

Deeply Rooted



Lenten Devotional Guide

40 Days in the Gospel of John
engaging in
Study. Prayer. Discipline.

First United Methodist Church

Jasper, Alabama

2018

Introduction

“Deeply Rooted” is a Lenten devotional guide written to facilitate an experiential journey through this sacred season, beginning on Ash Wednesday, February 14, concluding Easter Sunday, April 1. My prayer is that it will help grow deeper in your faith. It is centered around reading the entire Gospel of John. Each day we will read a portion of John, be encouraged to pray, and given a suggested discipline related to fasting. Some days we will read fewer verses than others. I tried to honor the natural division of thought. It is not intended to require hours of time, but maybe more than your usual devotion time. Lent is a great time to dig deep in faith. I left some space for a few notes or thoughts.

During Lent I will be preaching from John as well on the seven “I Am” saying of Jesus. You will read them along the way not necessarily in the order I preach them. Sundays are traditionally not included in the days of Lent so I have designated them as days to Reflect, Refuel, and Rest.

A brief word of explanation about the disciplines related to fasting. I read a book last year during Lent by Alicia Britt Chole, “40 Days of Decrease.” In it she suggested forty different kind of fasts that I will be using each day. Without explanation. For you to let God speak to you concerning each one. Some will be for one day, some just for a few minutes, some ongoing.

My daily emailed devotions will come from a selected verse or two from each day’s reading in John and will include some thoughts about the verses. If you are not currently receiving my daily devotion email me at abeasley@jasperfirstumc.com and I will add you. Also in my email devotion I will expound on the daily discipline. This would add to the experience. For those who may have or want to spend a little more time, consider reading a chapter from Psalms or Proverbs each day.

For those who want to practice fasting in a more traditional way, I would do that as well. I have provided a few suggestions about biblical fasting following the devotions.

We will read John straight through beginning in chapter one. It will be exciting as the teachings of Jesus unfold, watching His miracles change lives, walking with Him through the Passion, and falling in love with our Savior more every day. I trust this will be a life changing experience for you.

Alan H. Beasley, Senior Pastor

So let's begin . . .

Day 1 - Wednesday, February 14, 2018

Start each day with a simple prayer, "Father, speak to me as I read your Word."

Scripture - John 1:1-18

What did God speak to me while reading?

Spend time in prayer.

Discipline - Lent as a project, let it be an experience
(reminder: each day the discipline is a type of fast)

Day 2 - Thursday, February 15, 2018

Scripture - John 1:19-34

Pray

Discipline - Regrets

Day 3 - Friday, February 16, 2018

Scripture - John 1:35-51

Pray

Discipline - Collecting praise

Day 4 - Saturday, February 17, 2018

Scripture - John 2:1-12

Pray

Discipline - Artificial light, experience darkness, unplug,
do something by candlelight, be simple.

Sunday, February 18, 2018

Reflect - on God's Word from this week

Refuel - worship with the family of God

Rest - your mind, body and soul

Day 5 - Monday, February 19, 2018

Scripture - John 2:13-25

Pray

Discipline - Tidy faith

Day 6 - Tuesday, February 20, 2018

Scripture - John 3:1-36

Pray

Discipline - Speeding past sorrow

Day 7 - Wednesday, February 21, 2018

Scripture - John 4:1-42

Pray

Discipline - A meal

Day 8 - Thursday, February 22, 2018

Scripture - John 4:43-54

Pray

Discipline - Fixing it

Day 9 - Friday, February 23, 2018

Scripture - John 5:1-17

Pray

Discipline - Rationalism

Day 10 - Saturday, February 24, 2018

Scripture - John 5:18-47

Pray

Discipline - Avoidance

Sunday, February 25, 2018

Reflect - on God's Word from this week
Refuel - worship with the family of God
Rest - your mind, body and soul

Day 11 - Monday, February 26, 2018

Scripture - John 6:1-15
Pray
Discipline - Religious profiling

Day 12, Tuesday, February 27, 2018

Scripture - John 6:16-21
Pray
Discipline - Isolation

Day 13, Wednesday, February 28, 2018

Scripture - John 6:22-59
Pray
Discipline - Stinginess

Day 14, Thursday, March 1, 2018

Scripture - John 6:60-71
Pray
Discipline - Spectatorship

Day 15, Friday, March 2, 2018

Scripture - John 7:1-52
Pray
Discipline - Spiritual self-protection

Day 16, Saturday, March 3, 2018

Scripture - John 7:53-8:11
Pray
Discipline - Halos

Sunday, March 4, 2018

Reflect - on God's Word from this week
Refuel - worship with the family of God
Rest - your mind, body and soul

Day 17, Monday, March 5, 2018

Scripture - John 8:12-59
Pray
Discipline - Apathy

Day 18, Tuesday, March 6, 2018

Scripture - John 9:1-41
Pray
Discipline - Appearances

Day 19, Wednesday, March 7, 2018

Scripture - John 10:1-42
Pray
Discipline - Revisionism

Day 20, Thursday, March 8, 2018

Scripture - John 11:1-44
Pray
Discipline - Leavened bread

Day 21, Friday, March 9, 2018

Scripture - John 11:45-57
Pray
Discipline - Premature resolution

Day 22, Saturday, March 10, 2018

Scripture - John 12:1-50
Pray
Discipline - Sound

Sunday, March 11, 2018

Reflect - on God's Word from this week
Refuel - worship with the family of God
Rest - your mind, body and soul

Day 23, Monday, March 12, 2018

Scripture - John 13:1-20
Pray
Discipline - Armchair Jesus

Day 24, Tuesday, March 13, 2018

Scripture - John 13:21-38
Pray
Discipline - Neutrality

Day 25, Wednesday, March 14, 2018

Scripture - John 14:1-31
Pray
Discipline - Denial

Day 26, Thursday, March 15, 2018

Scripture - John 15:1-17
Pray
Discipline - Comparison

Day 27, Friday, March 16, 2018

Scripture - John 15:18-25
Pray
Discipline - Discontentment

Day 28, Saturday, March 17, 2018

Scripture - John 15:26-16:15
Pray
Discipline - Formulas

Sunday, March 18, 2018

Reflect - on God's Word from this week
Refuel - worship with the family of God
Rest - your mind, body and soul

Day 29, Monday, March 19, 2018

Scripture - John 16:16-33
Pray
Discipline - Intimidation

Day 30, Tuesday, March 20, 2018

Scripture - John 17:1-8
Pray
Discipline - Self-confidence

Day 31, Wednesday, March 21, 2018

Scripture - John 17:9-19
Pray
Discipline - Mocking Jesus

Day 32, Thursday, March 22, 2018

Scripture - John 17:20-26
Pray
Discipline - Addition

Day 33, Friday, March 23, 2018

Scripture - John 18:1-12
Pray
Discipline - Willful sin

Day 34, Saturday, March 24, 2018

Scripture - John 18:13-27
Pray
Discipline - Criticism

Sunday, March 25, 2018, Palm Sunday

Reflect - on God's Word from this week
Refuel - worship with the family of God
Rest - your mind, body and soul

Day 35, Monday, March 26, 2018

Scripture - John 18:28-19:16
Pray
Discipline - God-as-job

Day 36, Tuesday, March 27, 2018

Scripture - John 19:17-42
Pray
Discipline - Withholding

Day 37, Wednesday, March 28, 2018

Scripture - John 20:1-10
Pray
Discipline - Your voice

Day 38, Thursday, March 29, 2018

Scripture - John 20:11-18
Pray
Discipline - Escapism

Day 39, Friday, March 30, 2018

Scripture - John 20:19-31
Pray
Discipline - Guarding tombs

Day 30, Saturday, March 31, 2018

Scripture - John 21:1-25
Pray
Discipline - Fasting

Sunday, April 1, 2018, Easter Sunday

Reflect - on God's Word from this week
Refuel - worship with the family of God
Rest - your mind, body and soul

Guide to Biblical Fasting

1. Fasting is denying the natural to focus on the Supernatural.
2. In the Bible, fasting always involved food, still the most common type of fast today. Why? Eating is the most natural thing we do and requires the most discipline to deny our bodies nutrition. It also requires supernatural intervention to keep in its proper perspective. Many other types of fasts have become popular including social media, TV, etc. Fast whichever requires more discipline. It's much harder for me not to eat than not to check Facebook.
3. First things first. Seek God's guidance on whether you should fast. Get clarity there.
4. If God says yes, ask Him to guide you in a specific type and purpose or purposes for fasting. Not generic, like to be more spiritual, but specific, like overcoming a habit. Write them down. Pray about those purposes every day.
5. Whenever you would be actively engaged in whatever you are fasting, spend that time with God. It does no good just to fast without focusing that time on spiritual matters. Example, fast a meal. Spend the meal time or equivalent at some point in study and prayer.
6. Fasting should not be easy. It wasn't in the biblical days and shouldn't be now. The point is focusing on the supernatural to help with natural desires.
7. The ultimate purpose of fasting is to become closer to God and deeper in faith.



Preaching Series for Lent 2018 from the Gospel of John

February 14 - Ash Wednesday

"I Am"

February 18

"I Am the Light of the World" - John 8:12

February 25

"I Am the Door" - John 10:9

March 4

"I Am the True Vine" - John 15:1

March 11

"I Am the Good Shepherd" - John 10:11

March 18

Bishop Debra Wallace-Padgett
Resident Bishop of the North Alabama Conference
of the United Methodist Church

March 25 - Palm Sunday

"I Am the Way, and the Truth, and the Life" - John 14:6

March 29 - Maundy Thursday

"I Am the Bread of Life" - John 6:35

April 1 - Easter Sunday

"I Am the Resurrection and the Life" - John 11:25-26