

Embracing Disabilities

Creating an Everybody Mentality



Lenten Devotional

God is telling you that Jesus is here for us even after he died on the cross for us. Take time to think about that and pray as you go into the season of Lent and even beyond that.

- *Hunter Adcock*

Introduction

We pray this daily devotional will guide you through the forty days of Lent. You will notice some days include reflections of the daily scripture and some days there is room for your personal reflection. All written reflections included in this devotional are by people with disabilities. Some also chose to include artwork as a form of creative engagement with the scripture. Each Sunday includes a Psalm and prayer for the week, as well as a piece of art from a Durham-based artists' Stations of the Cross project.

We urge you to receive these reflections from the disability community as holy teachings.

Day 01

Reflection from Will Thames

Reflection

These words from Joel are very timely for the start of the Lenten journey. Today we observe Ash Wednesday. This is not an exciting day in the church year, rather, it's very somber. This is a day when we reflect as we stop to remember our mortality. For that matter, this is a season where we should ponder and reflect about things we could do better for God, and today begins that very sacred 40 day journey through the wilderness. May you encounter the presence of God during this season of preparation, and such expectation, for what is to come, as we anticipate a joyous Easter, but for now, pause and reflect and read God's Holy Word over these days of Lent. A blessed Lenten journey to you all.

Today's Prayer

Jesus may we encounter your Presence this Lent. Fill us with expectation and anticipation of You.

Amen.

Thursday

PHILIPPIANS 2

Day 02

Personal reflection on today's Scripture

Reflection

Today's Prayer

Jesus thank you for coming down to earth to die on the cross for us. Fill us with your spirit of humility this day as we love others as you would love them.

Amen.

Friday

JAMES 1:1-15

Day 03

Reflection from Travis Silberquit

Reflection

I believe this passage says
to me is even though we
have tough times and are fighting
demons; God is always there for
us.

I believe this passage says to me is even though we have tough times and are fighting demons; God is always there for us.

Today's Prayer

Thank you God that you are always with us. All the time.

Amen.

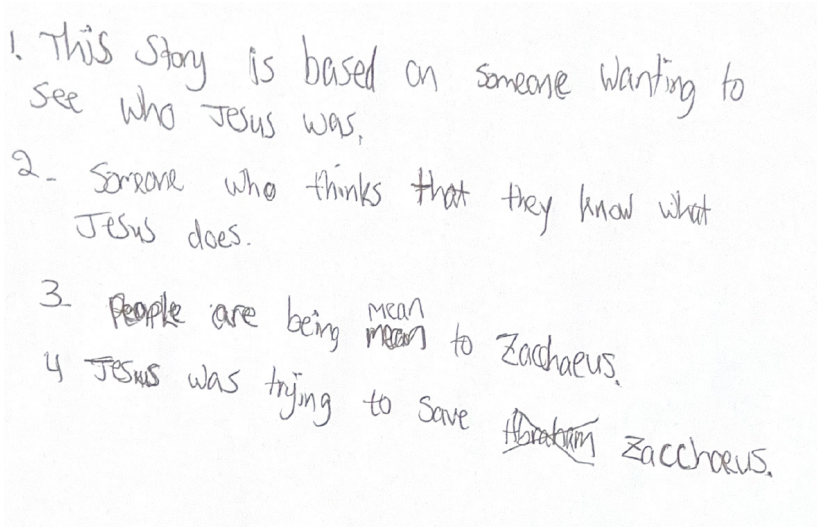
Saturday

LUKE 19:1-10

Day 04

Reflection from Jimmy DeSmedt

Reflection



1. This story is based on someone wanting to see who Jesus was.
2. Someone who thinks that they know what Jesus does.
3. People are being mean to Zacchaeus.
4. Jesus was trying to save Zacchaeus.

Today's Prayer

Jesus, fill us with the desire to seek you in the way Zacchaeus sought after you. Thank you for seeing us and saving us. We are open to the Spirit's transformative love today.

Amen.

Sunday

PSALM 19

Week 02

Weekly Prayer

“The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge”

Reflection

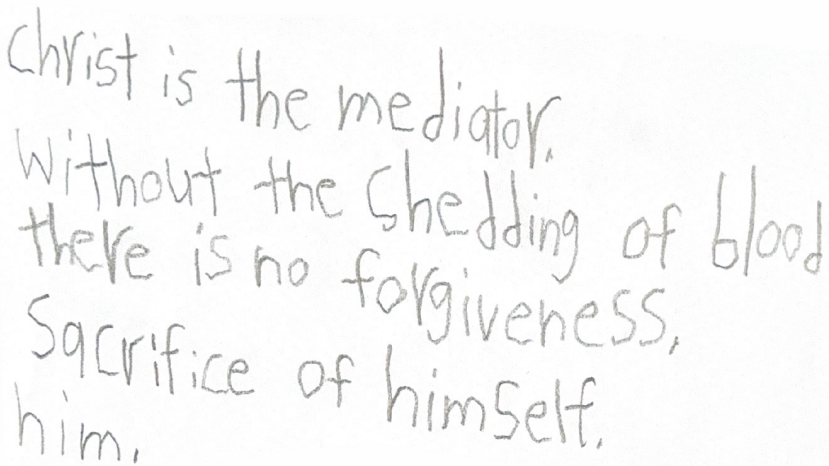


Artwork by Janice Little

Day 05

Reflection and creative engagement from Tristan Kallander

Reflection



Christ is the mediator.
Without the shedding of blood
there is no forgiveness,
sacrifice of himself,
him.

Christ is the mediator. Without the shedding of blood there is no forgiveness, sacrifice of himself. Him.

Today's Prayer

Jesus thank you for your sacrifice. For sacrificing yourself for us. Remind us of your forgiveness today.

Amen.

Creative Engagement with Scripture



Tuesday

1 KINGS 8:22-30

Day 06

Personal reflection on today's Scripture

Reflection

Today's Prayer

Lord God, remind us that you hear our prayers, in your mercy we cry out to you God.

Amen.

Day 07

Reflection and creative engagement from Ibbie Schmidt

Reflection

We are Reminded that we Belong to Jesus Christ, that he had to Remind ^{the} ~~Corinthians~~ ^{of} how to live. By his Example if something has suffered then that one part suffers along with it. The same goes with every part of the Body and your Attitude. These are Alerts of our Alert Systems. That we need to be aware of what they are telling us, who we are and who we need to like. Because of sin we don't know who to turn into to be a mirror to our souls. But we have something that people don't have that we can show them; just as we have God we can show someone how we take time to put God in the forefront of our Daily lives and to speak kindly to, from and through them. If someone doesn't believe and is in a wrong doesn't mean we have a right to change them. We need to be stewards of Faith of love and joy throughout our lives with all fruit of the Spirit. Because without it we would be lost without a savior and we would lose the meaning of Christmas. But there is a light that covers a multitude of sins. God will never ever - ever fail because he loves us so deeply and is always merciful and faithful. We need to accept his offer what he gives and know who we are and who we are to him. He is our only hope in the force and the way of Eternity salvation.

Continued

Today's Prayer

God, thank you that you never, ever, ever, fail because you love us so deeply and are so merciful and faithful.

Amen.

Creative Engagement with Scripture



We are reminded that we Belong to Jesus Christ, that he had to Remind the Corinthians of How to live.

By his Example if something has suffered then that one part suffers along with it. The same goes with every part of the Body and your Attitude. These are Alerts; of our Alert systems. That we need to be aware of what they are telling us, who we are and who we need to like. Because of sin we don't know

who to turn into to be a mirror to our souls. But we have something that people don't have that we can show them just as we have God we can show someone how we take time to put God in the forefront of our Daily lives and to speak kindly to, from and through them. If someone doesn't believe and is in a wrong doesn't mean we have a right to change them. We need to be stewards of Faith of love of joy throughout our lives with all fruit of the Spirit. Because without it we would be lost without a Savior and we would lose the meaning of Christmas. But there is a light that covers a multitude of sins. God will never ever-ever Fail Because he loves us so deeply and is always merciful and faithful. We need to except his offer what he gives and know who we are and who we are to him. He is our only hope in the force and the way of Eternity salvation.

Thursday

HEBREWS 11:1-12

Day 08

Personal reflection on today's Scripture

Reflection

Today's Prayer

Lord Jesus, fill us with faithfulness like those who've come before us. We pray that we may commit our ways to you.

Amen.

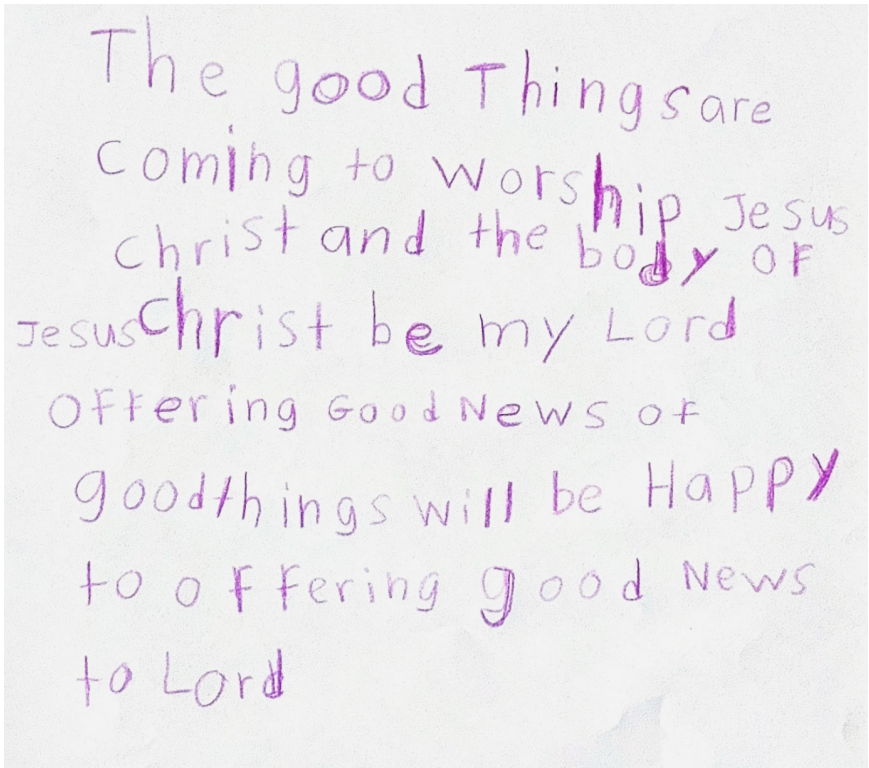
Friday

HEBREWS 10:1-10

Day 09

Reflection and creative engagement from Ronda Blanchard

Reflection



The good things are coming to worship Jesus Christ and the body of Jesus Christ be my Lord offering Good News of good things will be Happy to offering good news to Lord.

Today's Prayer

Lord Jesus, let today be an offering of worship to you. Be with us as we carry the Good News to all those we meet today.

Amen.

Creative Engagement with Scripture



Saturday

MATTHEW 16:21-28

Day 10

Reflection and creative engagement from Josh Rindner

Reflection

Christians follow Jesus by.

Read the bible.

Go to church.

Bible study.

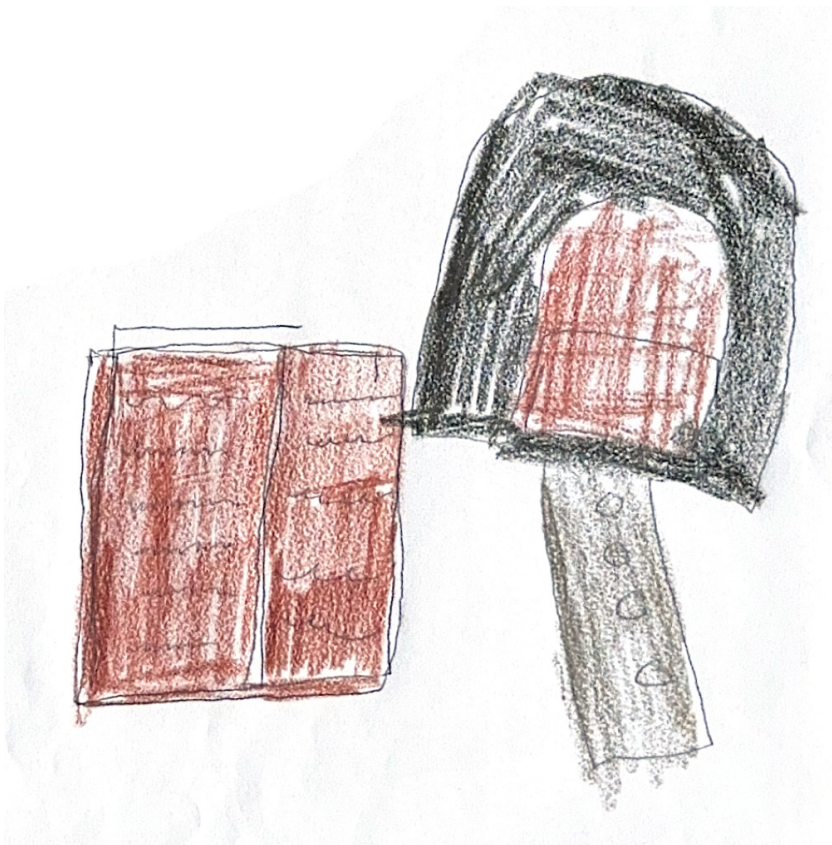
Christians follow Jesus by: Read the bible. Go to church.
Bible Study.

Today's Prayer

Jesus help us follow you more nearly, show us what it looks like today to be your disciple, deny ourselves, and take up our cross.

Amen.

Creative Engagement with Scripture



Sunday

PSALM 119:33-48

Week 03

Weekly Prayer

“Let your loving-kindness come to me, O Lord, and your salvation, according to your promise”

Amen.

Reflection



Artwork by Janice Little

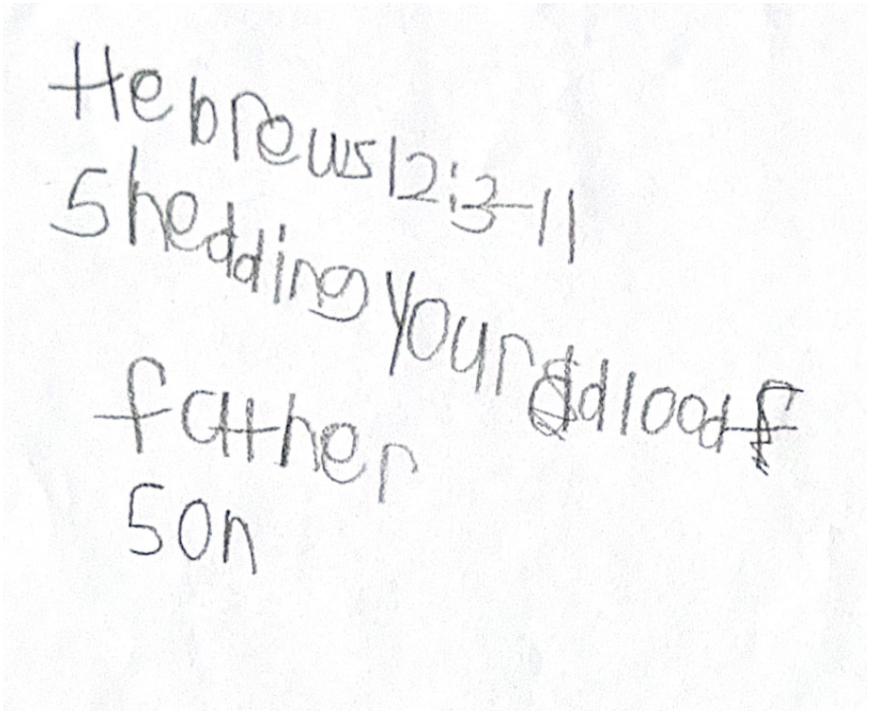
Monday

HEBREWS 12:3-11

Day 11

Reflection and creative engagement from Ashlyn Ulrich

Reflection



Shedding your blood. Father. Son.

Today's Prayer

Jesus, thank you for the shedding of your blood as you endured the cross. Let that be a reminder so that we will not grow weary or lose heart today.

Amen.

Creative Engagement with Scripture



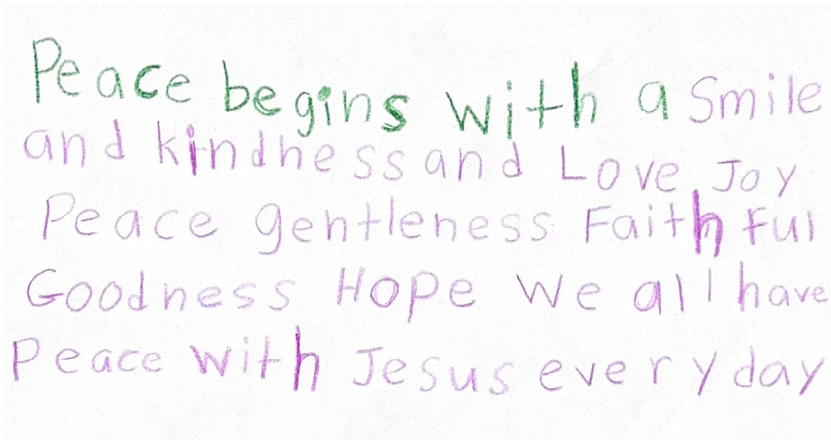
Wednesday

HEBREWS 12:14-15

Day 13

Reflection and creative engagement from Ronda Blanchard

Reflection



Peace begins with a smile and kindness and love joy peace gentleness faithful goodness hope. We all have peace with Jesus everyday.

Continued

Today's Prayer

Lord you are the God of peace, call to our attention all the ways we receive your peace in small moments today.

Amen.

Creative Engagement with Scripture



Thursday

HEBREWS 13:1-16

Day 14

Personal reflection on today's Scripture

Reflection

Today's Prayer

Lord Jesus show us how to welcome the stranger today.
Help us to do good and to share with others as we know that
pleases you.

Amen.

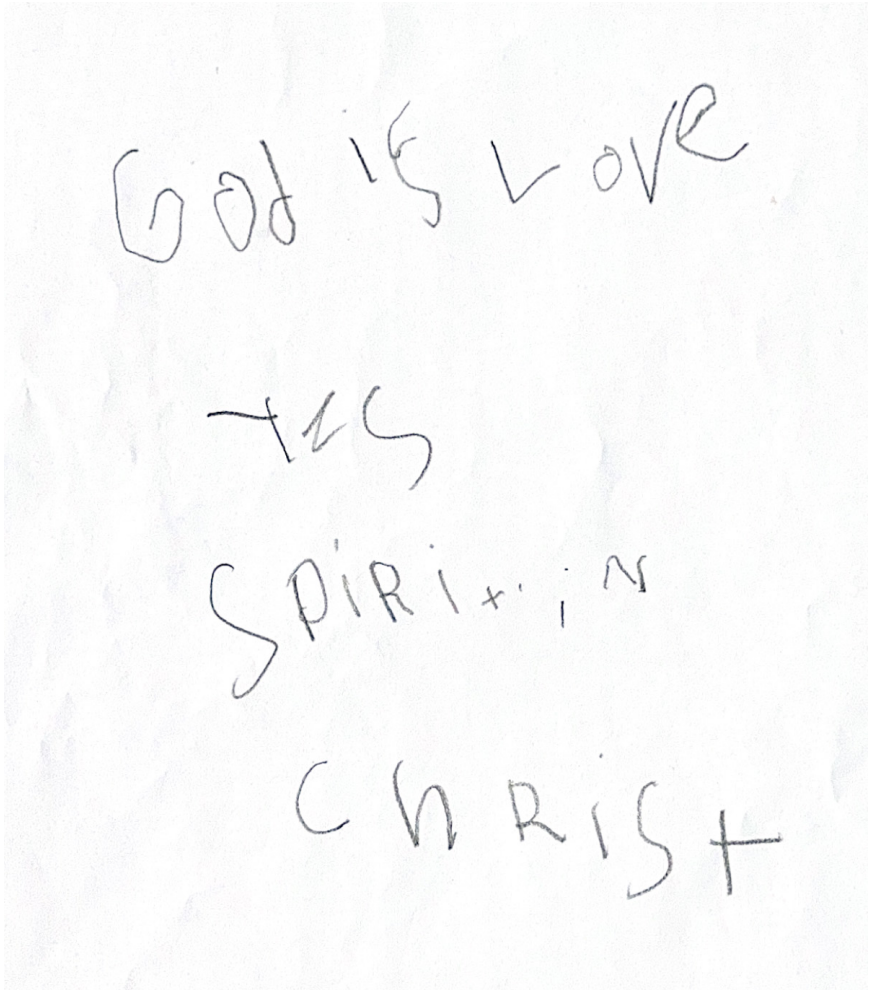
Friday

2 CORINTHIANS 1:12-22

Day 15

Reflection and creative engagement from Bradley Grose

Reflection



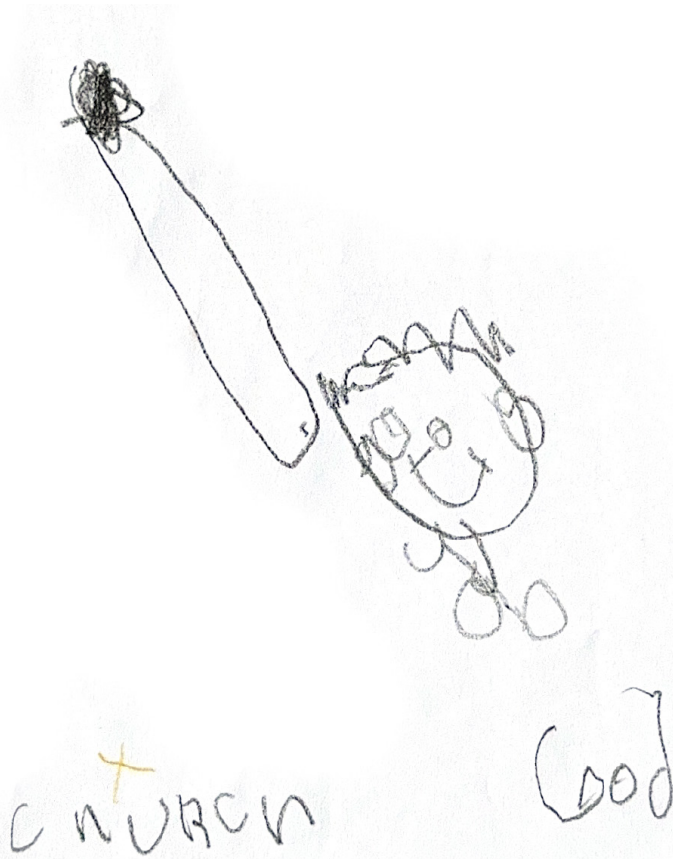
God is Love. Yes. Spirit in Christ

Today's Prayer

Lord we say yes to you being the God of love and thank you that Jesus brings the "Yes" to all the promises from your Word.

Amen.

Creative Engagement with Scripture



Day 16

Reflection and creative engagement from Caitlyn Belk

Reflection

God Give Me peace with To Be
 Holy make everyone without Holiness
 no one will see The Lord. He WAS
 Rejected. Even though He Sought The
 blessing With Tears, He Could not
 Change what He had done. You have
 NOT come To A Mountain That can be
 Touched and That is burning with
 fire; and The living God, The Heavenly
 Jerusalem. You Have come To Thousands
 upon Thousands of Angels in Joyful
 and To The Church of The firstborn;
 Whose Name are Written in Heaven.
 You Have come To God, and remain.
 Therefore Since We are Receiving A
 Kingdom That cannot be Shaken, Let
 Created Things us be Thankful, and so
 Worship God.

God give me peace with to be holy make everyone without holiness no one will see the Lord. He was rejected. Even though he sought the blessing with tears, He could not change what He had done. You have not come to a mountain. That can be touched and that is burning with fire; and the living God, the Heavenly Jerusalem. You have come to thousands...

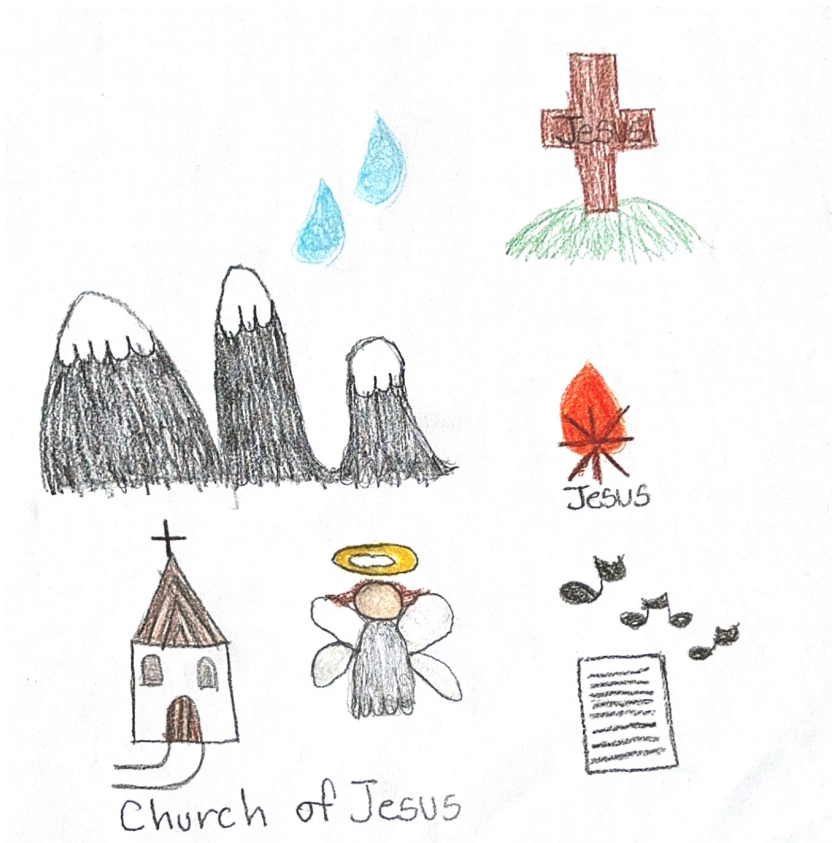
...upon thousands of Angels in Joyful. And to the Church of the firstborn, whose name are written in Heaven. You have come to God, and remain. Therefore since we are receiving a kingdom that cannot be shaken. Let created things, us, be Thankful, and so worship God.

Today's Prayer

Jesus let all created things, including us today, be thankful and worship you, oh God.

Amen.

Creative Engagement with Scripture



Week 04

Weekly Prayer

“The Lord is my light and my salvation; whom then shall I fear? The Lord is the strength of my life; of whom then shall I be afraid?”

Reflection

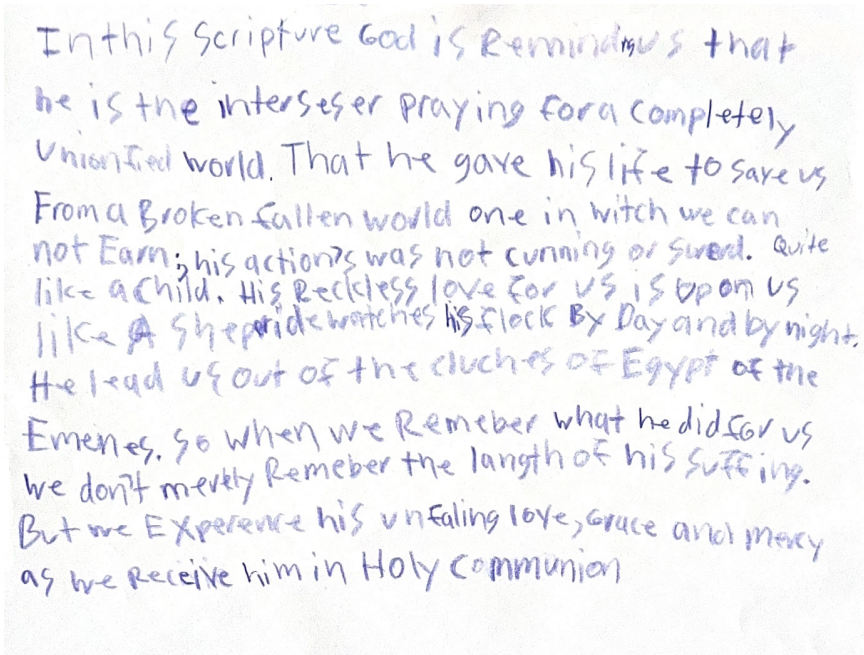


Artwork by Janice Little

Day 17

Reflection and creative engagement from Ibbie Schmidt

Reflection



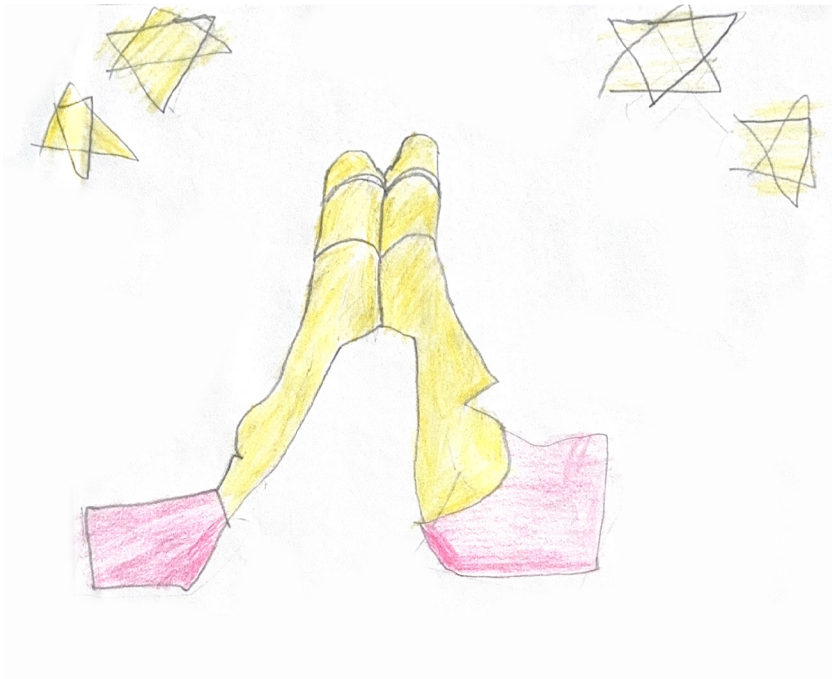
In this scripture God is reminds us that he is the intercessor praying for a completely unified world. That he gave his life to save us from a broken fallen world. One in which we can not earn; his actions were not cunning or shrewd. Quite like a child. His reckless love for us is upon us like a shepherd watches his flock by day and by night. He leads us out of the clutches of Egypt of the enemies. So when we remember what he did for us we don't merely remember the length of his suffering. But we experience his unfailing love, grace and mercy as we receive him in holy communion.

Today's Prayer

Lord remind us of your unfailing love, grace, and mercy today. Thank you that you are our shepherd that watches over us and leads us away from the enemy.

Amen.

Creative Engagement with Scripture



Tuesday

MATTHEW 18:10-14

Day 18

Personal reflection on today's Scripture

Reflection

Today's Prayer

Lord Jesus we so often wander away from you and your love. You God seek after us always. Thank you for your faithful love that pursues us continuously.

Amen.


Wednesday

HEBREWS 10:11-25

Day 19

Reflection and creative engagement from Caitlyn Belk

Reflection

I have Confidence All time because
 Jesus with Christ he his Sacrifice
 He Has made us forgiven. My Sin
 is gone away from Cross He is
 faithful and we need to Encourage
 one another and I have happiness
 for Jesus He Give me Joy 

I have confidence all time because Jesus with Christ he his sacrifice. He has made us forgiven. My sin is gone away from cross. He is faithful and we need to encourage one another and I have happiness for Jesus. He give me Joy.

Continued

Today's Prayer

Jesus thank you that we have been forgiven through your sacrifice. May we have confidence all the time.

Amen.

Creative Engagement with Scripture



Thursday

MARK 2:13-22

Day 20

Personal reflection on today's Scripture

Reflection

Today's Prayer

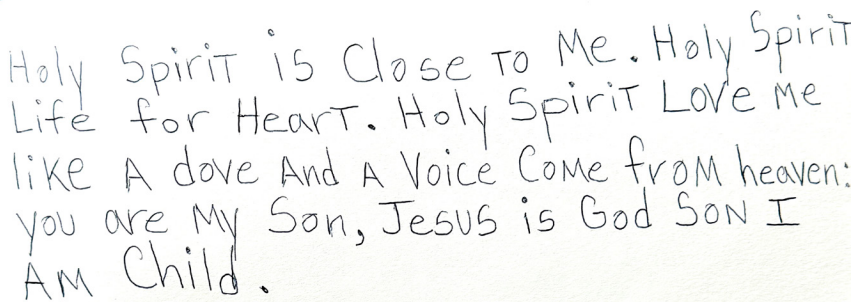
Jesus thank you that you came for all of us sinners. Let us live by the example you've set to make space and foster belonging for the marginalized.

Amen.

Day 21

Reflection and creative engagement from Josh Rindner
with handwriting from Caitlyn Belk

Reflection



Holy Spirit is Close to Me. Holy Spirit
Life for Heart. Holy Spirit Love Me
like A dove And A Voice Come from heaven:
you are My Son, Jesus is God Son I
Am Child.

Holy Spirit is close to me. Holy Spirit Life for Heart. Holy Spirit
Love me like a Dove and a Voice come from heaven: you are my
Son, Jesus is God Son I am Child.

Today's Prayer

Holy Spirit fill and move through us today, let us hear the whispers of truth that we are your children and that you are pleased with and love us.

Amen.

Creative Engagement with Scripture



Today's Prayer

Lord Jesus your care and compassion was not bound by the law here on Earth. Help us to be free to love and care for others uninhibited by societal expectations.

Amen.

Creative Engagement with Scripture

Sunday

PSALM 107

Week 05

Weekly Prayer

“God satisfies the thirsty, and fills the hungry with good things”

Reflection



Artwork by Janice Little

Day 23

Reflection from Jared Young

Reflection

In Isaiah 55:1 is the call of God to those who have a 'thirst' this world can not quench. In verse 2 of Isaiah 55 is telling us to come and enjoy the best things that God has to offer us, at no cost. In verse 3 says to hear God's word everywhere in this world of sin. In Isaiah 40th is telling us about the messiah himself is the everlasting covenant, the manifestation of God's steadfast love for David, and for his people Israel. In Isaiah in verse 5 is telling us he is all mankind and every nation's under him. In verse 6 means the Lord is near to us, every day and all the time. In Isaiah in verse 7 telling us how to not forsake the Lord to satisfy your thirst. In verses 8 and 9...

tell us to remind us that he exists and thinks on a different level than us on earth. In verse 10-13 of Isaiah is talking about God's word that gives life, that does what it is intended to, that accomplishes, that succeeds in God's purpose.

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Today's Prayer

God let our thirst be satisfied only in you.

Amen.

Wednesday

ROMANS 5:1-11

Day 25

Reflection from Jared Young with creative engagement
from Alison Graham

Reflection

We live with peace and hope in the midst of trials and we push thru your suffering because of God's Love poured out onto us. We are not powerless because he died for the world not ourselves God demonstrates his Love for us on the cross. We praise God for what he did for us because with his Love for what he did for us because with his Love, Peace, and hope of a child was born named Jesus that saved us all.

We live with peace and hope in the midst of trials and we push through your suffering because of God's Love poured out onto us. We are not powerless because he died for the world not ourselves God demonstrates his Love for us on the cross. We praise God for what he did for us because with his Love, Peace, and hope of a child was born and named Jesus that saved us all.

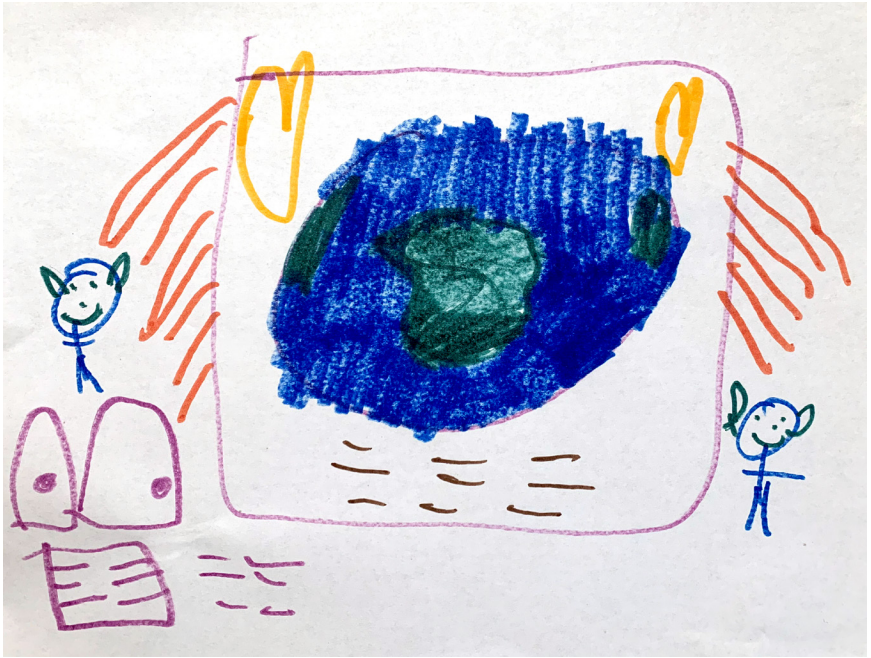
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Today's Prayer

Jesus we do praise you for what you did for us on the cross.
Thank you for the power you give us through your love
poured out for us.

Amen.

Creative Engagement with Scripture



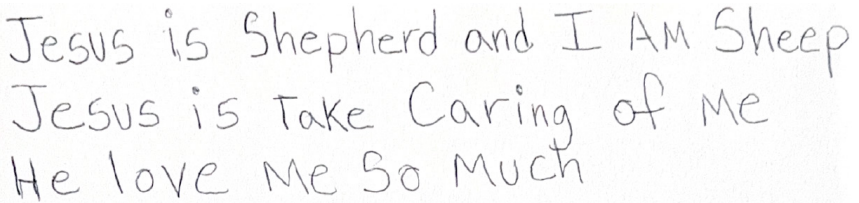
Friday

HEBREWS 13:17-25

Day 27

*Reflection and creative engagement from Josh Rindner
with handwriting from Caitlyn Belk*

Reflection



Jesus is Shepherd and I AM Sheep
Jesus is take Caring of Me
He love Me So Much

Jesus is Shepherd and I am Sheep Jesus is take caring of me.
He love me so much.

Today's Prayer

Jesus you are our Shepherd and we are your sheep. Thank you for taking care of us today and everyday.

Amen.

Creative Engagement with Scripture



Day 28

Reflection and creative engagement from Kim Jones

Reflection

God is holy forever. By God sending us the Holy Spirit and us receiving it the Holy Spirit gives us new life; and because Jesus so loved us he died on the cross to take away our sins.

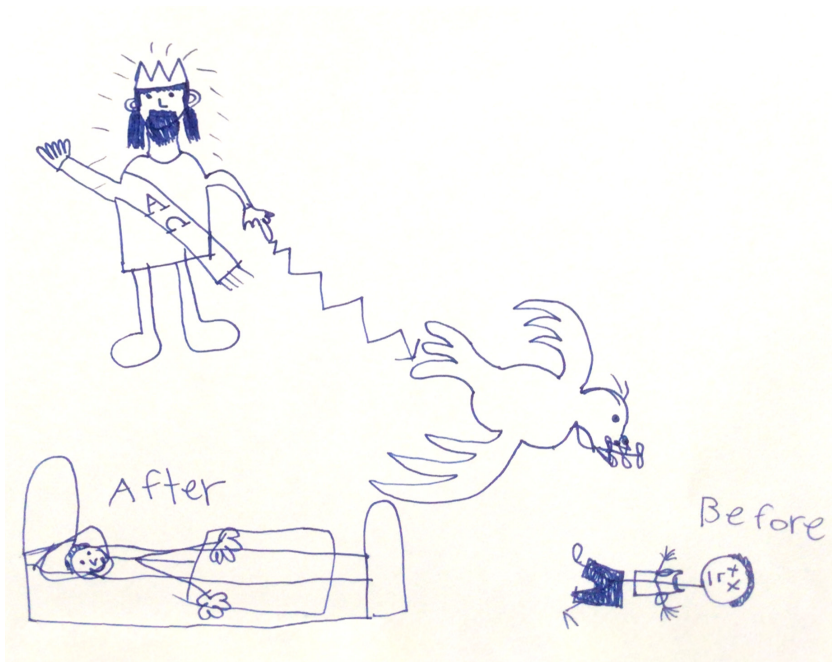
God is holy forever. By God sending us the Holy Spirit and us receiving it the Holy Spirit gives us new life; and because Jesus so loved us he died on the cross to take away your sins.

Today's Prayer

God we proclaim the mighty power of the Holy Spirit. We praise you for the new life the Holy Spirit breathes into us each day.

Amen.

Creative Engagement with Scripture



Sunday

PSALM 36

Week 06

Weekly Prayer

“Your love Lord reaches to the heavens, your faithfulness to the skies”

Reflection



Artwork by Janice Little

Day 29

Reflection and creative engagement from Hannah Bourne

Reflection

In His teaching He is
creator of the heavens -
Where space meets the stars

I am the light of the world
who gives breath to people
- He gives life

I the Lord have called you to
righteousness.
- Light

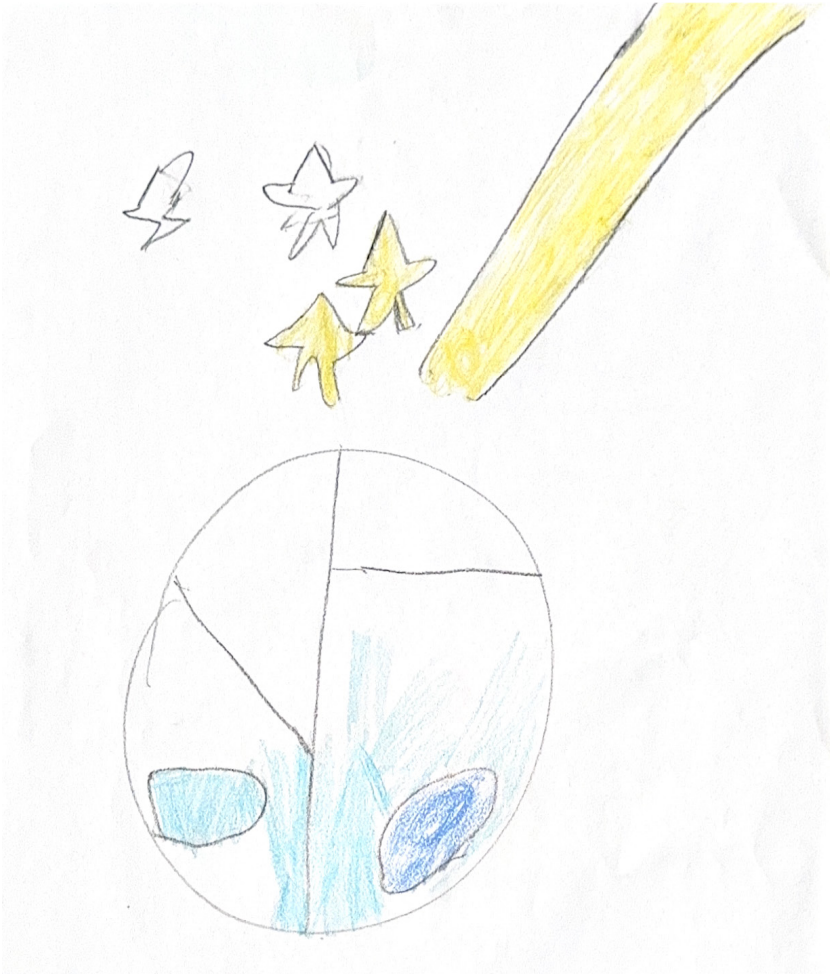
In his teaching he is creator of the Heavens where space meets the stars. I am the light of the world who gives breath to people. He gives life. I the Lord have called you to righteousness. Light.

Today's Prayer

Lord you are the Creator of the universe in all its vastness.
Remind us that you alone breathe life in us today.

Amen.

Creative Engagement with Scripture



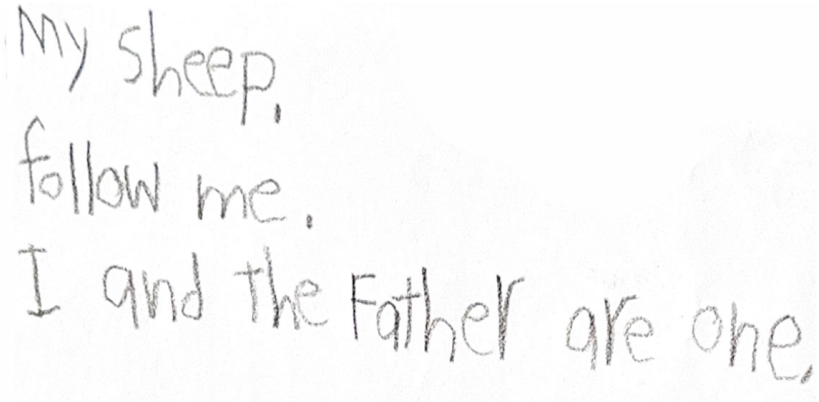
Wednesday

JOHN 10:11-18

Day 31

Reflection and creative engagement from Tristan Kallander

Reflection



My sheep,
follow me.
I and the Father are one.

My sheep. Follow me. I and the Father are one.

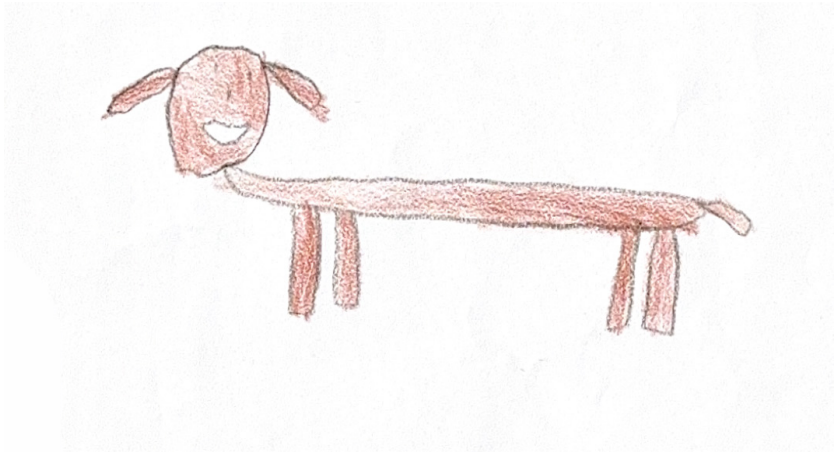
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Today's Prayer

Lord God help us follow you today. We pray to release control of our own ways and trust in your shepherding care.

Amen.

Creative Engagement with Scripture



Thursday

JOHN 12:44-50

Day 32

Personal reflection on today's Scripture

Reflection

Today's Prayer

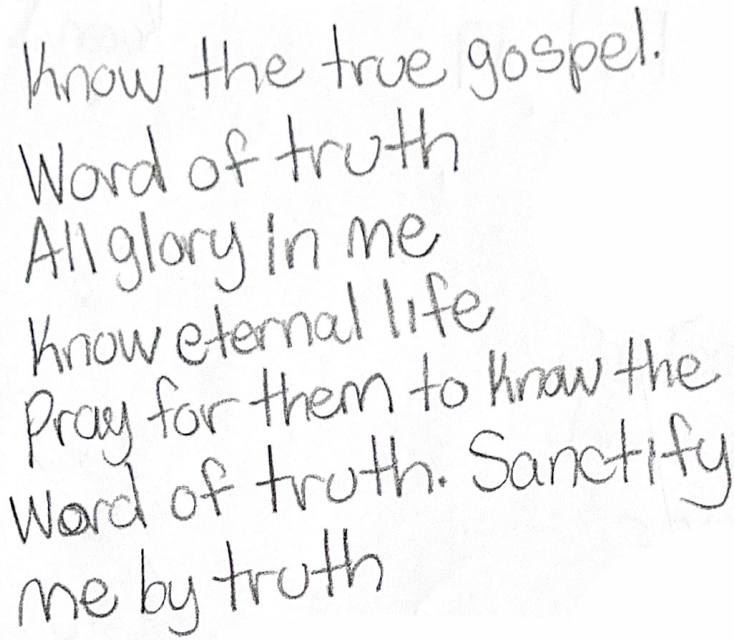
Jesus let us experience the truth that amidst the darkness we are held in your light.

Amen.

Day 33

Reflection and creative engagement from Karen Adams

Reflection



know the true gospel.
Word of truth
All glory in me
know eternal life
Pray for them to know the
Word of truth. Sanctify
me by truth

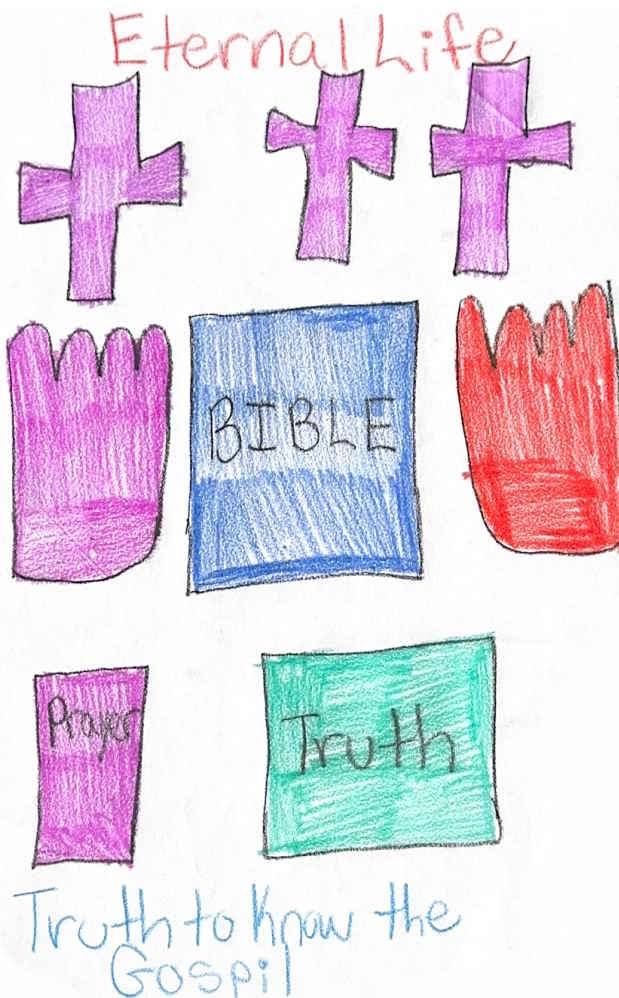
Know the true gospel. Word of truth. All glory in me. Know eternal life. Pray for them to know the word of truth. Sanctify me by truth.

Today's Prayer

God thank you that the Gospel is truth. We pray that it would sanctify us, make us more like Jesus, and stir us to share the truth with all creation.

Amen.

Creative Engagement with Scripture



Today's Prayer

Lord help us that we might die to sin and live for righteousness. Let us return all that we are to you today.

Amen.

Creative Engagement with Scripture

Week 07

Weekly Prayer

“You have rescued my soul from death and my feet from stumbling, that I may walk before God in the light of the living”

Reflection



Artwork by Janice Little

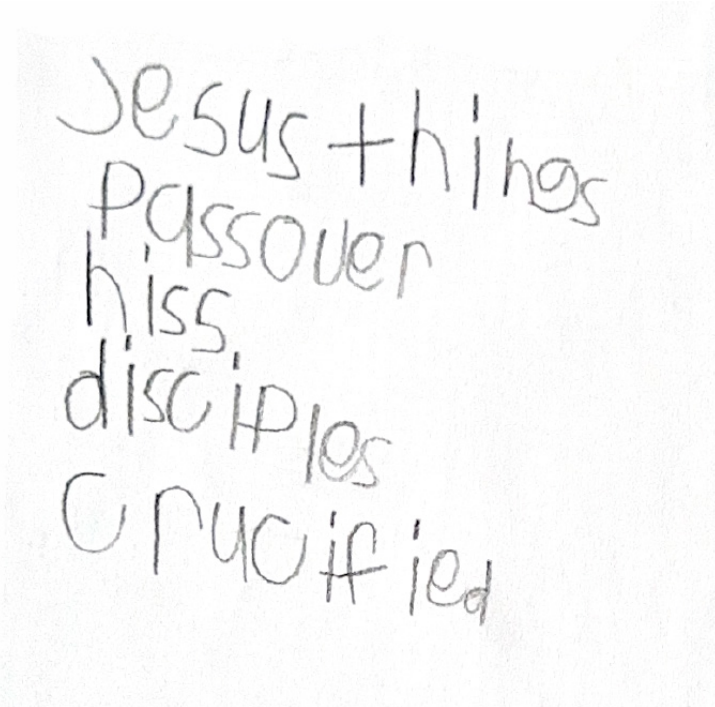
Monday

MATTHEW 26:1-5

Day 35

Reflection and creative engagement from Ashlyn Ulrich

Reflection



Jesus things
Passover
His
Disciples
Crucified

Today's Prayer

God, this Holy Week we prepare to remember the Passover and the Crucifixion. As your disciples today, lead us in repentance as we journey to the cross with Jesus this week.

Amen.

Creative Engagement with Scripture



Tuesday

ISAIAH 49:1-6

Day 36

Personal reflection on today's Scripture

Reflection

Today's Prayer

God thank you for love and kindness through Jesus Christ, who came to bring salvation that extends to the ends of the Earth.

Amen.

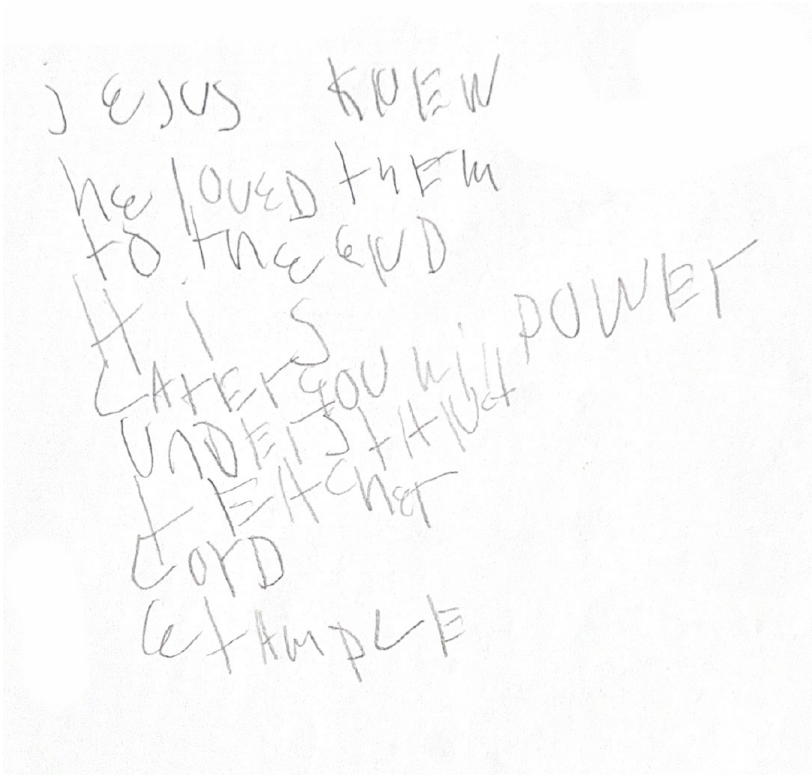
Wednesday

JOHN 13:1-15

Day 37

Reflection and creative engagement from Haley Liska

Reflection



Jesus knew he loved them to the end. His power later you will understand. Teacher. Lord. Example.

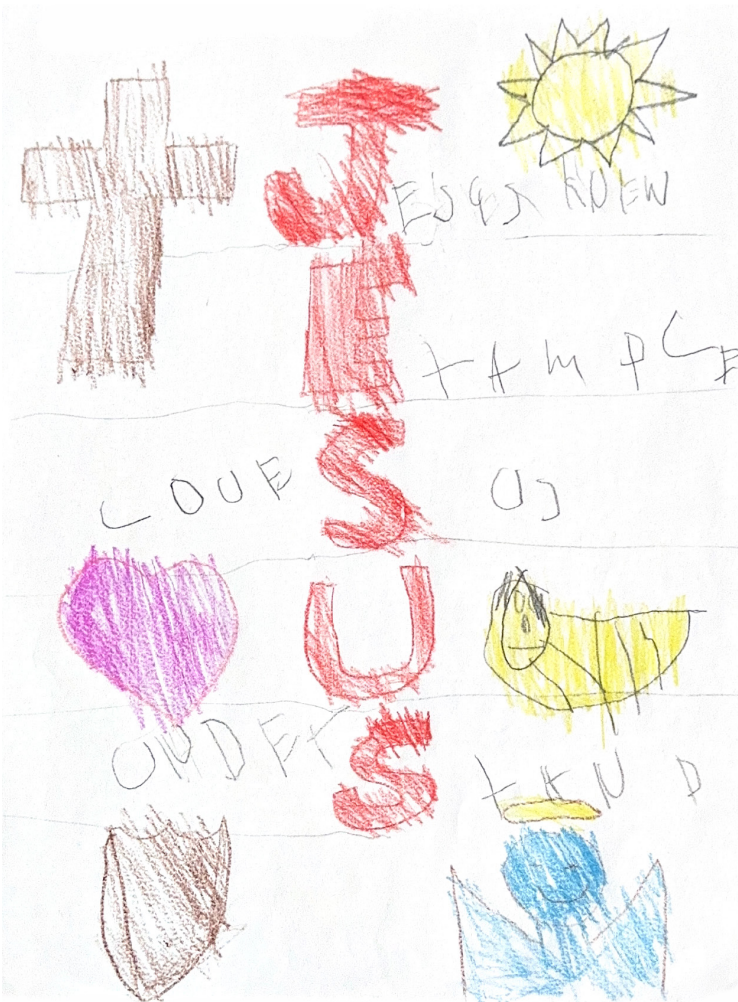
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Today's Prayer

God we are filled with gratitude that in your divine plan Jesus became human and walked the Earth as a living example.

Amen.

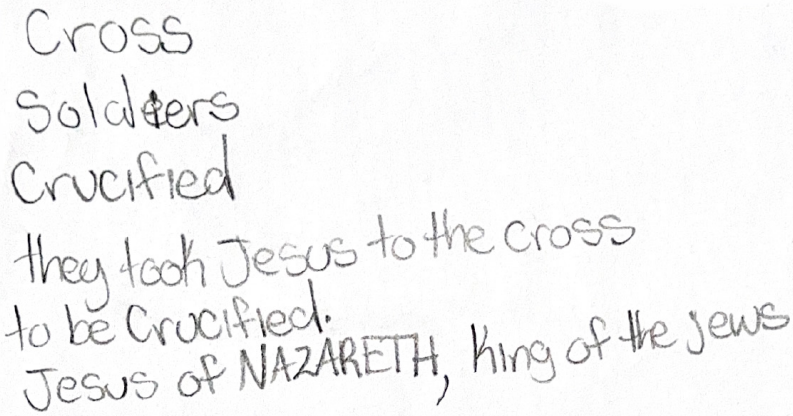
Creative Engagement with Scripture



Day 39

Reflection and creative engagement from Karen Adams

Reflection



Cross
Soldiers
Crucified
they took Jesus to the cross
to be Crucified.
Jesus of NAZARETH, King of the Jews

Cross
Soldiers
Crucified
They took Jesus to the cross
To be crucified.
Jesus of Nazareth, King of the Jews

Today's Prayer

God, this Good Friday, we ask that you break our hearts again as we remember the crucifixion of Jesus Christ. Let us sit in His suffering and mourn creation rejecting its Savior.

Amen.

Creative Engagement with Scripture



Today's Prayer

God on this Holy Saturday we sit in our mourning and hold fast to the hope that is to come.

Amen.

Creative Engagement with Scripture

For it is by grace you have been saved, through faith
-and this is not from yourselves, it is the gift of God-
not by works, so that no one can boast. For we are God's
handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do.

Ephesians 2:8-10



REACH. TEACH. **PRAISE.** SERVE.
MATTHEWS UNITED METHODIST



Rainbow Express ministries