



2026

MAKE ROOM

A SIMPLE A GUIDE TO MEANING, PRACTICE, AND DAILY RENEWAL

BELLEVUE CHURCH



Welcome to Lent

Lent is often misunderstood as a season of guilt, deprivation, or religious routine. In reality, Lent is a gift—a slow, intentional journey that creates space for honesty, healing, and renewed love of God.

Lent invites us to pause, to tell the truth about ourselves, and to remember who we are and whose we are. It is not about earning God's favor, but about clearing away what distracts us from receiving it.

This booklet is designed to help you rediscover Lent—its purpose, its practices, and its power—through simple teaching and daily devotional reflection.



What is Lent

Lent is the forty-day season (excluding Sundays) leading up to Easter. It echoes biblical periods of preparation and testing—Jesus' forty days in the wilderness, Israel's forty years in the desert, and Moses' forty days on Mount Sinai.

Lent is a season of preparation rather than punishment. It prepares our hearts to encounter the cross honestly and to celebrate the resurrection fully.

At its core, Lent is about:

- Repentance – turning toward God
- Dependence – recognizing our need for grace
- Renewal – allowing God to reshape our desires



The Practices of Lent

Lent is practiced through three intertwined disciplines:

- **Prayer**—Prayer during Lent is less about saying more and more about listening deeply. It creates space for God to speak and for us to respond truthfully.
- **Fasting**—Fasting is not limited to food. It is the intentional laying down of something that normally sustains, distracts, or comforts us, so that we become more aware of our hunger for God.
- **Almsgiving**—Almsgiving reorients us outward. Lent softens our hearts toward the needs of others and reminds us that faith is always lived in love.

Together, these practices help us realign our lives with God's grace.

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HOW TO USE THIS DEVOTIONAL

Each day includes: – A brief Scripture – A reflection – A simple prayer

Move slowly. Sit with what resonates.

There is no need to rush.

Lent teaches us that transformation takes time.

LENT 2026 CALENDAR

(40 DAYS SUNDAYS EXCLUDED)

Start: Ash Wednesday (Wed, Feb 18, 2026) • End: Holy Saturday
(Sat, Apr 4, 2026) • Easter: Sun, Apr 5, 2026

DAY	DATE	DEVOTIONAL TITLE
1	Wed, Feb 18	Remembering Our Need
2	Thu, Feb 19	Called Into the Wilderness
3	Fri, Feb 20	Hunger That Teaches
4	Sat, Feb 21	God's Word as Bread
5	Mon, Feb 23	Letting Go of Control
6	Tue, Feb 24	Choosing Who We Worship
7	Wed, Feb 25	Grace That Sustains
8	Thu, Feb 26	Listening for the Spirit
9	Fri, Feb 27	Conviction That Leads to Life
10	Sat, Feb 28	Repentance as Realignment
11	Mon, Mar 02	Empowered to Change
12	Tue, Mar 03	God Is Near to the Broken
13	Wed, Mar 04	Learning to Wait
14	Thu, Mar 05	A Softened Heart
15	Fri, Mar 06	Surrendering Control
16	Sat, Mar 07	Filled Again
17	Mon, Mar 09	Fruit That Lasts
18	Tue, Mar 10	Loving Others Well
19	Wed, Mar 11	Strength in Weakness
20	Thu, Mar 12	Obedience in the Ordinary
21	Fri, Mar 13	A Teachable Spirit

Start: Ash Wednesday (Wed, Feb 18, 2026) • End: Holy Saturday
(Sat, Apr 4, 2026) • Easter: Sun, Apr 5, 2026

DAY	DATE	DEVOTIONAL TITLE
22	Sat, Mar 14	Justice That Reflects God's Heart
23	Mon, Mar 16	Persistent Prayer
24	Tue, Mar 17	Forgiven People Forgive
25	Wed, Mar 18	Humility Before God
26	Thu, Mar 19	Strength to Endure
27	Fri, Mar 20	Walking in the Light
28	Sat, Mar 21	Compassion Like Christ
29	Mon, Mar 23	Trusting God's Will
30	Tue, Mar 24	Faith That Perseveres
31	Wed, Mar 25	Living Set Apart
32	Thu, Mar 26	Servant-Hearted Living
33	Sat, Mar 27	Watchfulness
34	Sat, Mar 28	Courage to Follow
35	Mon, Mar 30	Faithful to the End
36	Tue, Mar 31	Love Poured Out
37	Wed, Apr 01	Ready for the Cross
38	Thur, Apr 02	Staying With Jesus in the Garden
39	Fri, Apr 03	Love at the Table
40	Sat, Apr 04	It is Finish



TIME TO MAKE ROOM

Each day:

- Grab Your Bible or Open Bible App
- Read the Scripture
- Reflect
- Pray
- Pause & Listen

Day 1 • Wed, Feb 18, 2026

Remembering Our Need

Scripture: Psalm 51:17

Reflection: Lent begins with truth. We are finite, fragile, and deeply loved. God doesn't despise weakness—He meets us in it and makes room for new beginnings.

Prayer: God of mercy, help me begin this season honestly, trusting your grace more than my strength. Amen.

Pause & Listen

What do I need to stop pretending about today?

Day 2 • Thu, Feb 19, 2026

Called Into the Wilderness

Scripture: Matthew 4:1

Reflection: The wilderness is not abandonment—it's invitation. When distractions fall away, we notice what's really going on inside us, and we make room for the Spirit to lead.

Prayer: Holy Spirit, lead me into stillness, even when it feels uncomfortable. Amen.

Pause & Listen

Where is God inviting me to slow down?

Day 3 • Fri, Feb 20, 2026

Hunger That Teaches

Scripture: Matthew 4:2

Reflection: Hunger reveals what we reach for first—comfort, control, approval. Lent helps us notice those reflexes so we can redirect them toward God.

Prayer: Jesus, teach me to hunger for what truly gives life. Amen.

Pause & Listen

What do I reach for when I feel stressed?

- Claudia Alves |
The Captain

Day 4 • Sat, Feb 21, 2026

God's Word as Bread

Scripture: Matthew 4:4

Reflection: We live on more than productivity or success. God's Word nourishes our inner life—steadying us, correcting us, and strengthening our faith.

Prayer: Lord, feed me with your truth today. Amen.

Pause & Listen

What one verse can I carry with me today?

Day 5 • Mon, Feb 23, 2026

Letting Go of Control

Scripture: Matthew 4:7

Reflection: Trust grows when we stop testing God and start resting in His faithfulness. Control feels safer, but surrender is where peace lives.

Prayer: Father, help me release my need to manage outcomes. Amen.

Pause & Listen

What outcome am I gripping too tightly?

Day 6 • Tue, Feb 24, 2026

Choosing Who We Worship

Scripture: Matthew 4:10

Reflection: What we worship shapes us. Lent is a chance to ask: What has my loyalty? Jesus calls us back to wholehearted devotion.

Prayer: Jesus, turn my heart back to You alone. Amen.

Pause & Listen

What has been competing for my attention?

- Claudia Alves |
The Captain

Day 7 • Wed, Feb 25, 2026

Grace That Sustains

Scripture: Matthew 4:11

Reflection: After the wilderness came strengthening. God’s care often arrives quietly—not always dramatic, but always real. You are sustained more than you know.

Prayer: Thank You, Lord, for grace I overlook. Amen.

Pause & Listen

Where have I experienced hidden grace lately?

Day 8 • Thu, Feb 26, 2026

Listening for the Spirit

Scripture: John 10:27

Reflection: Lent isn’t just about what we give up—it’s about what we learn to hear. The Holy Spirit still speaks: guiding, correcting, comforting.

Prayer: Holy Spirit, quiet the noise in me so I can recognize Your voice today. Amen.

Pause & Listen

What is one gentle nudge I’m sensing?

Day 9 • Fri, Feb 27, 2026

Conviction That Leads to Life

Scripture: John 16:8

Reflection: Conviction is not condemnation. The Spirit reveals truth to bring freedom, not shame. Lent is a season where God lovingly points out what needs healing.

Prayer: Spirit of Truth, show me what You want to restore—not to accuse me, but to heal me. Amen.

Pause & Listen

What is the Spirit highlighting with kindness?

- Claudia Alves |
The Captain

Day 10 • Sat, Feb 28, 2026

Repentance as Realignment

Scripture: Acts 3:19

Reflection: Repentance is turning, not groveling. It's the grace-filled moment we realize we've drifted and choose to return—again and again.

Prayer: Lord, help me turn fully toward You today. Amen.

Pause & Listen

What would a small 'turn' look like today?

Day 11 • Mon, Mar 02, 2026

Empowered to Change

Scripture: Zechariah 4:6

Reflection: We don't transform ourselves by willpower alone. The same Spirit who raised Jesus empowers our obedience. You are not on your own.

Prayer: Holy Spirit, strengthen me where I feel weak. Amen.

Pause & Listen

Where do I need Spirit-empowered strength?

Day 12 • Tue, Mar 03, 2026

God Is Near to the Broken

Scripture: Psalm 34:18

Reflection: Lent makes space for honesty about pain. God does not avoid our brokenness—He draws near. His presence is not earned; it's given.

Prayer: God, meet me in the places I try to hide. Amen.

Pause & Listen

What am I tempted to hide from God?

- Claudia Alves |
The Captain

Day 13 • Wed, Mar 04, 2026

Learning to Wait

Scripture: Isaiah 40:31

Reflection: Waiting is not wasted time. The Spirit often does His deepest work when we slow down, release hurry, and trust God's timing.

Prayer: Teach me to wait with hope instead of anxiety. Amen.

Pause & Listen

Where is God asking me to be patient?

Day 14 • Thu, Mar 05, 2026

A Softened Heart

Scripture: Ezekiel 36:26

Reflection: The Spirit replaces hardened hearts with responsive ones. Lent helps us notice where we've grown calloused—toward God, people, or ourselves.

Prayer: God, soften what has become hard in me. Amen.

Pause & Listen

Where have I grown numb or defensive?

Day 15 • Fri, Mar 06, 2026

Surrendering Control

Scripture: Proverbs 3:5–6

Reflection: Surrender is an act of trust. God leads best when we stop gripping outcomes. He is faithful to direct our steps.

Prayer: I trust You with what I cannot manage. Amen.

Pause & Listen

What decision do I need to place in God's hands?

- Claudia Alves |
The Captain

Day 16 • Sat, Mar 07, 2026

Filled Again

Scripture: Ephesians 5:18

Reflection: Being Spirit-filled is not a one-time moment. We need ongoing renewal—fresh filling, fresh fire, fresh love. Lent is a perfect time to ask again.

Prayer: Fill me again, Holy Spirit. Amen.

Pause & Listen

Where do I feel spiritually 'low' right now?

Day 17 • Mon, Mar 09, 2026

Fruit That Lasts

Scripture: Galatians 5:22–23

Reflection: The Spirit's work shows up in our character long before our platform. Lent is about who we are becoming—love, joy, peace, patience.

Prayer: Grow Your fruit in my life. Amen.

Pause & Listen

Which fruit do I most need today?

Day 18 • Tue, Mar 10, 2026

Loving Others Well

Scripture: John 13:35

Reflection: Spiritual formation always spills outward. Love is the evidence of God's work in us. Ask the Spirit to make love practical—not just ideal.

Prayer: Teach me to love like You do. Amen.

Pause & Listen

Who can I love intentionally today?

- Claudia Alves |
The Captain

Day 19 • Wed, Mar 11, 2026

Strength in Weakness

Scripture: 2 Corinthians 12:9

Reflection: God's power is most visible when we stop pretending we're strong. Weakness becomes a doorway for grace.

Prayer: Jesus, be strong where I am not. Amen.

Pause & Listen

Where can I admit I need help?

Day 20 • Thu, Mar 12, 2026

Obedience in the Ordinary

Scripture: Luke 16:10

Reflection: Faithfulness is often proven in small, unseen moments. Obedience in ordinary life prepares us for greater trust and greater usefulness.

Prayer: Lord, help me be faithful in the small things today. Amen.

Pause & Listen

What small act of obedience is in front of me?

Day 21 • Fri, Mar 13, 2026

A Teachable Spirit

Scripture: Proverbs 9:9

Reflection: The Spirit shapes people who stay teachable. Pride resists growth; humility welcomes it. Lent invites us to listen before we defend.

Prayer: Give me a heart that is willing to learn. Amen.

Pause & Listen

Where am I resisting correction?

- Claudia Alves |
The Captain

Day 22 • Sat, Mar 14, 2026

Justice That Reflects God's Heart

Scripture: Micah 6:8

Reflection: Walking with God reshapes how we treat others. Justice and mercy aren't side issues—they're signs of Spirit-formed love.

Prayer: Show me where love needs action today. Amen.

Pause & Listen

Who might need mercy from me today?

Day 23 • Mon, Mar 16, 2026

Persistent Prayer

Scripture: Luke 18:1

Reflection: Prayer is not persuasion—it's persistence. The Spirit builds trust in us as we keep coming back. Don't quit too soon.

Prayer: Help me not give up in prayer. Amen.

Pause & Listen

What one request will I keep bringing to God?

Day 24 • Tue, Mar 17, 2026

Forgiven People Forgive

Scripture: Colossians 3:13

Reflection: Forgiveness frees us from carrying what Christ already bore. The Spirit empowers us to release resentment, even when it's hard.

Prayer: Help me forgive as I have been forgiven. Amen.

Pause & Listen

Who do I need to release to God?

- Claudia Alves |
The Captain

Day 25 • Wed, Mar 18, 2026

Humility Before God

Scripture: James 4:10

Reflection: Humility isn't self-hate—it's honest dependence. When we humble ourselves, God lifts us with grace, not ego.

Prayer: I humble myself before You today. Amen.

Pause & Listen

Where do I need to surrender pride?

Day 26 • Thu, Mar 19, 2026

Strength to Endure

Scripture: Hebrews 12:11

Reflection: Growth can be uncomfortable. The Spirit uses discipline to produce peace and righteousness. Endurance is a sign of maturing faith.

Prayer: Give me endurance for this season. Amen.

Pause & Listen

What is God forming in me through pressure?

Day 27 • Fri, Mar 20, 2026

Walking in the Light

Scripture: 1 John 1:7

Reflection: Confession keeps us free. God's light is healing, never humiliating. What's brought into the light can finally be restored.

Prayer: Help me walk honestly before You. Amen.

Pause & Listen

What do I need to bring into the light?

- Claudia Alves |
The Captain

Day 28 • Sat, Mar 21, 2026

Compassion Like Christ

Scripture: Matthew 9:36

Reflection: Jesus saw people and felt compassion. Ask the Spirit to give you eyes that notice and a heart that responds. Compassion is love with movement.

Prayer: Break my heart for what breaks Yours. Amen.

Pause & Listen

Who have I overlooked recently?

Day 29 • Mon, Mar 23, 2026

Trusting God's Will

Scripture: Luke 22:42

Reflection: Jesus shows us surrender at its deepest level. Trust grows when we say yes to God's will—not because it's easy, but because He is good.

Prayer: Not my will, but Yours be done. Amen.

Pause & Listen

What 'yes' is God inviting from me?

Day 30 • Tue, Mar 24, 2026

Faith That Perseveres

Scripture: Romans 5:3–4

Reflection: Suffering doesn't have the final word. God uses it to shape endurance and character, and to produce hope. You are being strengthened.

Prayer: Strengthen my faith through this trial. Amen.

Pause & Listen

Where do I need hope to rise again?

- Claudia Alves |
The Captain

Day 31 • Wed, Mar 25, 2026

Living Set Apart

Scripture: 1 Peter 1:15–16

Reflection: Holiness is Spirit-empowered distinctiveness rooted in love. It's not about appearing perfect—it's about belonging to God.

Prayer: Form Your holiness in me. Amen.

Pause & Listen

What boundary would help me stay close to God?

Day 32 • Thu, Mar 26, 2026

Servant-Hearted Living

Scripture: Mark 10:45

Reflection: In God's kingdom, greatness looks like service. The Spirit makes our love tangible—in humility, generosity, and compassion.

Prayer: Teach me to serve with joy. Amen.

Pause & Listen

Where can I serve quietly today?

Day 33 • Fri, Mar 27, 2026

Watchfulness

Scripture: Matthew 24:42

Reflection: Lent trains us to live spiritually alert—aware of God's presence and responsive to His direction. Stay awake, not anxious.

Prayer: Keep my spirit awake. Amen.

Pause & Listen

What is God doing around me that I've missed?

- Claudia Alves |
The Captain

Day 34 • Sat, Mar 28, 2026

Courage to Follow

Scripture: Joshua 1:9

Reflection: The Spirit gives courage to walk faithfully, even when the path is hard. You can move forward—not fearless, but held by God.

Prayer: Make me strong and courageous. Amen.

Pause & Listen

What step of faith is in front of me?

Day 35 • Mon, Mar 30, 2026

Faithful to the End

Scripture: Matthew 24:13

Reflection: Faithfulness over time is a testimony. God sustains those who keep showing up—praying, trusting, obeying.

Prayer: Help me remain faithful. Amen.

Pause & Listen

What does faithfulness look like for me this week?

Day 36 • Tue, Mar 31, 2026

Love Poured Out

Scripture: Romans 5:5

Reflection: The Holy Spirit pours God's love into our hearts so we can pour it out. Love is not limited—He replenishes it.

Prayer: Let Your love flow through me. Amen.

Pause & Listen

Who needs encouragement from me today?

- Claudia Alves |
The Captain

Day 37 • Wed, Apr 01, 2026

Ready for the Cross

Scripture: Mark 8:34

Reflection: Lent leads us toward surrender. Following Jesus means laying down self-protection and taking up the way of love—even when it costs.

Prayer: Jesus, I take up my cross and follow You. Amen.

Pause & Listen

What comfort might I need to release to follow Jesus?

Day 38 • Thu, Apr 02, 2026

Staying With Jesus in the Garden

Scripture: Matthew 26:41

Reflection: Holy Week invites us to stay present. Jesus asked His friends to watch and pray. The Spirit helps us stay awake when we'd rather escape.

Prayer: Lord, keep my spirit alert and faithful. Amen.

Pause & Listen

Where am I tempted to check out spiritually?

Day 39 • Fri, Apr 03, 2026

Love at the Table

Scripture: Luke 22:19–20

Reflection: Before the cross, Jesus gave bread and cup—love expressed in covenant. Communion reminds us: we are forgiven, included, and empowered to live His life.

Prayer: Thank You for Your covenant love. Draw me close to You. Amen.

Pause & Listen

What does it mean that Jesus chose me at His table?

- Claudia Alves |
The Captain

Day 40 • Sat, Apr 04, 2026

It Is Finished

Scripture: John 19:30

Reflection: Jesus carried what we could not. The cross is not a symbol of defeat—it's the declaration that sin's debt is paid. You don't have to earn what He already finished.

Prayer: Jesus, thank You for finishing the work I could not. Amen.

Pause & Listen

What burden can I lay down because of the cross?

Easter Sunday • Apr 5, 2026

Scripture: Romans 6:4

Reflection: Resurrection means new life is possible—now. Lent ends, but transformation continues. What God has renewed in you is meant to carry forward, empowered by the Holy Spirit.

Prayer: Jesus, thank You for new life. Holy Spirit, help me walk in it. Amen.



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