

Lent Journey 2026

WEEK 6: LIVING IN RESURRECTION HOPE

The Father is the source of life and hope

The Son is the Resurrection and the Life

The Holy Spirit is the giver of life



GCINYC.ORG/LENT2026

Day 29 of Lent, Monday, March 23

Theme: The Resurrection and The Life

Entering Resurrection Life

John 11:25-26: "Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.'"

The story of Lazarus shows who Jesus truly is: not just the One who gives resurrection, but the One who *is* resurrection itself. Where He is present, life takes root again. He *is* the resurrection and the life: life is found in Him.

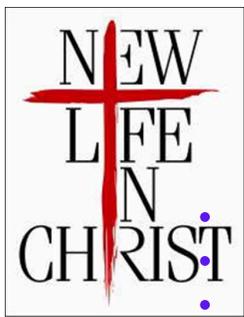
We all have places that feel sealed off — a relationship that feels over, a prayer unanswered, a dream buried. Yet Jesus stands right there, at the edge of what feels final, and speaks life into it. **Wherever Jesus is present, life is possible. Even in situations that feel stuck, delayed, or beyond repair.**

He doesn't rush past the confusion or pain. He stands in it. He weeps. Then, He acts. In Him, what feels delayed is not denied, and what seems dead is never final. This is where resurrection life begins—not at the empty tomb of Easter morning, but in the presence of Christ who confronts death and overcomes it.

Reflection Question: Where does a situation in my life feel final or beyond hope?

Challenge: Name that situation before Jesus today. Invite Him into it—not only to fix it, but to reveal His life within it.

Tomorrow we'll see that God restores life; he is also the God who sits with us in sorrow.



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Day 30 of Lent, Tuesday, March 24

Theme: The God Who Enters Our Grief

God with us in sorrow

John 11:33-35 (ESV) – “When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. Jesus wept.”

“Jesus wept.” These two small words reveal the heart of God more deeply than we often realize. Before Jesus raises Lazarus, Jesus does not rush to the miracle—He pauses in the sorrow. He sees Mary’s tears, the grief of those around her, and He is deeply moved, wanting to bring life. The Son of God enters fully into human pain.

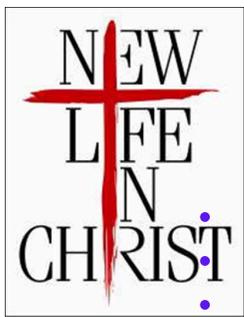
This is a mystery and comfort of the gospel: the God who brings life is also the God who stands with us in our suffering.

Maybe your grief isn’t loud. Maybe it looks like weariness, numbness, or the quiet ache you keep pressing down. Jesus meets you there. He doesn’t scroll past your sadness or wait for you to “get over it.” He sits beside you in silence before speaking life.

Reflection Question: Where do I need to let Jesus meet me in my grief instead of rushing past it?

Challenge: Take time today to sit with God in honest prayer. Name your grief without rushing to resolution, trusting that He is present with you in it.

Tomorrow we’ll listen for His voice. As Jesus moves from tears to the tomb, He calls forth new life —



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Day 31 of Lent, Wednesday, March 25

Theme: Called Out of the Grave

Called by name into new life

Scripture: *John 11:43-44 (NRSV)* – “When he had said this, he cried with a loud voice, ‘Lazarus, come out!’ The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth.”

Standing before the tomb, Jesus calls, “Lazarus, come out!” At His word, a man bound in death steps into life. What seemed final is undone by Christ’s voice.

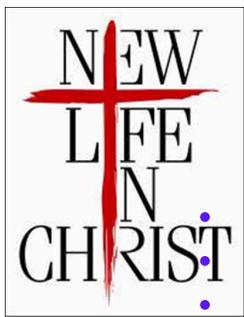
He calls you, too, by name. This is not only Lazarus’ story—it is ours. He calls you out of patterns that have kept you bound: guilt that keeps replaying, fear that whispers “you’ll never change,” the comfort of staying small.

Lazarus stepped into the light but still wore his grave clothes. That’s us — alive in Christ, yet still learning to walk free. Resurrection isn’t a single moment; it’s a daily response to His voice saying, “Come out.”

Reflection Question: What “grave clothes” am I still holding onto that Christ has already freed me?

Challenge: Take one step today that reflects the new life Christ has given you. Act, speak, or choose as someone who has been called out of the grave.

Tomorrow we’ll discover that freedom grows deeper when we live it together.



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Day 32 of Lent, Thursday, March 26

Theme: Unbound for Community

Freedom in mission together

John 11:44b (NIV) – “Jesus said to them, ‘Take off the grave clothes and let him go.’”

When Lazarus came out, life had returned – but movement hadn’t. He was alive and still bound. So Jesus turned to the people and said, “Unbind him, and let him go.”

That’s how resurrection works in community. God gives life; His people help one another walk free. Sometimes being unbound looks like asking for help, letting a friend pray with you, or telling the truth instead of pretending you’re fine.

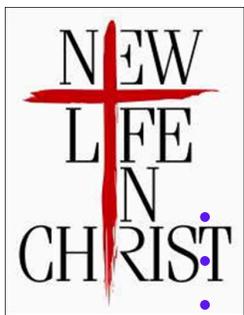
Church isn’t a crowd that watches miracles happen – it’s the circle that helps unwrap the bandages. And as we’re unbound, we start helping others find freedom too.

In Christ, we are free—and together, we become a people who extend that freedom to others.

Reflection Question: Whom has God placed near me to help me walk free – or to help unbind?

Challenge: Speak one life-giving word to someone today. Encourage, listen, or simply show up.

Freed and restored, we discover a deeper anchor – tomorrow we’ll explore hope that lives because He lives.



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Day 33 of Lent, Friday, March 27

Theme: Rooted in Resurrection

A living hope

1 Peter 1:3 (NIV) – “Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.”

Because Jesus is risen, our hope is alive. It is not wishful thinking or fragile optimism—it is a secure and active reality, rooted in what God has already done through Christ.

Peter reminds us that through the resurrection, we are given new birth into this living hope. It does not depend on circumstances going well or life feeling stable. It is grounded in something unchanging—the victory of Jesus and the faithfulness of the Father.

Because Jesus is risen, our hope is alive. It's not fragile optimism or “maybe someday.” It's a hope anchored in what has already happened — Christ's victory.

Life may still feel unpredictable. You might face waiting, loss, or uncertainty. Yet the ground beneath you is firm. Resurrection hope doesn't deny pain; it steadies you inside it. **Because Christ is risen, we live *from* hope, not just *for* it.**

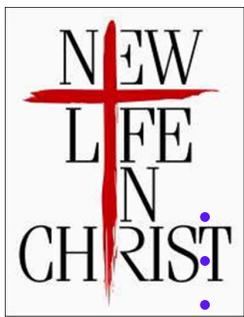
Reflection Question

What am I placing my hope in right now—and is it rooted in the resurrection of Jesus?

Challenge

When anxiety arises, replace it with a spoken declaration: “My hope is in the risen Christ.”

Tomorrow, as the journey turns toward Palm Sunday, we'll watch hope arrive — not in power, but in humility.



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Day 34 of Lent, Saturday, March 28

Theme: The Arrival of Hope

Palm Sunday and Hope of Jesus

John 12:12-15 (ESV) – “The next day the large crowd that had come to the feast heard that Jesus was coming to Jerusalem. So they took branches of palm trees and went out to meet him, crying out, ‘Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!’ And Jesus found a young donkey and sat on it, just as it is written...”

The streets of Jerusalem erupt with praise – cloaks on the road, palm branches waving, voices shouting “Hosanna!” Hope fills the air.

Yet Jesus rides in on a donkey, not a warhorse. His path isn’t toward applause but toward the cross. Real hope rarely looks the way we expect. It comes wrapped in humility and surrender.

We cheer for victories, but Jesus shows us a deeper one: the courage to trust God’s way when our own would be easier. The King has come – and His kingdom begins in hearts that welcome Him fully.

Reflection Question: Where am I clinging to my version of hope instead of receiving Christ’s?

Challenge: Welcome Christ into a specific area of your life today as Lord and Savior.