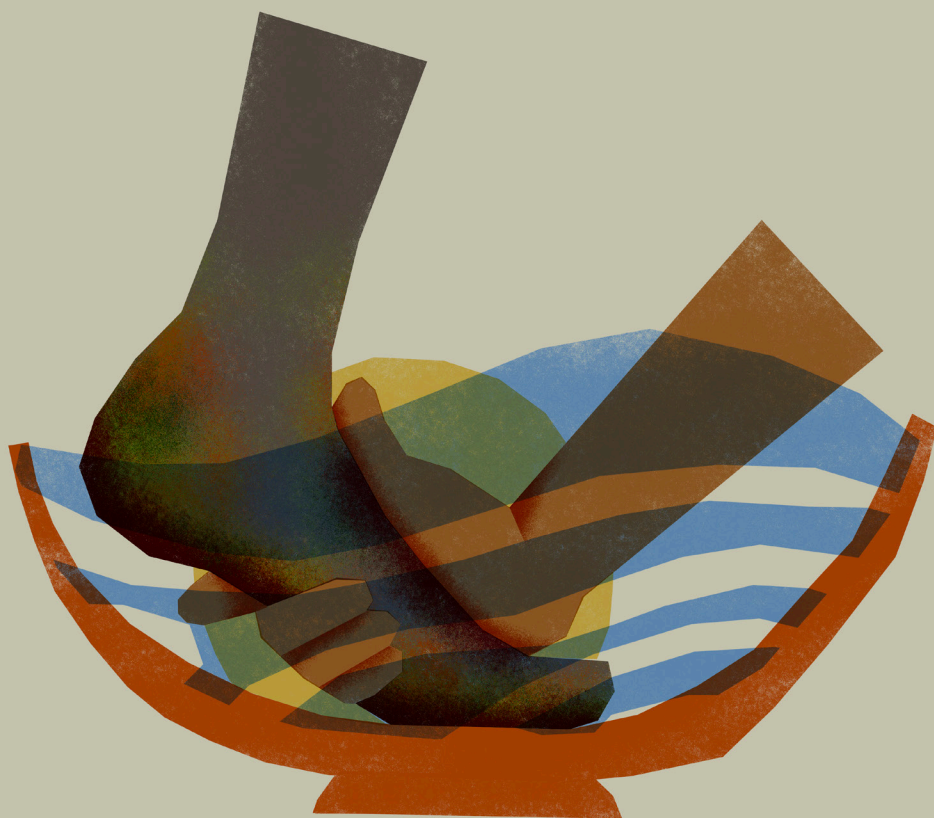


Pillar Journal

Lent 2026



Vol. 8 No. 2

**Throughout the season, one way of prayer could be to interiorize our theme verse from John:*

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

John 13:1-5

Pillar Journal Vol. 8 No. 2

Lent 2026

A seasonal journal produced by Pillar Church in Holland, MI to guide us through the Christian year.

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Fasting Reflections written by Jon Brown & Emily Hanrahan

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Using This Journal

Lent is the season of the year Christians set aside to open their hearts' affections and their minds' attention to the way that led Christ to the cross. The selfless way, the sacrificial way, the way of love. In an effort to be on that way, Christians throughout history have devoted themselves to the practices of prayer, fasting and giving to those in need during the season of Lent.

This journal sets out to guide you in those three practices this Lenten season. Our hope is you'd borrow personally each day, or with your family each night, or with it over a retreat day over the next 6 weeks. The Scripture passages you'll find in this journal correspond to the passages the Pillar community will gather around through sermons in worship each Sunday in Lent. We will continue to walk through John's gospel.

Alongside the Scripture passages there are prayers meant to be prayed each day of the week. One prayer a week to be prayed every day of that week. There are also questions each day connected to the Scripture passage, that are designed for one devotional sitting. Though we certainly want you to engage with this journal in any way that is beneficial to your life with God.

With this journal, we'd love for you to also find our podcast on Spotify or Apple iTunes called "Abide in Me," which will offer further engagement with the same passage of Scripture for the week.

We also want to create space with this journal to guide the Pillar community in the practice of fasting. It's an ancient practice people of faith have engaged for millennia. Each week will provide a new way to look at the practice of fasting, what it is, and why Christians would do it.

Lastly, we want to create space this Lent to give to those in need. You may recall that late in the year 2025 there was a devastating hurricane that ravaged the island of Jamaica. The buildings and campuses of our friends with the Caribbean Christian Center for the Deaf were utterly decimated. We're creating space this Lent to support the rebuilding effort of CCCD. We will also send a team of people from Pillar to Jamaica in March to put hands and feet, and hearts of love and compassion with our financial gift. Please consider supporting that rebuilding effort by going to pillarchurch.com. You can search the give link and designate it CCCD. It's our hope this Lenten Journal will be a guide that draws us closer to Christ and the way that led him to the cross.

The Lord be with you,
Jon Brown

The Hour Has Come

Jon Brown

Lent 2026

Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. (John 13:1)

Jesus knew that his hour had come... John is serious with the use of the word “hour” throughout his Gospel. Jesus’ first public moment of ministry, at the wedding in Cana of Galilee includes these lines, “My hour has not yet come.” But now, here, in the opening lines of chapter 13, something has shifted. There’s a change.

“Jesus knew that his hour had come...”

The word ‘hour’ is used in two different ways in the New Testament. It can literally mean the hour on the clock, like when we say, “at the noon hour,” to recognize the subdivision of a day. It can also mean “the providentially fixed moment.” The hour. If you’re willing to see it this way, it’s as if John is saying that the action of Christ on the cross is the eternal breaking into the temporal. The heavenly trespassing into the earthly. The cross and the grave and all that follows is an inbreaking, a disruption, and a disturbance of the ordinary way of our lives.

“Jesus knew that his hour had come...”

His hour opens us to this hour. This eternal reality of God is meant to impact the subdivision of your day. The stunning work of Christ accomplished through his life and death and resurrection is meant to reorient the habits of your life.

The hour John is referring to in chapter 13 verse 1 is both the actual moment Jesus gives himself to the impending reality of the cross, and also the consequences that decision has on our life and this world and the eternal meaning of both.

“Jesus knew that his hour had come.”

His hour opens us to this hour. The hours of your day today. The conversations you’re going to have, and the people you’re going to meet. The job you do and the family you’re a part of. The hours of our lives are more than the sum of our actions because the hour for Christ had come. In other words, the world is enchanted with the impact of Christ’s cross. Not just as an example for how we ought to behave if we’re going to imitate him, but as a force, a current, and a presence that animates all of our days and hours.

As we pray and fast and consider ways to give to those in need this Lent we want to ask this question: “What hour is it for you?” We’re asking it from two perspectives.

First, “what does following Jesus look like in this moment?”
Second, “how do we need the Spirit of Christ to animate our hearts for the hour at hand?”

“Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end.” (John 13:1)

The Caribbean Christian Centre for the Deaf

Lent 2026

The Caribbean Christian Centre for the Deaf exists to reach, teach and nurture the Deaf of Jamaica. Many students arrive as young as three years old without a language or the ability to communicate. Through dedicated teachers and staff they receive language and through communication gain access to the gospel of Jesus Christ.

This work begins in residential schools and extends into adult education, job training, discipleship and life in community through the Deaf church and the Jamaica Deaf Village. The goal is for every person in their care to become who God created them to be and to have a personal relationship with Jesus Christ.

You may recall that late in the year 2025 there was a devastating hurricane that ravaged the island of Jamaica. The buildings and campuses of our friends with the Caribbean Christian Center for the Deaf were utterly decimated. We're creating space this Lent to support the rebuilding effort of CCCD. We will also send a team of people from Pillar to Jamaica in March to put hands and feet and hearts of love and compassion with our financial gift. Please consider supporting that rebuilding effort by going to pillarchurch.com. Search the give link and designate it CCCD. Scattered throughout this journal are pictures of the facilities, children, and staff of CCCD. When you see the pictures, we hope you will take a moment to keep them in prayer as we walk through the season of Lent together.



I.

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already decided that Judas son of Simon Iscariot would betray Jesus. And during supper Jesus, knowing that the Father had given all things into his hands and that he had come from God and was going to God, got up from supper, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."

John 13:1-11

Questions for Reflection:

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who Christ is (attributes, actions and promises)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who you are or could be (identify sins or virtues)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it prompt you to confess?

With this story guiding your heart and mind to the heart and mind of Christ, how does it prompt you to pray (for yourself and for others)?

Prayer for Week 1 of Lent:

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are burdened by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Invitation to Fasting:

The season of Lent was formally acknowledged by the Council of Nicea in 325 AD, but Christians have been participating in the habit of fasting during the pre-Easter season for the centuries preceding Nicea as well. Fasting is the practice of abstaining from food and in many cases other regular habits as well, like screens, alcohol, etc. There are 46 days from Ash Wednesday to Resurrection Sunday. Christians historically chose not to fast on Sundays as each Sunday is considered a celebration of the resurrection so fasting was unnecessary. Excluding Sundays, the fast from Ash Wednesday to Resurrection Sunday totals 40 days. One of the reasons Christians fast during the 40 days of Lent is because that's the very thing Jesus did. While being tempted by the devil in the wilderness "Jesus fasted 40 days and 40 nights and afterwards he was famished." As we walk through the season of Lent together in 2026 we'd like to invite you to imitate Christ and join Christians throughout the centuries in the practice of fasting. What is it you'll fast from this year for Lent?

Caring



AMAZING
WORK
COMING
SOON!

Graded Work
Folder

AMAZING
WORK
COMING
SOON!

NON LIVING
THINGS

TOY



HOUSE



TABLE



COUCH

STONES



CAR



HAIR BRUSH



II.

“Do not let your hearts be troubled. Believe in God; believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way and the truth and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.” Philip said to him, “Lord, show us the Father, and we will be satisfied.” Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own, but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me, but if you do not, then believe because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.”

John 14:1-14

Questions for Reflection:

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who Christ is (attributes, actions and promises)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who you are or could be (identify sins or virtues)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it prompt you to confess?

With this story guiding your heart and mind to the heart and mind of Christ, how does it prompt you to pray (for yourself and for others)?

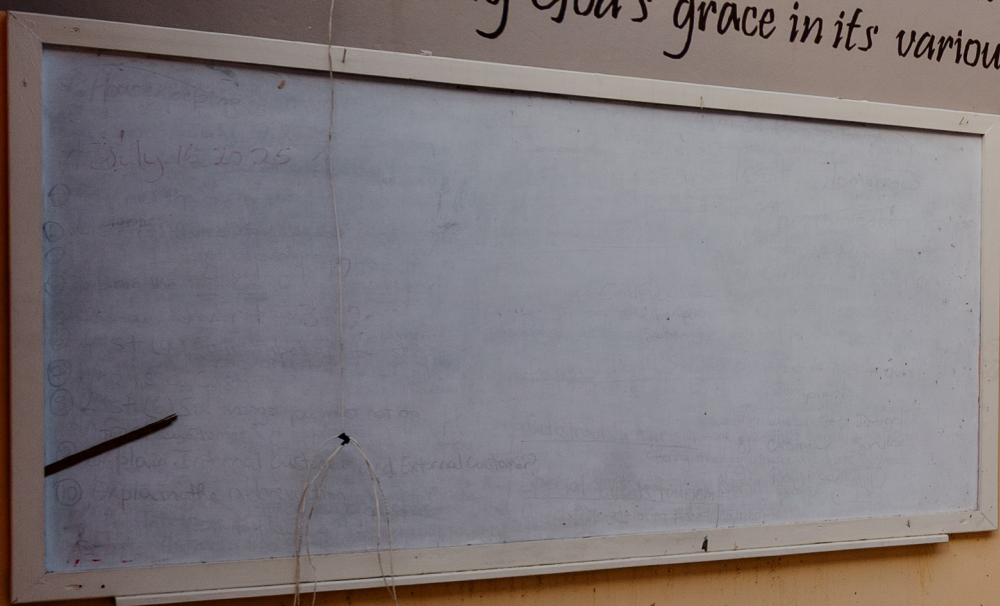
Prayer for Week 2 of Lent:

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with repentant hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

Invitation to Fasting:

Historically one reason Christians have fasted is because it is an act of solidarity. Many people in the world do not have access to the basic resources so many of us do enjoy. Not only do a large number of people in the world not have access to whatever food they want whenever they want it, but there are millions of people around the world who don't even have access to basic nutritional needs each day. We often choose which fountain of fresh water to drink from and draw water from filters in our refrigerators, while many in our world simply do not have available to them any version of fresh, clean drinking water. Christians fast to bring this reality to mind, so as to pray for and imagine how to better serve those in our community and in our world who are in need. As you fast this week, when the pinch of pain strikes as you want the thing you're abstaining from, remember those who don't get to choose whether or not to have it because it's not available to them.

ch one should use whatever gift he has received to se
thfully administering God's grace in its various form





III.

"I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine; you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. If you abide in me and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples. As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you and that your joy may be complete. "This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing, but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me, but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another.

John 15:1-17

Questions for Reflection:

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who Christ is (attributes, actions and promises)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who you are or could be (identify sins or virtues)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it prompt you to confess?

With this story guiding your heart and mind to the heart and mind of Christ, how does it prompt you to pray (for yourself and for others)?

Prayer for Week 3 of Lent:

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Invitation to Fasting:

There are plenty of health benefits to fasting, though there are also risks so please be attentive to yourself if you're fasting from food. Among the benefits is improved metabolic function. One of the spiritual benefits of fasting is that it is an act of discipleship. The Christian faith has long held that simply because you want something certainly does not mean you need it, and just because you're drawn to it absolutely does not mean it's good for you. We fast as a discipline to train our bodies, our hearts and our minds to say "no" to the things that aren't beneficial to us in mind, body, and spirit. The Apostle Paul says things like "Put to death therefore whatever in you is earthly..." and Jesus says, "Deny yourself, take up your cross and follow me." The choice removal of a habit in our lives is a training ground for withholding from any of those things that are toxic to our life with Christ.





IV.

"A little while, and you will no longer see me, and again a little while, and you will see me." Then some of his disciples said to one another, "What does he mean by saying to us, 'A little while, and you will no longer see me, and again a little while, and you will see me,' and 'because I am going to the Father'?" They said, "What does he mean by this 'a little while'? We do not know what he is talking about." Jesus knew that they wanted to ask him, so he said to them, "Are you discussing among yourselves what I meant when I said, 'A little while, and you will no longer see me, and again a little while, and you will see me'? Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy. When a woman is in labor, she has pain because her hour has come. But when her child is born, she no longer remembers the anguish because of the joy of having brought a human being into the world. So you have pain now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you. On that day you will ask nothing of me. Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you. Until now you have not asked for anything in my name. Ask and you will receive, so that your joy may be complete. "I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures but will tell you plainly of the Father. On that day you will ask in my name. I do not say to you that I will ask the Father on your behalf, for the Father himself loves you because you have loved me and have believed that I came from God. I came from the Father and have come into the world; again, I am leaving the world and am going to the Father." His disciples said, "Yes, now you are speaking plainly, not in any figure of speech! Now we know that you know all things and do not need to have anyone question you; by this we believe that you came from God." Jesus answered them, "Do you now believe? The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. I have said this to you so that in me you may have peace. In the world you face persecution, but take courage: I have conquered the world!" John 16:16-33

Questions for Reflection:

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who Christ is (attributes, actions and promises)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who you are or could be (identify sins or virtues)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it prompt you to confess?

With this story guiding your heart and mind to the heart and mind of Christ, how does it prompt you to pray (for yourself and for others)?

Prayer for Week 4 of Lent:

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen

Invitation to Fasting:

Fasting is a natural “on ramp” into a deeper life of confession with God. When we think of confession, we may think of praying a prayer or singing a song to God, and asking Him to meet us in our need. Confession can have many expressions, including the powerful and embodied expression of fasting. Fasting becomes a lived prayer that says, “God I need you to sustain me in my need. I am in need of you.” Fasting as confession can be helpful in our life with God because it moves repentance from something we say into something that we physically practice. As Christians we offer our whole lives before God in worship. We pray that fasting will be another, and perhaps a different and more embodied, expression of our confession and worship before God together as a community.





V.

"I ask not only on behalf of these but also on behalf of those who believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world. "Righteous Father, the world does not know you, but I know you, and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them and I in them."

John 17:20-26

Questions for Reflection:

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who Christ is (attributes, actions and promises)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who you are or could be (identify sins or virtues)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it prompt you to confess?

With this story guiding your heart and mind to the heart and mind of Christ, how does it prompt you to pray (for yourself and for others)?

Prayer for Week 5 of Lent:

Almighty God, you alone can bring into order the unruly wills and desires of your people: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Invitation to Fasting:

In a world shaped by how quickly we consume and how efficiently we work, fasting is an intentional practice of delayed gratification. Jesus himself consistently modeled the ability to rely on the will of the Father over immediate comfort. The discipline of choosing discomfort over impulse is an active step toward reordering our desires more toward the heart of God. We start to move from love of self preservation to a greater love of openness and reliance on God. We don't fast to punish ourselves, but rather to step into the slow and careful work of turning to God again and again in faith. Trusting in provision rather than grasping for control. We hope you'll invite God to walk alongside you this week in this slow and deliberate work of transformative delayed gratification.



Force

A push or a pull on an object is called Force.



Guidance Education

Grade

2024-2025
Class Schedule

	Session 2 9:45-10:45am	Break 10:45-11:00am	Session 3 11:00-12:00
Math	Math	B	English Language
English Language	EDPM/IT	R	Wood Work
English Language	Bible	E	PE
Wood Work	Math	A	EDPM/IT
Food Prep	EDPM/IT	K	Math

Schedule of Activities

Lunch 12:00-1:00pm	Session 4 1:00-1:30pm	Session 5 1:30-2:00pm	Session 6 2:00-3:00pm
L	J	S	Social Studies
U	Food Prep		Math
N	Guidance Education	EDPM/IT	
C	English Language	Teachers' Meetings and Lesson Planning Session	
H	Library		Clubs

did you learn about deaf
ness?
with writing
month of september
is deaf awareness

I have learned the

1. Who are...
2. Where...
3. When...
4. What...
5. What...

Developing a...

Date	Assignment	Date Due	Done?
Week 1			
Week 2			
Week 3			

VI.

So they took Jesus, and carrying the cross by himself he went out to what is called the Place of the Skull, which in Hebrew is called Golgotha. There they crucified him and with him two others, one on either side, with Jesus between them. Pilate also had an inscription written and put on the cross. It read, "Jesus of Nazareth, the King of the Jews." Many of the Jews read this inscription because the place where Jesus was crucified was near the city, and it was written in Hebrew, in Latin, and in Greek. Then the chief priests of the Jews said to Pilate, "Do not write, 'The King of the Jews,' but, 'This man said, I am King of the Jews.' " Pilate answered, "What I have written I have written." When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. So they said to one another, "Let us not tear it but cast lots for it to see who will get it." This was to fulfill what the scripture says, "They divided my clothes among themselves, and for my clothing they cast lots." And that is what the soldiers did. Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home. After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit. Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the Sabbath, especially because that Sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out.

(He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth, so that you also may continue to believe.) These things occurred so that the scripture might be fulfilled, "None of his bones shall be broken." And again another passage of scripture says, "They will look on the one whom they have pierced."

John 29:16b-37

Questions for Reflection:

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who Christ is (attributes, actions and promises)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it share with you about who you are or could be (identify sins or virtues)?

With this story guiding your heart and mind to the heart and mind of Christ, what does it prompt you to confess?

With this story guiding your heart and mind to the heart and mind of Christ, how does it prompt you to pray (for yourself and for others)?

Prayer for Holy Week:

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Invitation to Fasting:

We all experience the deep ache that the world is not as it should be. We are not as we should be. In Christian tradition we call being honest about the pain of the world with God lament. Fasting goes hand in hand with lament because it can give our bodies a way to participate in grief, longing, and protest before God. By not participating in whatever it is we have chosen to fast from, we make space to acknowledge that something is not right. We acknowledge and spend time with pain and refuse to quickly cover it up with comfort. In Scripture, God's people often fasted in times of sorrow or injustice, using hunger as a cry for God's intervention rather than an attempt to fix things themselves. Fasting as lament holds our ache honestly before God, trusting that God hears, grieves with us, and is at work even when relief has not yet come in the ways we might imagine it would.

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

John 13:1-5

PILLAR JOURNAL

Lent 2026

Vol. 8 No. 2