



mosaic of grace

the disciple's journey to Easter

A 40-Day Lenten Journal
St. Andrew's United Methodist Church-Brandon





mosaic of grace

the disciple's journey to Easter



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SUNDAY WORSHIP
8:15 + 9:45 + 11:15 A.M. | LIVE STREAM AT 9:45 + 11:15 A.M.



AN INVITATION TO JOURNEY WITH US

The Christian season of Lent began on Ash Wednesday, February 18. This year, we are naming our Lenten journey “Mosaic of Grace: Why Did Jesus Have to Die?”

Throughout this season, we will be using the theme Mosaic of Grace alongside the book *Why Did Jesus Have to Die?* by Adam Hamilton. Together, we will reflect on the many “pieces” of grace that come together in the story of the cross: love, sacrifice, justice, mercy, suffering, hope, and redemption.

Like a mosaic, each perspective helps us see more clearly the depth of God’s heart for the world.

Each week, you are invited to use this journal as a space for prayerful self-reflection in your personal discipleship journey with Jesus. These weekly practices: Scripture, reflection, fasting challenges, and intentional responses are all meant to help us slow down, become more attentive to God’s presence, and notice where grace is meeting each of us in real life.

As you move through this Lenten season, may you find yourself gently piecing together a deeper understanding of Christ’s love for you. One small, faithful step at a time.

**Jayne Rideout, Senior Pastor and
Adam Balduff, Associate Pastor**

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MY DISCIPLESHIP *journey*

SERMON NOTES | FEBRUARY 22, 2026

CHALLENGE

Romans 1:29-39. Fast from complaining and “rebellious” speech (including gossip). Pause before speaking and ask: “Does this build? Does this heal? Does this align with who I want to be become in Christ?”

RESPONSE

The “Yes, Lord” Habit

Practice immediate obedience to small nudges from God.

REFLECTION: WHAT I LEARNED ABOUT MYSELF

- When I complain, what am I really expressing? Frustration, fear, unmet expectations, lack of control?
- What situations most tempt me to gossip or speak negatively?
- What did I notice in myself when I tried to pause my speech?
- Did silence feel freeing... or uncomfortable? Why?
- What does my speech reveal about where I struggle to trust God?

MY PRAYER

MY DISCIPLESHIP *journey*

SERMON NOTES | MARCH 1, 2026

CHALLENGE

Colossians 3:13. Fast from holding grudges or “debts” against others. Ask yourself: “Where am I still collecting payment for a hurt that Christ has already paid for in me?”

RESPONSE

Forgive a literal or figurative debt someone owes you. You might say quietly in prayer: “I release you from the debt I’ve been collecting in my heart.”

REFLECTION: WHAT I LEARNED ABOUT MYSELF

- Who am I still holding emotionally “in debt” to me?
- What do I fear would happen if I fully let go of this grudge?
- Do I use resentment as a form of protection or control?
- What did I notice in my body or spirit when I released the debt?
- Where might I need God’s help to forgive beyond my own strength?

MY PRAYER

MY DISCIPLESHIP *journey*

SERMON NOTES | MARCH 8, 2026

CHALLENGE

James 4:1–2. Fast from blaming others or finding “scapegoats” for your stress. Instead of deflecting stress outward, take a breath and gently ask: “What’s really going on inside me right now?”

RESPONSE

Practice Courageous Solidarity

Stand up for someone who is being unfairly criticized or left out.

REFLECTION: WHAT I LEARNED ABOUT MYSELF

- When I’m under stress, who do I tend to blame or what do I tend to blame?
- What inner needs or pressures might be fueling my reactions?
- What did I notice in myself when I resisted the urge to scapegoat?
- How did it feel to stand up for someone else?
- Where might God be inviting me into greater self-awareness and compassion?

MY PRAYER

MY DISCIPLESHIP *journey*

SERMON NOTES | MARCH 15, 2026

CHALLENGE

Ephesians 5:15-16. Fast from "scrolling" or mindless entertainment that numbs you. Ask yourself: "What am I avoiding feeling, thinking about, or being present to when I numb out?"

RESPONSE

Hidden Acts of Service

Perform one "hidden" act of service each day this week.

REFLECTION: WHAT I LEARNED ABOUT MYSELF

- When do I most tend to numb out with scrolling or entertainment?
- What feelings or thoughts come up when I choose quiet instead?
- What did I notice about my heart when I made time for hidden service?
- Did reducing distraction create space for anything meaningful? Rest, prayer, gratitude, or awareness?
- What does my use of time reveal about what I'm hungry for?

MY PRAYER

MY DISCIPLESHIP *journey*

SERMON NOTES | MARCH 22, 2026

CHALLENGE

Luke 12:15. This may look like: pausing before impulse purchases; noticing the emotions that drive spending (stress, boredom, reward, comparison); asking, "Do I truly need this—or am I seeking comfort, distraction, or validation?"

RESPONSE

Donate the money you saved to a local "rescue" mission or charity.

REFLECTION: WHAT I LEARNED ABOUT MYSELF

- What did I notice about my spending habits this week?
- What emotions surfaced when I chose not to buy something?
- Where do I tend to look to "things" for comfort or reward?
- How did it feel to redirect money toward generosity?
- What might God be inviting me to trust Him with more deeply?

MY PRAYER

MY DISCIPLESHIP *journey*

SERMON NOTES | MARCH 29, 2026

CHALLENGE

1 Peter 5:6-7. Fast from anxiety and the need to control outcomes. When anxiety rises, gently name it and offer it to God: "This is heavy. I'm placing it in Your care."

RESPONSE

Spend 10 minutes a day in silence, surrendering your day to God. Use this time to create space to remember that God is already present in what you're facing.

REFLECTION: WHAT I LEARNED ABOUT MYSELF

- What situations most trigger my anxiety or need for control?
- What did I notice in my body when I practiced silence and surrender?
- Was it easy or difficult to release my plans to God? Why?
- What fears surfaced when I imagined trusting God with outcomes?
- What might God be gently inviting me to loosen my grip on?

MY PRAYER

Notes



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