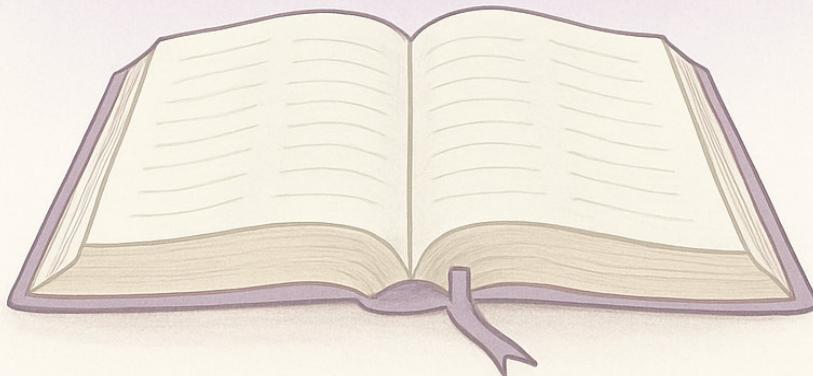


Forty Names of JESUS for Forty Days of Lent



Reasons for Hope* Jesus
www.reasonsforhopeJesus.com

Forty Names of JESUS for Forty Days of Lent



That I may publish with the voice of thanksgiving, and tell of all thy wondrous works. (Psalm 26:7)

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The Season of Lent

Lent is a season of 40 days in the Christian calendar (Note: Sundays are not included in the count). The 40 days are meant to be a time in which believers prepare their hearts to celebrate the death and resurrection of Jesus. It recalls Christ's 40 days of fasting and temptation in the wilderness and invites His followers into a time of self-examination, repentance, and prayer, often accompanied by fasting or giving something up as a way to deepen dependence on God.

Lent begins on Ash Wednesday and emphasizes:

- Our mortality (Genesis 2:7, Ecclesiastes 3:20, 12:7)
- Our fallenness (Ecclesiastes 7:20, Romans 3:23)
- Our need for mercy and grace (Psalm 51:1, 86:5, Ephesians 2:4-5, Hebrews 4:16)

This booklet is intended to be both a devotional guide on which to reflect and a journal for you to express your thoughts. Use it for the 40 days of Lent, or anytime throughout the year, to re-orient your heart to be devoted to Christ and your mind to be renewed in His Word. Let your reflection on the names of Jesus serve to make you pause in the busyness of your days and remember the One who meets your needs in so many ways.

SONG: THE COVENANT KEEPER

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1. Wednesday: Advocate

“My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous.” (1 John 2:1)

Lent exposes how deeply sin clings to us, even when we desire to walk in accordance with God’s will and ways (Hebrews 12:1). Yet John reminds us that when we sin Jesus stands as our Advocate, not pleading our goodness, but His righteousness and His finished work (Romans 8:34).

Today, bring your sin into the light with confidence (1 John 1:7), knowing that the One who intercedes for you is the very One who died for your sins, rose again conquering death, has forgiven you, and is your Advocate with the Father (Romans 4:25; Hebrews 7:25).

MY THOUGHTS:

2. Thursday: Author & Finisher of our Faith

“Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.” (Hebrews 12:2)

Lent calls us to “look unto Jesus” rather than to our own strength or willpower (Hebrews 12:2). Jesus began the work of faith in your heart when He saved you and He Himself will bring it to completion (Philippians 1:6). The cross was not an accident or a tragedy; it was a victory—the plan of God to conquer sin and death and make possible redemption of man’s fallen state (Colossians 2:13–15; 1 Peter 1:18–19). Jesus endured the cross looking to the joy on the other side of His suffering (Hebrews 12:2).

Today, as you consider your own weaknesses, fix your gaze on the Author who started this journey and the Finisher who will never leave you or forsake you (Hebrews 13:5). He’s with you to the finish line (Matthew 28:20).

MY THOUGHTS:

3. Friday: Bishop of Souls

“For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls.” (1 Peter 2:25)

Lent reminds us how easily we wander—sometimes slowly, sometimes with deliberate steps away from God (Isaiah 53:6). Yet Peter says we have returned to the Shepherd and Overseer (Bishop) of our souls—Jesus (1 Peter 2:25). He is the One who never loses track of a single sheep (John 10:27–28). Jesus watches over not only your circumstances, but also your very soul, guiding, correcting, and guarding you (Psalm 23:1–3; John 17:12).

Today, entrust to Him the places within you that feel scattered or lost, and rest in the protection of the Shepherd and the oversight of the Bishop of your soul (Psalm 121:7–8).

MY THOUGHTS:

4. Saturday: Bread of Life

“And Jesus said to them, ‘I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.’ I am the bread of life.” (John 6:35, 48)

In a season that often includes fasting, Jesus speaks of Himself as the true food, the Bread our hearts crave (John 6:35). We chase many lesser breads—approval, comfort, control—but they do not satisfy and instead leave us hungry (Jeremiah 2:13; Isaiah 55:2). Only Christ satisfies the deep spiritual hunger of our souls and when we seek Him, we will be fed (Psalm 107:9; Matthew 5:6).

Today, let each physical craving be a reminder to turn to the Bread of Life, feeding on His words, presence, and promises (Matthew 4:4; Colossians 3:16).

MY THOUGHTS:

5. Monday: Chief Shepherd

“And when the Chief Shepherd appears, you will receive the crown of glory that does not fade away.” (1 Peter 5:4)

Lent points us toward the cross, but also beyond it to the appearing of Christ in glory (Titus 2:13). Jesus is not merely a distant ruler. Peter calls Him the Chief Shepherd who tenderly leads His flock and will one day reward faithfulness with unfading glory (1 Peter 5:4). Your hidden obedience, quiet repentance, and unseen sacrifices are not forgotten by Him (Matthew 6:4; Hebrews 6:10).

Today, follow His lead in humility and trust (Philippians 2:5–8), knowing that the Shepherd who laid down His life for you will also crown you with glory that will never fade away (John 10:11; 2 Timothy 4:8).

MY THOUGHTS:

6. Tuesday: Christ

“And Jacob begot Joseph the husband of Mary, of whom was born Jesus who is called Christ.” (Matthew 1:16)

In a long genealogy of ordinary, broken people, Matthew reaches a climax: Jesus, who is called Christ, which means the Anointed One (Matthew 1:16; John 1:41). He is the fulfillment of all God’s promises, the King and Savior for whom Israel—and all creation—had been waiting (2 Corinthians 1:20; Luke 24:44–47). Lent is not merely about self-denial. It is also about making room in our hearts for the Anointed King (Colossians 3:1–2).

Today, acknowledge Jesus not only as your Savior but as your Christ—your rightful King of kings who reigns in your heart (Revelation 19:16; Colossians 3:15). Then, surrender afresh to His gracious rule (Romans 12:1–2).

MY THOUGHTS:

SONG: JESUS IN EVERY OLD TESTAMENT STORY

reasonsforhopejesus.com/jesus-in-every-story-old-testament/

7. Wednesday: Cornerstone

“Having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone.” (Ephesians 2:20)

“Therefore it is also contained in the Scripture, ‘Behold, I lay in Zion a chief cornerstone, elect, precious, and he who believes on Him will by no means be put to shame.’” (1 Peter 2:6)

A cornerstone sets the line and holds the weight of the building (Isaiah 28:16). In a world of shifting values and fragile identities, Jesus stands as the unchanging Cornerstone on whom God's whole house is aligned and secured (Ephesians 2:20–22; Hebrews 13:8). Lent invites you to examine what you build your life upon. Is it your performance, reputation, or comfort? Or is it Christ Himself? (Matthew 7:24–27).

Today, take captive your thoughts for Jesus (2 Corinthians 10:5). Consciously realign your thoughts, choices, and hopes to trusting Jesus, the Chief Cornerstone (1 Peter 2:6–7).

MY THOUGHTS:

8. Thursday: Deliverer

“And so all Israel will be saved, as it is written: ‘The Deliverer will come out of Zion, and He will turn away ungodliness from Jacob.’” (Romans 11:26)

The promise of a Deliverer reveals God’s heart to rescue, not merely to improve us (Psalm 34:17–19). Jesus does more than help us cope with sin. He also breaks its power and turns away ungodliness (Romans 6:6–7, 14). Lent reveals the things that take us captive—our bondage to habits, fears, and patterns we cannot break on our own (Romans 7:18–24).

Today, call on Christ as your Deliverer, asking Him to do what you cannot (Romans 10:13). Ask Him to rescue you from sin’s grip and to lead you into the freedom of living according to His will and ways (Galatians 5:1; Titus 2:11–12).

MY THOUGHTS:

9. Friday: Door

“I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.” (John 10:9)

In a season that emphasizes self-examination, we can easily slip into trying to approach God through our good works (Ephesians 2:8–9; Galatians 3:3). Jesus interrupts that effort with a simple, exclusive claim: “I am the door” (John 10:9). Through Him we come to God and find salvation, safety, and “a pasture” of rest for our souls (Matthew 11:28–29; Hebrews 4:9–10).

Today, refuse the illusion that there is any other way—through moral effort, religious busyness, or spiritual performance—and come again through the Door (John 14:6). Trust that in Him you are welcomed, protected, and nourished (Psalm 23:1–2; John 10:27–28).

MY THOUGHTS:

10. Saturday: Emmanuel

“Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,’ which is translated, ‘God with us.” (Matthew 1:23)

Lent can feel heavy as we consider our sin, our weakness, and the cost of the cross (Psalm 51:3–4). Yet the name Emmanuel assures us that the God who calls us to repentance is the God who draws near in grace (James 4:8; John 1:14). In Jesus, God is not distant from our sorrow or suffering. He is present when we face trials and temptations (Hebrews 2:17–18; Hebrews 4:15–16). He is with us in all things (Matthew 28:20).

Today, as you contemplate the road to Calvary, remember that the One who walked it is Emmanuel—God with you in every step of your life’s journey (Romans 8:38–39).

MY THOUGHTS:

11. Monday: Friend of Publicans & Sinners

“...‘Look, a glutton and a winebibber, a friend of tax collectors [publicans] and sinners!’ But wisdom is justified by her children.” (Matthew 11:19)

“The Son of Man has come eating and drinking, and you say, ‘Look, a glutton and a winebibber, a friend of tax collectors and sinners!’” (Luke 7:34)

Lent reminds us how unworthy we are, but these accusations against Jesus reveal a stunning truth: He gladly draws near to the people others avoid (Luke 5:30–32). The religious leaders used “friend of sinners” as an insult, yet for us it is a promise of hope (Luke 7:34).

Today, bring your failures, guilt, and secret shame to the Friend who will never distance Himself from you (John 6:37). He takes a seat at the table with the broken and the lost, offering mercy instead of rejection (Luke 15:1–2; Revelation 3:20).

MY THOUGHTS:

12. Tuesday: God

“In the beginning was the Word, and the Word was with God, and the Word was God.” (John 1:1)

Lent leads us to consider the suffering and death of Jesus, but John reminds us that the One who hung on the cross is truly God (John 1:1; John 20:28). He is not merely a wise teacher or a noble martyr. He is the eternal Word who was with God and is God. As you meditate on His humility and weakness, remember that this is the self-emptying of the God who made you (Philippians 2:6–8; Colossians 1:16).

Today, bow your heart in worship, knowing that the hands pierced for you are the same hands that flung stars into space (Psalm 19:1; John 10:17–18).

MY THOUGHTS:

SONG: JESUS IN EVERY NEW TESTAMENT STORY

reasonsforhopejesus.com/jesus-in-every-story-new-testament/

13. Wednesday: Good & Great Shepherd

“I am the good shepherd. The good shepherd gives His life for the sheep.” (John 10:11)

“I am the good shepherd; and I know My sheep, and am known by My own.” (John 10:14)

“Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep...” (Hebrews 13:20)

Jesus is both the Good Shepherd who lays down His life and the Great Shepherd whom God raised from the dead (John 10:11; Hebrews 13:20). In Lent, we remember His willing sacrifice, but also His living, present care (Romans 5:8; Revelation 1:18). He knows your name, your wounds, your wanderings, and still calls you His own (John 10:3–4, 14).

Today, listen for His voice in Scripture and prayer (John 10:27), and entrust your life to the Shepherd who gave His life for you and now lives to lead you safely home (Psalm 23:1–4; 1 Peter 5:7).

MY THOUGHTS:

14. Thursday: Head of the Body (the Church)

“And He is the head of the body, the church, who is the beginning, the firstborn from the dead, that in all things He may have the preeminence.” (Colossians 1:18)

Lent often feels personal and private, but Paul reminds us that Christ’s saving work forms a people—a body with Him as the Head (Colossians 1:18; 1 Corinthians 12:12–13). The church is not built around personalities, traditions, or preferences. It is centered on the risen Lord who must have first place in everything (Colossians 1:18).

Today, consider how your repentance, devotion, and service fit into His larger body (Hebrews 10:24–25). Ask Him to realign your heart, gifts, and relationships so that He truly has preeminence in your life and in your local church (Romans 12:4–5; Ephesians 4:15–16).

MY THOUGHTS:

15. Friday: Holy One of God

“...saying, ‘Let us alone! What have we to do with You, Jesus of Nazareth? Did You come to destroy us? I know who You are—the Holy One of God!’” (Mark 1:24)

“But you denied the Holy One and the Just, and asked for a murderer to be granted to you.” (Acts 3:14)

Demons and apostles alike confess Jesus as the Holy One of God (Mark 1:24; Acts 3:14). His absolute righteousness exposes our sin, which is why those who are unclean fear His presence and why our flesh would rather keep Him at a distance (John 3:19–20). Lent brings that tension to the surface. We long for holiness, yet tremble before it (Isaiah 6:5).

Today, do not pull back from His blazing holiness. Instead, come honestly and let the Holy One cleanse you and set you apart for Himself by the grace of His cross (1 John 1:7–9; Hebrews 10:22).

MY THOUGHTS:

16. Saturday: Hope

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” (Romans 15:13)

“...looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ.” (Titus 2:13)

Lent can feel like a valley of self-denial and soul-searching, but Jesus is named as our Hope—both for today and for the future (1 Timothy 1:1). God Himself fills us with joy and peace as we trust in Christ, causing us to abound in hope by the Spirit (Romans 15:13). We are not just looking back to the cross. We are looking ahead to the blessed hope of His appearing! (Titus 2:13)

Today, let your repentance be soaked in expectation, knowing that the One who died for you will return in glory as your great God and Savior (John 14:3; Philippians 3:20–21).

MY THOUGHTS:

17. Monday: I AM

“Jesus said to them, ‘Most assuredly, I say to you, before Abraham was, I AM.’” (John 8:58)

With these words, Jesus takes upon Himself the divine name revealed to Moses at the burning bush (Exodus 3:14; John 8:58). In Lent we remember His humanity—His hunger, tiredness, and suffering (Matthew 4:2; John 4:6)—but we are also confronted with His eternal, self-existent deity. He is not just another figure in history; He stands before Abraham, before time, as the great I Am (John 1:1–3).

Today, as you contemplate His humiliation, let the name of God, I AM, anchor your faith: the One who went to the cross for you is the eternal Lord who simply is (Hebrews 13:8; Revelation 1:8).

MY THOUGHTS:

18. Tuesday: Emmanuel

“Behold, the virgin shall be with child, and bear a Son, and they shall call His name Emmanuel,’ which is translated, ‘God with us.” (Matthew 1:23)

“...And they were afraid, and marveled, saying to one another, ‘Who can this be? For He commands even the winds and water, and they obey Him!” (Luke 8:25)

The child promised as Immanuel in Isaiah (Isaiah 7:14) and named in Matthew as Emmanuel (Matthew 11:23) is the same Jesus whom the disciples watch still the storm with a word (Isaiah 7:14; Matthew 1:23; Luke 8:24–25). Lent declares that God with us did not remain distant from our danger, our fear, or our death; He stepped into the boat, into the storm, and ultimately onto the cross (Philippians 2:7–8; Hebrews 2:14–15).

Today, as you face your own tempests—external or internal—remember that Emmanuel is not just “God above us” or “God against us,” but “God with us,” present in the very places you feel most overwhelmed (Psalm 46:1–2; Matthew 28:20).

MY THOUGHTS:

SONG: SINGING THE PROMISES OF GOD

reasonsforhopejesus.com/singing-the-promises-of-god/

19. Wednesday: Jesus

“And she will bring forth a Son, and you shall call His name JESUS, for He will save His people from their sins.” (Matthew 1:21)

“Therefore God also has highly exalted Him and given Him the name which is above every name.” (Philippians 2:9)

The name Jesus is given with a promise: He will save His people from their sins (Matthew 1:21). Lent takes that promise seriously, calling us to face the sins from which we need saving (2 Corinthians 7:10). The One who humbled Himself to the point of death has now been exalted and given the name above every name (Philippians 2:8–9).

Today, speak His name not as a mere title, but as your personal confession of Jesus’ saving grace: “Jesus, saved me from my sins” (Romans 10:13) and your proclamation of your salvation: “Jesus, my Lord and my God” (John 20:28). Trust that the exalted Savior delights to do all that His name declares (Hebrews 7:25).

MY THOUGHTS:

20. Thursday: Judge

“And He commanded us to preach to the people, and to testify that it is He who was ordained by God to be Judge of the living and the dead.” (Acts 10:42)

The Christ who suffered is also the One appointed as Judge of all (Acts 10:42; John 5:22, 27). Lent keeps us near the cross, where judgment and mercy meet (Psalm 85:10). There we see how seriously God takes sin and how deeply He loves sinners (Romans 5:8–9).

Today, let the reality of Jesus as Judge purify your motives and choices (2 Corinthians 5:10–11), but do not run from Him. Run to the One who bore God’s judgment in your place, so that when you stand before Him, you will meet not a stranger, but your Savior (Romans 8:1; 1 John 4:17–18).

MY THOUGHTS:

21. Friday: King of Kings, Lord of Lords

“...He who is the blessed and only Potentate, the King of kings and Lord of lords.” (1 Timothy 6:15)

“And He has on His robe and on His thigh a name written: KING OF KINGS AND LORD OF LORDS.” (Revelation 19:16)

Lent often emphasizes Christ’s humility, yet Scripture pairs that humility with His ultimate exaltation (Philippians 2:8–11). The One who was mocked with a crown of thorns is in truth King of kings and Lord of lords, the blessed and only Sovereign (1 Timothy 6:15; Revelation 19:16). Every power that opposes Him—sin, death, Satan, and the rulers of this age—must bow (Colossians 2:15; 1 Corinthians 15:24–26).

Today, yield afresh to His royal authority in every area of your life, and take comfort that no enemy within or without can prevail against His reign (Romans 8:37–39).

MY THOUGHTS:

22. Saturday: Lamb of God

“The next day John saw Jesus coming toward him, and said, ‘Behold! The Lamb of God who takes away the sin of the world!’” (John 1:29)

This is the heartbeat of Lent: Jesus as the Lamb of God, chosen and provided by the Father to bear our sins (John 1:29; Genesis 22:8). He does not merely cover sin or manage it. He takes it away, bearing it in His own body on the tree (1 Peter 2:24; Isaiah 53:6–7). On the cross, every accusation against you was placed on Him, and when you came to Him in faith His innocence was counted as yours (2 Corinthians 5:21; Colossians 2:13–14).

Today, behold the Lamb with fresh wonder, and let your repentance be joined to gratitude as you rest in the One whose sacrifice is sufficient for the sin of the whole world—and for yours (Hebrews 10:12–14).

MY THOUGHTS:

23. Monday: Last Adam

“And so it is written, ‘The first man Adam became a living being.’ The last Adam became a life-giving spirit.” (1 Corinthians 15:45)

The first Adam’s disobedience brought death and ruin to all his descendants (Romans 5:12)—all who are born in Adam’s fallen image. Lent confronts us with the evidence of that fall in our own hearts—our bent toward sin and self (Jeremiah 17:9). But Christ is the Last Adam, the head of a new humanity, who brings life where there was only death (1 Corinthians 15:45; Romans 5:18–19).

Today, consciously shift your identity: you are no longer merely “in Adam,” bound to sin’s old patterns, but “in Christ,” receiving His life (2 Corinthians 5:17; Galatians 2:20). Ask the Spirit to make that new life active in your thoughts, desires, and actions (Romans 8:10–11).

MY THOUGHTS:

24. Tuesday: Light of the World

“Then Jesus spoke to them again, saying, ‘I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.’” (John 8:12)

“As long as I am in the world, I am the light of the world.” (John 9:5)

Lent invites us into honest self-examination, which can feel like stepping into a painful spotlight (Psalm 139:23–24). Yet Jesus, the Light of the world, does not expose us to shame us, but to heal us (John 8:12; John 9:5). His light reveals our darkness, but it also shows a path forward so we can follow Him and no longer walk in the shadows (Ephesians 5:8–11).

Today, bring your hidden places into His light—your fears, sins, and secrets—and trust that His light is not destructive but life-giving, guiding you into freedom and joy (1 John 1:7; Psalm 27:1).

MY THOUGHTS:

SONG: SINGING THE PRAISES OF THANKSGIVING

reasonsforhopejesus.com/singing-praises-of-thanksgiving/

25. Wednesday: Master

“But you, do not be called ‘Rabbi’; for One is your Teacher, the Christ, and you are all brethren.” (Matthew 23:8)

“Then Jesus turned, and seeing them following, said to them, ‘What do you seek?’ They said to Him, ‘Rabbi’ (which is to say, when translated, Teacher), ‘where are You staying?’” (John 1:38)

Lent reminds us that we are not our own masters; we were bought at a price (1 Corinthians 6:19–20). Jesus, the true Master and Teacher, calls us out of self-directed living into humble discipleship under His word (Matthew 23:8–10; Luke 6:46).

Today, come to Him as those first disciples did—honestly answering His question, “What do you seek?” (John 1:38). Surrender your need to control and ask Him to teach, correct, and lead you as your only true Master (Matthew 11:28–30).

MY THOUGHTS:

26. Thursday: Minister (Servant)

“For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.” (Mark 10:45)

In a world that prizes status and recognition, Jesus comes as a Servant, stooping lower than anyone expected (Mark 10:45; Philippians 2:5–7). Lent draws our eyes to His ultimate act of service on the cross, where He gave His life as a ransom for many (Isaiah 53:4–5).

Today, receive His servant-love for you in your weakness and failure (John 13:3–5, 14–15), and then ask Him to shape you into one who gladly serves others rather than demanding to be served (Galatians 5:13).

MY THOUGHTS:

27. Friday: Passover Lamb

“...For indeed Christ, our Passover, was sacrificed for us.” (1 Corinthians 5:7)

Paul connects the cross of Christ with Israel’s Passover, when the blood of the lamb meant protection from judgment and death (Exodus 12:7, 13; 1 Corinthians 5:7). Jesus is our Passover Lamb, sacrificed in our place so that God’s righteous wrath passes over us (Romans 5:9). During Lent, clean out the “old leaven” of sin not to earn favor, but because the Lamb has already been slain for you (1 Corinthians 5:7–8).

Today, rest in the security of His blood and walk in the sincerity and truth that flows from such a costly rescue (Hebrews 9:14).

MY THOUGHTS:

28. Saturday: Prophet

“For Moses truly said to the fathers, ‘The Lord your God will raise up for you a Prophet like me from your brethren. Him you shall hear in all things, whatever He says to you.’” (Acts 3:22)

Jesus is the promised Prophet—greater than Moses—God’s final and fullest Word to us (Deuteronomy 18:15; Acts 3:22–23; Hebrews 1:1–2). Lent calls us not only to feel sorrow over sin but to listen carefully to the voice of Christ (John 10:27).

Today, open Scripture with the posture of one who must “hear Him in all things” (Matthew 17:5). Let His words expose lies you’ve believed and redirect your steps into obedience (John 14:23–24).

MY THOUGHTS:

29. Monday: Propitiation

“And He Himself is the propitiation for our sins, and not for ours only but also for the whole world.” (1 John 2:2)

Propitiation means that Jesus, by His death, has turned aside God's holy wrath from us (Romans 3:25). Lent makes clear that sin is not a minor flaw but an offense deserving judgment (Romans 6:23; Nahum 1:3)—and yet Christ stands as our Propitiation, bearing that judgment in our place (1 John 2:2; 1 John 4:10).

Today, refuse both despair and denial about your sin. Instead, confess it plainly and cling to the One whose sacrifice fully satisfied divine justice and opened the way to mercy (Hebrews 4:16; Micah 7:18–19).

MY THOUGHTS:

30. Tuesday: Redeemer

“Christ has redeemed us from the curse of the law, having become a curse for us...” (Galatians 3:13)

“...who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.” (Titus 2:14)

To redeem is to buy back at a price. Jesus our Redeemer takes the curse we deserved so that we might be freed from slavery to sin and the law (Galatians 3:13; Galatians 4:4–5). Lent reminds us that He did not redeem us merely from guilt, but from “every lawless deed,” to make us His own purified people (Titus 2:14; 1 Peter 1:18–19).

Today, thank Him for paying the full price for you, and ask where He is calling you to live out that redeemed freedom in concrete obedience (Romans 6:11–13).

MY THOUGHTS:

SONG: THAT YOU MAY BELIEVE

reasonsforhopejesus.com/that-you-may-believe/

31. Wednesday: Resurrection

“Jesus said to her, ‘I am the resurrection and the life. He who believes in Me, though he may die, he shall live.’” (John 11:25)

In Lent we walk toward the cross, knowing that Jesus is the resurrection and the life (John 11:25–26). Death—physical and spiritual—does not have the final word over those who believe in Him (1 Corinthians 15:20–22, 54–57).

Today, bring to Him the places in your life that feel dead, hopeless, or beyond repair. Entrust them to the One who raises the dead, and let His promise fill you with hope and joy, knowing that whoever believes in Him will live, even though he dies (2 Corinthians 1:9–10; Romans 8:11).

MY THOUGHTS:

32. Thursday: Rock

“..for they drank of that spiritual Rock that followed them, and that Rock was Christ.” (1 Corinthians 10:4)

Israel drank from the rock in the wilderness, and Paul tells us that the Rock was Christ (1 Corinthians 10:4; Exodus 17:6). In dry and barren seasons, He is the steady, faithful source of living water for His people (Jeremiah 17:7–8; John 7:37–38). Lent can feel like a wilderness of testing and exposure, yet Christ remains solid beneath your feet and sufficient for your thirst (Deuteronomy 32:4; Psalm 62:1–2).

Today, turn from broken cisterns that hold no water and come again to the Rock, asking Him to satisfy and sustain you (Jeremiah 2:13).

MY THOUGHTS:

33. Friday: Sacrifice

“And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.” (Ephesians 5:2)

Jesus’ death is not only an act of love toward us. It was an offering and sacrifice to God, and was pleasing to Him (Ephesians 5:2). Lent focuses our hearts on this costly love—a love measured not by sentiment but Jesus’ self-sacrifice unto death (John 15:13; Hebrews 9:26).

Today, receive His sacrificial love personally, and then consider how you might “walk in love” after His example, and give of yourself for others as an echo of His sacrifice (Romans 12:1; 1 John 3:16–18).

MY THOUGHTS:

34. Saturday: Saviour

“And my spirit has rejoiced in God my Savior.” (Luke 1:47)

Mary rejoices in “God my Savior,” knowing that the child she carries is the fulfillment of God’s saving promises (Luke 1:47; Luke 1:68–69). Lent strips away our illusions of self-sufficiency and shows our deep need for rescue (Psalm 51:1–2; Isaiah 64:6).

Today, echo her personal confession: “God my Savior.” Rejoice that salvation is not an abstract idea but a living Person who entered our world, bore our sin, and continues to save to the uttermost (Matthew 1:21; Hebrews 7:25).

MY THOUGHTS:

35. Monday: Shepherd

“For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls.” (1 Peter 2:25)

As we wander, He seeks us (Isaiah 53:6; Luke 15:4–7). Jesus as Shepherd and Overseer does not merely manage our lives from a distance but lovingly watches over our souls (1 Peter 2:25; Psalm 23:1–3). Lent highlights our straying tendencies, yet it also invites us to “return” to Him (Hosea 14:1; Zechariah 1:3).

Today, come back under His care in any area where you’ve drifted—your thoughts, habits, or affections—and rest in the Shepherd who does not tire of leading you home (John 10:27–29; Hebrews 13:20–21).

MY THOUGHTS:

36. Tuesday: Son of God

“Now when the tempter came to Him, he said, ‘If You are the Son of God, command that these stones become bread.’” (Matthew 4:3)

“And the angel answered and said to her, ‘The Holy Spirit will come upon you...that Holy One who is to be born will be called the Son of God.’” (Luke 1:35)

“Nathanael answered and said to Him, ‘Rabbi, You are the Son of God! You are the King of Israel!’” (John 1:49)

From His conception to His temptation to the confession of His disciples, Jesus is revealed as the Son of God (Luke 1:35; Matthew 4:3; John 1:49). Lent shows us the Son obedient where we have failed, resisting the enemy and submitting to the Father's will (Hebrews 5:8–9; Romans 5:19).

Today, let His sonship anchor your assurance. He is the beloved Son of God who represents you before God, and in Him you are welcomed as a child (Matthew 3:17; Galatians 4:4–7). Worship Him as Son of God, and receive the security that flows from being united to Him (Romans 8:15–17).

MY THOUGHTS:

SONG: THE OLD RUGGED CROSS

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37. Wednesday: Son of Man

“For the Son of Man has come to save that which was lost.”
(Matthew 18:11)

“Son of Man” emphasizes both Jesus’ true humanity and His role as the promised One who has an everlasting kingdom (Daniel 7:13–14; Matthew 26:64). He comes not to crush the lost but to save them (Luke 19:10; Matthew 18:11). Lent confronts us with our lostness—our inability to find our way back to God on our own (Romans 3:10–12).

Today, admit where you are lost, whether in obvious sin or quiet drifting, and take comfort that the Son of Man came precisely for such people (Isaiah 61:1–2).

MY THOUGHTS:

SONG: THE CENTURION'S SONG

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38. Thursday: True Vine

“I am the true vine, and My Father is the vinedresser.” (John 15:1)

Jesus presents Himself as the True Vine, the source of all real fruitfulness in the believer's life (John 15:1–5). Lent can expose how barren our self-effort truly is apart from Him (Galatians 3:3). The call is not to strain harder, but to abide more deeply.

Today, draw near to Him in prayer and the Word, acknowledging your dependence and asking the Father to prune what hinders, so that the life of the Vine may flow more freely through you (John 15:7–8; Hebrews 4:16).

MY THOUGHTS:

SONG: ECHOES OF CALVARY

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39. Friday: Way, Truth, and Life

“Jesus said to him, ‘I am the way, the truth, and the life. No one comes to the Father except through Me.’” (John 14:6)

In a season that emphasizes returning to God, Jesus' words are wonderfully clear: He Himself is the Way, the Truth, and the Life (John 14:6). We do not find the Father by our own path, our own ideas, or our own strength, but only through Him (Acts 4:12).

Today, renounce any hidden hope that anything other than Jesus can bring you to God (Philippians 3:3–9). Come again by this one Way, trusting this one Truth, and receiving this one Life (John 10:10; Colossians 3:3–4).

MY THOUGHTS:

40. Saturday: Word

“In the beginning was the Word, and the Word was with God, and the Word was God.” (John 1:1)

Jesus is the eternal Word, God’s full and final self-expression (John 1:1; Hebrews 1:1–2). During Lent we listen to many words—our conscience, our culture, our fears—but above them all stands His voice (John 10:27). The Word who was with God and is God has stepped into flesh to make the Father known and to bring us back to Him (John 1:14, 18).

Today, quiet competing voices that try to distract and confuse. Give the Word your full attention, letting His revelation shape your understanding of God, yourself, and the meaning of the cross (Psalm 119:105; 2 Timothy 3:16–17).

MY THOUGHTS:

EASTER SUNDAY

SONGS: BECAUSE IT IS FINISHED

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BECAUSE HE ROSE

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THE RISEN CHRIST

“He is not here, but is risen!” (Luke 24:6)

Good Friday assures us that “it is finished”—the full payment for sin has been made, the burden to earn God’s favor is gone, and we are welcomed as sons and daughters purely by grace (John 19:30; Hebrews 10:12–14; 1 John 3:1). But Easter proclaims that the One who finished the work is not in the grave; The Risen Christ now stands as our living Savior, our hope and our life (Romans 4:25; 1 Peter 1:3). Because He rose, the stone is rolled away, the chains of sin have lost their hold, and we walk in newness of life united to Him by faith (Romans 6:4–7; Galatians 2:20).

Today, let the title “The Risen Christ” reshape how you see yourself and your story. His resurrection means your past is not your name, your shame is covered, and you are no longer defined by your worst moments or your best days, but by His finished work and living presence (2 Corinthians 5:17; Hebrews 8:12).

The verdict over you is secure. You are accepted, forgiven, kept in His love, free from condemnation and from the exhausting need to prove your worth (Romans 8:1, 31–39; Ephesians 1:6–7). Because The Risen Christ lives, you can face suffering, rejection, and even death with hope, knowing that the worst thing is never the last thing for a child of God (2 Corinthians 4:14–16; 1 Corinthians 15:20–22).

Prayer: Risen Christ, thank You that Your cross has finished the work and Your empty tomb has opened a new life for me. Help me today to live as one who is united to You—free from condemnation, free from the need to earn love, and free to love others with the love You have poured out on me. Let my heart and my lips join the song of heaven: “Worthy is the Lamb, our crucified and risen King.” In the precious name of Jesus and for His glory, I pray. Amen.

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MORE NAMES/TITLES FOR JESUS

Spend some time reading and studying more of Scripture's names and titles for Jesus. Let each one be a reminder of who He is, what He has done, and what He continues to do in you and for you.

Almighty – Revelation 1:8

Alpha and Omega – Revelation 1:8; 1:11; 22:13

Amen – Revelation 3:14

Anointed One – Acts 10:38

Apostle – Hebrews 3:1

Beginning and End – Revelation 1:8; 22:13

Blessed Hope – Titus 2:13

Bread of Heaven – John 6:33

Bridegroom – Matthew 9:15

Carpenter – Mark 6:3

Consolation of Israel – Luke 2:25

Dayspring – Luke 1:78

Day Star – 2 Peter 1:19

Faithful and True – Revelation 19:11

Faithful and True Witness – Revelation 3:14

First and the Last – Revelation 1:11

First Fruits – 1 Corinthians 15:20, 23

Gate – Matthew 7:13; Luke 13:24

Glory of God – Revelation 21:23

Governor – Matthew 2:6

Guide – Luke 1:79

Helper – Hebrews 13:6

High Priest – Hebrews 3:1

Horn of Salvation – Luke 1:69

Just – Acts 3:14

King of Israel – Matthew 27:42

Liberator – Luke 4:18

Life – John 11:25

Lion of the Tribe of Judah – Revelation 5:5

Living Water – John 4:10

Lord from Heaven – 1 Corinthians 15:47

Mediator – 1 Timothy 2:5

Messiah – John 1:41

Morning Star – Revelation 22:16

Nazarene – Matthew 2:23

Physician – Matthew 9:12

Potentate – 1 Timothy 6:15

Priest – Hebrews 4:15

Prince of Life – Acts 3:15

Rabbi – John 1:38, 49

Ransom – 1 Timothy 2:6

Restorer of Sight – Luke 4:18

Root of David – Revelation 5:5; 22:16

Second Man – 1 Corinthians 15:47

Seed of Abraham – Galatians 3:16

Seed of David – 2 Timothy 2:8

Son of David – Matthew 15:22

Son of Joseph – John 1:45

Son of Mary – Mark 6:3

Son of the Highest – Luke 1:32

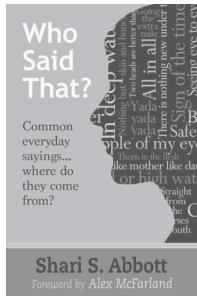
Stone – Matthew 21:42; Acts 4:11

Truth – John 14:6

Word of Life – 1 John 1:1

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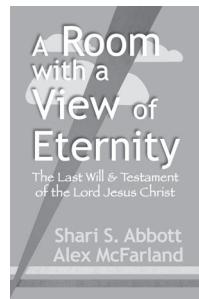
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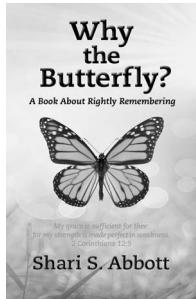
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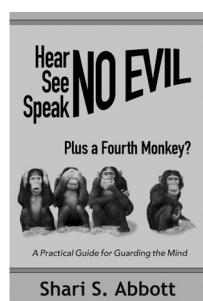
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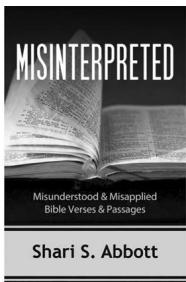
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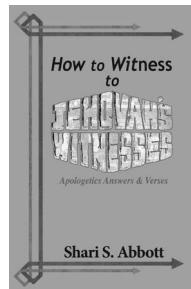
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