



## March 22-28

You Are Buried  
“Bury Your Flesh”

**Sun:** Rest and Reflect with God.

**Mon-Sat:** Read, Think, and Pray through Scripture.

**Lenten Habit:** Consider incorporating a habit that grows discipline before Easter as a way of focusing on God and preparing to celebrate our new life in Jesus.

### Sunday

**Rest & Reflect:** “Jesus of Nazareth, King of the Jews, on the cross our sin died with you. Our nagging need to win, our unslakable thirst for more, our revelry in the downfall of others—each put to death with you.

Help me leave my flesh in the grave, that I can be free of its weight

and, in my new life, bring you glory.”

*-Take a silent moment in God’s company-*

### Monday

**Read:** Colossians 3:5–6 + Matthew 5:27–28

**Think:** Jesus addresses lustful looking not modest dress. Why?

**Pray:** for people who feel blamed or guilty for someone else’s sin.

### Tuesday

**Read:** Colossians 3:7–11 + Leviticus 19:18

**Think:** How can you avoid sin when someone truly harms you or others?

**Pray:** for the good of a person you are angry at.

### Wednesday

**Read:** Colossians 3:5–6 + Proverbs 6:25–26

**Think:** Attractive people aren’t dangerous, harboring lust is. T or F.

**Pray:** for God to help you not harbor lust.

### Thursday

**Read:** Colossians 3:7–11 + Matthew 5:21–22

**Think:** Does God care about off color jokes or just demeaning language?

**Pray:** for the Spirit to guide you in speaking to build up not tear down.

### Friday

**Read:** Colossians 3:5–6 + Ephesians 5:3–5

**Think:** How is greed like a sexual sin for money or stuff?

**Pray:** that God would root out your desire for more than enough.

### Saturday

**Read:** Colossians 3:7–11 + Proverbs 12:18

**Think:** What have you said recently that was reckless and hurt someone?

**Pray:** after you go and apologize to them.