



"LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, ALL YOUR SOUL,
AND ALL YOUR STRENGTH." - DEUTERONOMY 6:4-6

Week 1: March 1 - 7 | Luke 5:1-11 (Called to Follow)

Heart (Read the Word)

- Read: Luke 5:1–11 & Proverbs 3:5–6
- Reflect: What is Jesus asking me to trust Him with—or leave behind—as I follow Him?

Soul (Prayer)

Jesus, You stepped into ordinary lives & called people to follow You. I surrender my plans, my control, & my fears to You. Help me trust You enough to say yes, wherever You lead. Amen.

Strength (Fast or Give)

- Fast from streaming or social media for at least one day
- Skip a purchase and donate the money

Week 2: March 8 - 14 | Luke 5:12–16 (Made Clean)

Heart (Read the Word)

- Read: Luke 5:12–16 & Psalm 51:10
- Reflect: Where do I need Jesus' healing or cleansing touch in my life?

Soul (Prayer)

Lord Jesus, You are willing and able to heal. I bring You my broken places and my need for Your touch. Cleanse me, restore me, and draw me closer to You. Amen.

Strength (Fast or Give)

- Fast for a meal, or for a full day (if able)
- Give to someone facing illness or hardship

Week 3: March 15 - 21 | Luke 5:17–26 (Faith That Carries Others)

Heart (Read the Word)

- Read: Luke 5:17–26 & Galatians 6:2
- Reflect: Who has God placed in my life that I need to carry to Him in faith?

Soul (Prayer)

God, thank You for meeting people where they are. I lift up those I love who need Your healing and forgiveness. Give me faith that carries others to You, even when it's hard. Amen.

Strength (Fast or Give)

- Fast from complaining
- Give to help meet a practical need

Week 4: March 22 - 28 | Luke 5:27–32 (Called by Grace)

Heart (Read the Word)

- Read: Luke 5:27–32 & Ephesians 2:8–9
- Reflect: How has Jesus' grace changed the way I see myself—and others?

Soul (Prayer)

Jesus, You welcomed those others rejected. Thank You for calling me by grace. Shape my heart to love people the way You do. Amen.

Strength (Fast or Give)

- Fast from news or online debates
- Give time serving someone overlooked or in need

Week 5: March 29 - April 4 | Luke 5:17–26 — Luke 5:33–39 (Made New)

Heart (Read the Word)

- Read: Luke 5:33–39 & 2 Corinthians 5:17
- Reflect: What old pattern or mindset might God be asking me to release?

Soul (Prayer)

Lord, I don't want to cling to what is old or familiar. Make me ready for the new work You want to do in me. Renew my heart, my faith, and my obedience. Amen.

Strength (Fast or Give)

- Fast from a habit that dulls your faith
- Bless someone anonymously

FINAL ENCOURAGEMENT

- Aim for progress, not perfection.
- Walk with others. You're not meant to do this alone!
- Write down what God is teaching you.
- Be open to sharing your journey as Easter approaches.