sins. This invitation is for anyone.

This is the theme we will explore this Lent and Easter through our sermon series, devotional, and Wednesday night teaching: Power in the Blood. What did the sacrifice of Jesus on the cross mean? In our sermon series we will see the Old Testament context of ritual sacrifice and worship, and why it was necessary for blood to be shed. The theological term for this is “atonement,” a weighty doctrine that describes Jesus' sacrifice for us and the work he accomplished on the cross.

This daily devotional will expand upon these themes, showing how the entire story of Scripture points to the forgiveness of sins through sacrifice and how our daily discipleship springs out of this “life-giving flow.”

On Wednesdays, we'll gather for dinner and explore practices of spiritual formation that shape us to “live daily His praises to sing.”

Lent is a season of sacrifice and prayer, yes. But above all, let us honor and glorify Christ's sacrifice on the cross as we take up these spiritual practices like fasting or prayer. Any sacrifice we offer is an act of worship that we bring in gratitude and response to the great gift of forgiveness!

Our prayer is that you would experience anew the wonder-working power of Christ's blood this Lent and Easter.

Grace and peace,

Emily Knight

Lent 2026

Celebrate Lent and Easter at South Highland

We invite you to join us throughout Lent for worship services, studies, and activities for all ages as we prepare to celebrate the resurrection of our Lord!

Midweek at SHPC

Wednesdays, Feb. 25 – Mar. 25 Dinner at 5:00 p.m.
Davis Family Hall Program at 6:00 p.m.

The spiritual disciplines—or habits of grace—are intentional biblical practices that draw Christians into a deeper relationship with God. On Wednesday evenings during Lent, we'll explore these habits together and discover how they can shape our lives.

Services & Events

Ash Wednesday, Feb. 18 Dinner at 5:00 p.m. - Davis Family Hall
Worship at 6:00 p.m. - Sanctuary

Palm Sunday, March 29 8:30 am - Chapel, 11:00 a.m. - Sanctuary

Maundy Thursday, April 2 Dinner at 5:00 p.m. - Davis Family Hall
Worship at 6:00 p.m. - Sanctuary

Good Friday, April 3 Worship at 12:00 p.m. - Sanctuary
Lunch at 12:30 p.m. - Davis Family Hall

Easter Egg Hunt, April 4 10:00 a.m.–12:00 p.m.
Overton Park

Easter Sunday, April 5 6:30 a.m. - Sunrise Service - Courtyard
8:30 & 11:00 a.m. - Sanctuary

How to Use this Devotional

This format will guide you to engage in different kinds of prayer and spiritual formation practices as we immerse ourselves in the story of sacrifice woven throughout Scripture.

Praying the Psalms: We will pray through one Psalm each week.

The Psalms have long been the prayer book and songbook of the church, and they are great tutors for how to pray. Through them, we will be prompted to confess, lament, praise, and petition God. Try these different modes of prayer and see how God invites your full honesty before him – not with fancy or reverent words, but with whatever bubbles up from our hearts and minds

Daily readings: There are five different Scripture readings each week, beginning with the sermon text from Sunday. Like turning a diamond in the light, these passages reflect different facets of the week's theme.

If you aren't familiar with a Scripture passage, fear not! Look for key words that relate to the sermon, like sacrifice, blood, or worship. Try reading different translations to see what stands out. We've included a short subtitle to highlight the main focus of the passage for our study.

After you read, spend time reflecting on what stood out from the passage. Some questions that may guide you:

- **What grabs my attention in this passage?** What's hard to understand? What resonates with me? What do I resist?
- **What does this passage teach me about God?** Who is he and what are his priorities? What are his purposes in the world? How does this passage show God's plan for redemption?
- **What does this passage teach me about me?** How does it show my need for God? How does it affirm my value and dignity and worth to the Lord?
- **How does this passage awaken and nourish my love for Jesus?** How can I praise God? What's the hard news that my heart needs to hear?

Weekly song: Finish your time with the Lord by listening to or singing along with a song or hymn, offering a response of praise for what God has said to you through Scripture. Scan the QR code to listen.

Practice: Some weeks include a simple but meaningful "assignment" to encourage you to explore the habits of grace God has given us to help us grow in our relationship with him. These practices will align with our Midweek study on Wednesday nights.

Week 1: The First Sacrifice The Sin that Tempts Us

Praying the Psalms: Psalm 51

Confess your recent sins and shortcomings. Where have you been especially tempted to anger, lies, or pride? Have you (intentionally or unintentionally) hurt a loved one? Where has jealousy or lust risen up in your heart?

Now experience the freedom of naming these things before the Lord. Receive the forgiveness God freely offers you, each day and hour. Consider who you need to approach for forgiveness or reconciliation in your own life.

Read

Mon, 2/16 - Genesis 3:1-21

God covers the first sin and the first shame

Tues, 2/17 - Judges 2

The people of God fall into an unbreakable cycle of sin

Wed, 2/18 - Matthew 4:1-11

The Son of God is tempted by the Devil

Thurs, 2/19 - James 1:12-15

The fruit that sin grows is death

Fri, 2/20 - Hebrews 2

The Savior who shares our temptation

Sing or Listen: ["Come, Ye Sinners, Poor and Needy"](#) - Joseph Hart



Week 2: The Substitutionary Sacrifice The One Who Takes Our Place

Praying the Psalms: Psalm 24

Wonder at the requirements for living in God's presence. "He who has clean hands and a pure heart" – who can live up to that standard? **Remember** who the King of Glory actually is, Jesus Christ who substitutes his clean hands and pure heart for our ugliness and disobedience.

Now experience the joy of worshipping the King of Glory, who reigns over the entire earth. Receive the purity and cleansing God freely offers you, each day and hour. Consider the ways you live and worship in his presence each and every day

Read

Mon, 2/23 – Genesis 22:1-14

God provides a substitute sacrifice

Tues, 2/24 – Romans 4:13-25

Abraham's faith to believe God's promise

Wed, 2/25 – Hebrews 11:8-19

Longing for the heavenly promise

Thurs, 2/26 – Matthew 3

God provides his beloved Son, Jesus Christ

Fri, 2/27 – Galatians 3

Christians are heirs according to the promise

Sing or Listen: "[Hallelujah, What a Savior](#)" - Philip P. Bliss



Practice: Scripture Reading and Memorization (see page 15)

Week 3: The Passover Sacrifice The Blood That Protects Us

Praying the Psalms: Psalm 139

Examine your heart and your thoughts. What words does God already know about before you even speak them? What situations seem too hidden or dark for the Lord to enter into?

Now ask God to know you completely and follow you into all the circumstances of your life. Rest in the presence God freely offers you, each day and hour. Consider where he is seeking to lead you “in the way everlasting.”

Read

Mon, 3/2 – Exodus 12:1-13

The people of God flee from Egypt

Tues, 3/3 – Numbers 19

Blood that sprinkles clean the people of God

Wed, 3/4 – 1 John 1:5-10

God's cleansing from sins

Thurs, 3/5 - Isaiah 53

Jesus Christ the suffering servant is an innocent lamb

Fri, 3/6 – Matthew 26:1-30

Christ institutes the new covenant on the Passover

Sing or Listen: [“There is a Redeemer”](#) - Keith Green



Practice: Confession (see pages 15-16)

Week 4: The Atoning Sacrifice

The One Who Pays the Price

Praying the Psalms: Psalm 116

Adore the Lord for what he has done for you through Jesus Christ. What prayers has he heard and answered? What sins has he forgiven, and what relationships has he healed? What circumstances has he worked through?

Now praise God for these good gifts. Rest in the life God freely offers you, each day and hour. Consider how you could share your adoration and praise with others today for what the Lord has done

Read

Mon, 3/9 – Leviticus 16

The Day of Atonement

Tues, 3/10 – Leviticus 17

Blood that make atonement

Wed, 3/11 – Romans 5

Justified by the blood of Christ

Thurs, 3/12 – Hebrews 10:19-39

Hearts sprinkled clean by Jesus the High Priest

Fri, 3/13 – 1 Peter 2:9-25

Christ bore our sins in His body

Sing or Listen: “[There is a Fountain Filled with Blood](#)” - Austin Stone Worship



Practice: Silence and Solitude (see page 16)

Week 5: The Wicked Sacrifice

The Evil That Ensnares Us

Praying the Psalms: Psalm 73

Lament the evil in the world around us. What circumstances do you have a hard time believing God can us? Who seems to be an enemy of God's work in the world?

Now **submit** these people and situations to God. Rest in the promises that God offers that he will work justice and mercy – for the sake of the vulnerable and for the sake of even His enemies. Consider how you can bring these worries and anger to God who can actually do something about them.

Read

Mon, 3/16 – 2 Kings 21:1-9

Manasseh offers a wicked child sacrifice

Tues, 3/17 – 1 Samuel 13

Saul offers an improper sacrifice

Wed, 3/18 – Isaiah 66:1-6

Sacrifices do not honor God when the people are not contrite

Thurs, 3/19 – Acts 5:1-11

Ananias and Sapphira fail to sacrifice honestly to the church

Fri, 3/20 – Matthew 15:1-14

God cares about the heart behind worship

Sing or Listen: “[Holy Forever](#)” - Chris Tomlin



Practice: Fasting (see page 16)

Week 6: The Empty Sacrifice The Worship We Distort

Praying the Psalms: Psalm 84

Meditate on the beauty and goodness of God's kingdom and his character. What kinds of blessings has he graciously given you? What attributes of God have you most clearly seen recently, in other people or in the world, or among his church?

Now **give thanks** to God for who He is. Rest in the character of God who is loving and righteous. Consider how you can learn to recognize God's work and character more clearly in the circumstance of your life.

Read

Mon, 3/23 – Micah 6:1-8

True worship reflects true justice.

Tues, 3/24 – Daniel 3

God's people refuse to worship idols

Wed, 3/25 – Jeremiah 2:1-13

The emptiness of false gods

Thurs, 3/26 – Amos 5:14-15, 21-27

Sacrifices without obedience do not please God

Fri, 3/27 – James 1:22-27

True and proper worship aligns talk with actions

Sing or Listen: "[Only a Holy God](#)" - CityAlight



Practice: Hospitality (see page 17)

Week 7: The Final Sacrifice The Priest Who Finishes the Work

Praying the Psalms: Psalm 91

Recall all the promises God makes to you in this psalm. What does he promise to do for those who love him and trust in him?

Now **receive** these promises and let their words take deep root in your heart, repeating them throughout the day. Rest in these truths and consider how these promises might shape how you live and interact with others

Read

Mon, 3/30 – Hebrews 10:11-14

Jesus, the Great High Priest

Tues, 3/31 – Exodus 28

Aaron, the first high priest

Wed, 4/1 – Zechariah 3:1-4

Clean clothing for the high priest

Thurs, 4/2 – Hebrews 4:14-16

Jesus's priestly ministry grants us confidence

Fri, 4/3 - Isaiah 6:1-7

Our sin atoned for in the throne room of God

Sing or Listen: “[Before the Throne of God Above](#)” - Charitie
Lees Bancroft



Week 8: The Risen Sacrifice The Slain Lamb Who Lives

Praying the Psalms: Psalm 103

Remember all the blessings the Lord has honored you with: “who forgives all your iniquity, who heals all your diseases...” What sins has he removed from you “as far as the east is from the west”?

Now **bless the Lord** for all these benefits. Rest in the knowledge that he made you and knows that you are only human, whose “days are like grass.” Consider how the shortness of life might lead you to bless the Lord in light of eternity.

Read

Mon, 4/6 – Revelation 1

Jesus Christ, eternally living as the slain Lamb

Tues, 4/7 – Ezekiel 37

Just as Jesus rose from the dead, so God will raise his people to new life

Wed, 4/8 – 1 Peter 1

Our living hope because of Jesus’s resurrection

Thurs, 4/9 – 1 Corinthians 15

Death’s power is destroyed by Jesus’s resurrection

Fri, 4/10 – John 1:19-39

Behold the Lamb of God who takes away the sins of the world.

Sing or Listen: “[Living Hope](#)” - Phil Wickham



Week 9: Our Living Sacrifice The Worship We Live

Praying the Psalms: Psalm 103

Ask the Lord to hear you when you pray. Tell him the ways you are waiting on him to work or act. Where are you hoping to see him clearly and powerfully move?

Now **recall** his word we have read over the past few weeks, and where he has already acted. **Hope** in the promises of God, even as you wait. **Anticipate** when he will come again to make all things right and new.

Read

Mon, 4/13 – Romans 12

Our lives are our true form of worship and sacrifice

Tues, 4/14 – Ephesians 2:14-22

The church is God's dwelling place – the new Temple

Wed, 4/15 – John 4:19-42

True spiritual worship from the Samaritan woman

Thurs, 4/16 – 2 Corinthians 5:11-21

Living as God's new creation

Fri, 4/17 – Revelation 7:9-17

Eternal worship in the throne room of God

Sing or Listen: “[Christus Victor \(Amen\)](#)” - Keith & Kristyn Getty



Appendix: Habits of Grace

Our lives are shaped by our habits. The small, everyday patterns of daily life form the kind of people we become. To that end, God has given us certain practices, often called spiritual disciplines or habits of grace, that help us to become mature followers of Jesus who experience an intimate relationship with him. During Lent, we are invited to recommit ourselves to these ordinary habits of grace, or perhaps to begin practicing them for the first time.

These practices are not meant to be burdens that weigh you down. They are invitations into a deeper, richer life with God. Through scripture, confession, solitude and silence, fasting, and hospitality, we learn to listen to God's voice, rest in his grace, hunger for his Kingdom, and embody his welcome in the world.

Scripture: Hearing from God

God speaks to his people through his Word, which reveals his character, his promises, and his grace in Christ. We read, meditate upon, and memorize Scripture so that we may be shaped by it. As we listen attentively to God, we trust that the Spirit uses his Word to teach, correct, comfort, and renew God's people.

For this week's practice, choose at least one of the following:

- Commit to engaging in the daily Bible reading provided in this guide for five consecutive days. Consider reading and reflecting on these passages with a friend, a spouse, or your family.
- Memorize Romans 12:1–2. Use techniques like repetition, writing out by hand, or using flashcards to aid your memorization.

Confession - Returning to God

Confession is not about earning forgiveness but receiving again the mercy already secured in Christ. As we honestly name our sin and brokenness before God, we turn back to him in repentance and faith. In confession, we experience the freedom and restoration that flow from God's abundant grace.

For this week's practice:

- Ask God to reveal one sin you need to confess so that you may experience the freedom and healing of the gospel.

- Then, confess that sin to a trusted friend, family member, or pastor. Afterward, reflect on the experience. Do you notice any relief, clarity, or encouragement you feel from God's grace?

Silence and Solitude - Sitting with God

In a noisy and hurried world, solitude and silence create space to be still before the Lord. Rather than striving or producing, we simply rest in God's presence and listen. These quiet moments help us remember that our identity is grounded not in what we do for God, but in who we are in Christ.

For this week's practice:

- Devote at least one hour to spending time alone with God in silence—no phone, no music, no books. Try to keep your mind focused on God's presence. When you notice your mind wandering, gently bring your attention back to him.
- Reflect on your experience with a friend, family member, or pastor. What did you notice about your thoughts and emotions during your time of silence? What was most challenging? Did the time feel short, long, or different than you expected?

Fasting - Hungering for God

Fasting is a physical reminder of our deeper spiritual need for God's sustaining grace. By willingly setting aside something good for a time, we redirect our hunger toward the Lord in prayer and dependence. Fasting does not earn God's favor — it trains our hearts to desire him above all else.

For this week's practice, choose at least one of the following:

- Fast from food (but not water!) for 24 hours. For example, you could begin your fast on Sunday night after dinner and break your fast for dinner on Monday evening. Each time you would otherwise eat or each time you especially feel hungry, spend that time in prayer, asking the Lord to help you hunger for him more than for these material things.
- If fasting from food is medically inadvisable, choose to abstain from something that would be a significant sacrifice for you for at least three days - like social media, caffeine, or alcohol. Every time you feel the urge for what you are fasting from, spend that

time in prayer, asking the Lord to help you hunger for him more than for these material things.

- Reflect on your experience. Have you ever fasted before? What did you notice about your cravings or desires? Was there a time during your fast you felt a particular closeness to God?

Hospitality - Making Room for God

Hospitality reflects the welcome we have first received from Christ. As we open our tables, homes, and lives to others, we embody God's generosity and grace in everyday ways. Through simple acts of welcome and presence, we make room for deeper fellowship with God and neighbor alike

For this week's practice, choose at least one of the following:

- Invite someone you don't normally spend time with into your home for a meal — whether your home is put-together or messy, the meal elaborate or simple. What's something new you learned about your guest? Did you feel pressure to impress them? Where did you sense glimpses of God's grace in your time together?
- Sit with a guest or someone you don't know during the Sunday service or Wednesday night dinner.
- Call or reach out to someone you haven't spoken with in a while. Consider someone you may be avoiding! Be curious about what is going on in their life and how you might be able to pray for them.
- Think of 1 person you can invite to join you in worship for Easter Sunday!

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**South Highland
Presbyterian Church**