

# Forty Days of Lent

**A Simple Practice to Let  
Go & Focus on What  
Matters Most**

**By Julie Massie**



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# Welcome to the 40-Day Lent Reflection Guide

Lent is a season of reflection, renewal, and realignment with God's purpose for our lives. It's a time to slow down, let go of distractions, and focus on what truly matters—your faith, your family, and your well-being.

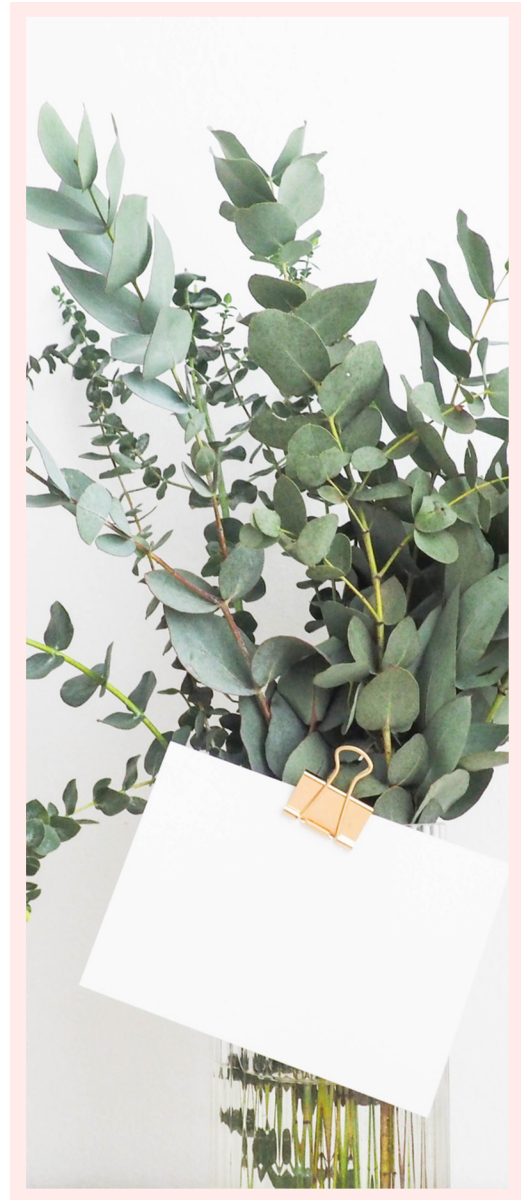
As busy moms, it's easy to feel pulled in a million directions, overwhelmed by endless to-dos, and drained by the demands of everyday life. But God never called us to do it all—He calls us to follow Him.

This guide is here to help you simplify, reflect, and draw closer to God in a way that fits your busy life.

Each day, you will:

- ✓ Read a short Bible verse to encourage and inspire you
- ✓ Identify one thing to release—a distraction, burden, or unnecessary task
- ✓ Choose your top three priorities that truly matter today
- ✓ Spend a moment in prayer and reflection, inviting God into your day

Lent isn't about perfection—it's about progress. It's about taking small, intentional steps to shift your focus from the chaos of the world to the peace of Christ.



As you move through these 40 days, I pray this guide helps you release the overwhelm, embrace what truly matters, and experience the renewal God has for you.

You're not alone in this journey—I'm cheering you on!

Much love & many hugs,

*Julie*

# How to Use This Daily Reflection Guide

Each day (skipping Sundays), take 5-10 minutes to pause, reflect, and reset your focus.

## 1. Start with Scripture

Begin by reading the Bible verse for the day. Let God's Word encourage and guide you.

## 2. Let Go of What's Holding You Back

What is one thing you can release today? Maybe it's worry, perfectionism, guilt, or an unnecessary task. Write it down and give it to God.



## 3. Choose What Matters Most

What are the three most important things that need your attention today? Not 20. Not 10. Just three. These should align with your faith, values, and priorities.

## 4. Pray & Reflect

End with a short prayer, asking God to lead your steps, renew your heart, and help you stay focused on what truly matters.

### Remember:

Lent is not about doing more—it's about making space for God. It's not about striving—it's about surrendering. And it's not about perfection—it's about progress.

*May this season bring you peace, clarity, and renewed faith.*



## DAY 1

*“Return to me with all your heart, with fasting, weeping, and mourning.” - Joel 2:12*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 2

*“Be still, and know that I am God.” - Psalm 46:10*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 3

*“Come to me, all you who are weary and burdened, and I will give you rest.” -Matt. 11:28*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 4

*“Come to me, all you who are weary and burdened, and I will give you rest.” -Phil. 4:6*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 5

*“Trust in the Lord with all your heart and lean not on your own understanding.” -Proverbs 3:5-6*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 6

*“But those who hope in the Lord will renew their strength.” -Isaiah 40:31*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 7

*“My grace is sufficient for you, for my power is made perfect in weakness.” -2 Corinthians 12:9*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 8

*“And we know that in all things God works for the good of those who love him.” -Romans 8:28*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 9

*“Cast your cares on the Lord and he will sustain you.” - Psalm 55:22*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 10

*“Cast all your anxiety on him because he cares for you.” - 1 Peter 5:7*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 11

*"Do not worry about tomorrow, for tomorrow will worry about itself." -Matthew 6:34*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 12

*"Set your minds on things above, not on earthly things." -Colossians 3:2*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 13

*“Commit your way to the Lord; trust in him and he will do this.” - Psalm 37:5*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 14

*“Peace I leave with you; my peace I give you.” - John 14:27*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 15

*"The Lord is my shepherd. I lack nothing." -  
Psalm 23:1*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or  
burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 16

*"You will keep in perfect peace those whose minds are  
steadfast, because they trust in you." -Isaiah 26:3*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or  
burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 17

*“Love the Lord your God with all your heart and with all your soul and with all your mind.” -Matthew 22:37*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 18

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” -Romans 12:2*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 19

*"I keep my eyes always on the Lord. With him at my right hand, I will not be shaken." - Psalm 16:8*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is one distraction or burden you can release today?

Write a short prayer or thought about today's focus.

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## DAY 20

*"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control." - Galatians 5:22-23*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is one distraction or burden you can release today?

Write a short prayer or thought about today's focus.

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## DAY 21

*“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault.” -James 1:5*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is one distraction or burden you can release today?

Write a short prayer or thought about today's focus.

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## DAY 22

*“You are the light of the world. A town built on a hill cannot be hidden.” -Matthew 5:14*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is one distraction or burden you can release today?

Write a short prayer or thought about today's focus.

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## DAY 23

*"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit." -John 15:5*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 24

*"May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord." -Psalm 19:14*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 25

*“May the God of hope fill you with all joy and peace as you trust in him.” -Romans 15:13*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 26

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” -Philippians 2:3*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 27

*“For where your treasure is, there your heart will be also.” -Matthew 6:21*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 28

*“Keep your lives free from the love of money and be content with what you have.” -Hebrews 13:5*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 29

*"For where your treasure is, there your heart will be also." - Luke 12:34*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 30

*"God is our refuge and strength, an ever-present help in trouble." - Psalm 46:1*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 31

*"So do not fear, for I am with you; do not be dismayed, for I am your God." -Isaiah 41:10*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 32

*"I have told you these things, so that in me you may have peace." -John 16:33*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 33

*“Rejoice always, pray continually, give thanks in all circumstances.” -1 Thess. 5:16-18*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 34

*“Commit to the Lord whatever you do, and he will establish your plans.” -Proverbs 16:3*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 35

*"Act justly, love mercy, and walk humbly with your God." -Micah 6:8*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 36

*"Be completely humble and gentle; be patient, bearing with one another in love." -Ephesians 4:2*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 37

*“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” -2 Timothy 1:7*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is one distraction or burden you can release today?

Write a short prayer or thought about today's focus.

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## DAY 38

*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.” -Matthew 7:7*

### My Top 3 Priorities Today

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What is one distraction or burden you can release today?

Write a short prayer or thought about today's focus.

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## DAY 39

*“Come near to God and he will come near to you.”  
-James 4:8*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or  
burden you can release today?**

**Write a short prayer or thought about today's focus.**

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## DAY 40

*“For God chose to save us through our Lord Jesus Christ, not to pour out his anger on us. Christ died for us so that, whether we are dead or alive when he returns, we can live with him forever.” -1 Thess. 5:9-10*

**My Top 3 Priorities Today**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What is one distraction or  
burden you can release today?**

**Write a short prayer or thought about today's focus.**

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# A Season of Renewal



**Congratulations! You've completed 40 days of reflection, renewal, and refocusing on what truly matters.**

**Throughout this journey, you've made space for God in the midst of your busy life. You've let go of distractions, prioritized what truly matters, and invited Him to guide your steps. And while Lent has come to an end, this isn't just a seasonal practice - it's a lifelong invitation to walk in step with the One who calls you His own. As you move forward, I encourage you to:**

- ✓ Continue seeking God daily - Even small, intentional moments in prayer and reflection can make a difference.**
- ✓ Keep simplifying your life - You don't have to do it all. Stay focused on what matters most.**
- ✓ Give yourself grace - This journey isn't about perfection, but about progress. Let God's mercy renew you daily.**
- ✓ Celebrate the resurrection! Easter is the victory of Jesus over sin and death. Rejoice in the hope and freedom we have in Him!**

**I pray that this season has helped you find clarity, peace, and a deeper connection with God. You are loved, chosen, and called to a life of purpose - not just during Lent, but every single day. May this be just the beginning of a renewed heart, a refreshed mind, and a life filled with God's presence.**

*Julie*