

Devotional for

“Awake and Rise Again”

Sunday, April 7, 2019

As you work with this devotional, remember that the season of Lent, a time of release and renewal, lasts for 40 days. Use this devotional throughout the 40 days (and longer, if you choose) so you can notice your own unfolding spiritual growth.

As part of your prayer and meditation time, using any Bible you chose, reflect on the story of Jesus and the Widow of Nain in Luke 7:11-17. Then consider these questions:

- ❖ Which key areas in my life seem dead and lifeless?
 - List as many as apply and describe, using as many adjectives as you can, how the “death” feels.

- ❖ When I consider the things on this list, what am I willing to revive or renew?
 - Circle or highlight what you choose to revive.

- ❖ When I consider the things on this list, what do I need to release, bury, and mourn so I can use my life energy in the best and perfect ways for me now?
 - X-out what you choose to release.

- ❖ For everything on the list I choose to revive, what is at least one (1) thing I can do to energize myself and all that I love most?

Remember, as you work with this devotional, to be patient and gentle with yourself. Allow yourself to feel your feelings, releasing any pain or upset, so you can continue rising into your new life.