



Marietta Community Chapel

BREAD 2026

Season of Lent

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This daily prayer/scripture guide is modeled after “Bread 2026” which was created and published by Bridgetown Church.

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(On the following page you will find the abbreviation “MMC”, this stands for **M**arietta, **M**aytown and **C**olumbia is intended to represent the community and region in which we are located, and in which we minister.

Why
In MMC as It Is in Heaven

How
Practicing the Way of Jesus,
Together, in MMC

What
Be With Jesus, Become Like
Jesus, Do What Jesus Did

Introduction

Scripture is essential to the way of Jesus....

While God speaks in many different ways, the Bible is our solid foundation. In a world full of deception and lies, scripture is a light to our path and a lamp to our feet (Psalm 119:105).

The story of the Bible is the story of Jesus, and culminates with the gospels that proclaim the in-breaking of the kingdom of God.

Scripture was an irreplaceable part of Jesus' life and ministry; he lived and taught as if they were authoritative. He consistently turned to them as integral part of how he interacted with the world.

When tempted, Jesus turned to the scriptures. When confronted by the Pharisees, he turned to the scriptures. When speaking of the end of the age, he referred to the prophecy of scripture. When asked about marriage, or fasting, he turned to the scriptures. By now, you get the idea!

As mentioned above, our goal as disciples of Jesus is to ***“be with HIM, become like HIM and do the things that HE did”***. To be like Jesus is to be scripture saturated and Spirit led.

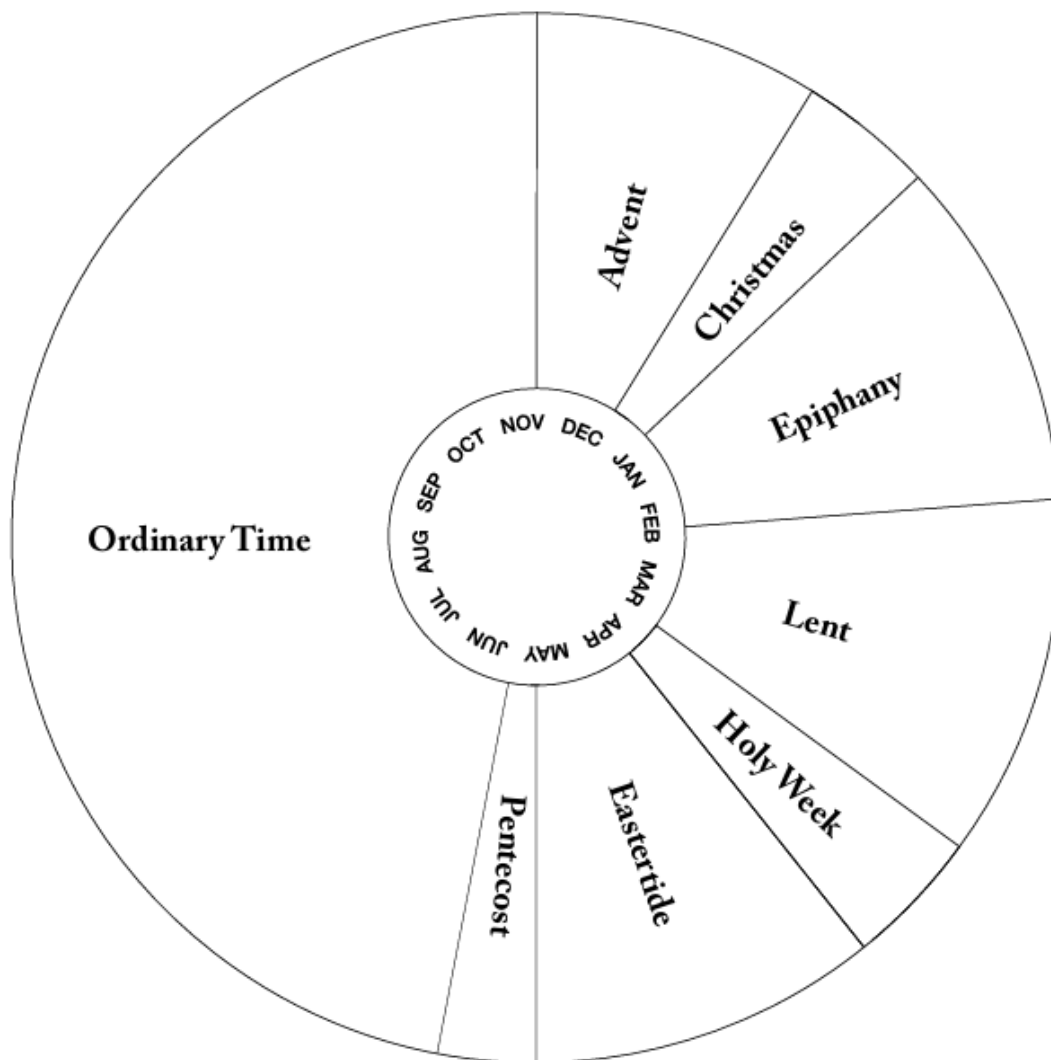
I would be delighted if we engaged in this together, as a *faith family*. We become of “one passion” by sharing in life together, and I believe, an integral part of that is reading and engaging scripture together.

What is the Holy Spirit saying to you?

How should we pray?

The Church Calendar

As the Western church, we live in the tension between two rhythms of time. Our cultural calendar—which gives order to our school and vacation schedules—ends in December shortly after Christmas. But the Christian church calendar tells a different story. Following the life of Jesus, the church calendar begins instead with the longing of Advent and the fulfillment of his birth. So, while BREAD moves to the cadence of the cultural year, we remember that when December whispers of endings, the story of Jesus reminds us we are only at the beginning.



"I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

— Jesus, John 6:48–51

I. BREAD

Practice listening for God's voice in Scripture through lectio divina, expressed here through the acronym BREAD (see below). Lectio divina, or BREAD, is an ancient and time tested method of meeting with God in the pages of the Bible. Choose from one of the four readings (a shorter passage is best), and simply spend time allowing the Spirit to guide you through the following prompts:

Be still: Start by putting away your devices or any distractions and get into a comfortable but alert position. Take a moment to let the noise of your mind settle. Become present to your breath, and invite the Holy Spirit to guide your time.

Read: When you're ready, read through the Scripture for that day. After a minute or two, read the passage again slowly. As you read, notice what stands out to you in the passage and write it down.

Encounter: Meditate on what God highlighted to you in the passage by journaling through questions like: Where does this intersect with my current life and circumstances? What might God want me to know about himself, myself, or others? Is God revealing a lie or truth he wants me to notice and respond to? What else might God be saying to me?

Apply: Next, begin to name and write down how God might want you to carry what he's saying into your day. What truth do you need to hold onto today? How might God want to change you through this passage? Write down how you are going to apply this truth practically today.

Devote: Finally pray, maybe even write a prayer, committing yourself to what God has been revealing to you and how you want to be transformed by him and his truth. Take time to listen to what God is saying in response to your prayer. You might write out a prayer of lament or of gratitude.

II. Read All Four Passages

Simply read through all four of the daily Scripture passages as an exercise in immersing yourself in God's word. Engaging with Scripture as divinely inspired narrative helps us shape our imagination and worldview, reminding us that we too are part of God's ongoing story of redemption.

While BREAD and praying the Psalms are practices for depth, reading full passages of Scripture on an ongoing basis gives a breadth of knowledge of the story of God and his people that is equally integral and formative in our apprenticeship to Jesus. By spending time day in and day out in the Scriptures, we learn the character of God and learn to recognize the voice of our shepherd in our everyday lives.

III. Pray the Psalms

Within the book of Psalms, you'll find prayers and hymns expressing the full spectrum of human emotion: joy, depression, adoration, fury, desperation, delight, and more. The authors of the Psalms brought their full selves before God in prayer, offering us a template for how to pray with radical honesty: praising God, expressing our full selves and true feelings, seeking God's will to be done, and asking for what we want and need. Praying the day's Psalm can be as simple as reading the words aloud as if it were your own prayer, allowing the words and emotions to give shape and color to your interaction with God. In the same way singing other people's songs helps us find new words for what we are experiencing, praying other people's prayers can help us find new ways of expressing what is deepest in our hearts.

Praying the Psalms can also involve creativity—use it to craft a song or poem by rewriting Scripture in your own words, or create a piece of visual art. The point is simply to allow the Psalm to springboard you into deeper conversation with God. You can choose one mode of engaging with Scripture for a season, or switch it up day by day. Ultimately, our goal is to become people shaped by Biblical truth and living out the Biblical story.

Lent

February 18 – April 4

Lent is traditionally marked as the 40 days preceding Easter, corresponding with the 40 days Jesus fasted in the wilderness. Beginning with Ash Wednesday, we as followers of Jesus often partake in our own 40 day practice of fasting from food or abstaining from a particular habit. While the length of time itself is actually 46 days, Sundays are omitted and considered “feast days” during which we break our fast and participate in a foretaste of the coming resurrection.

Lent is a season in which we set aside time to explore themes about what it means to be living in a fallen world, a world whose brokenness culminated in killing Jesus on a cross.

In its many deaths to self, the season of Lent prepares our hearts for resurrection. As C.S. Lewis puts it, “Nothing in you that has not died will ever be raised from the dead.”¹ Palm Sunday—the final Sunday in Lent—begins Holy Week, in which we walk with Christ over the seven days before one of the most significant events on the church calendar, Easter.

Feb 15 - 21

Sunday Psalm 149 Psalm 150 2 Cor. 3:7-18 Luke 9:18-27	Monday Psalm 9 Proverbs 27:1-12 1 Cor. 1:1–19 Mark 1:1–13	Tuesday* Psalm 46 Proverbs 30:1-4, 24-33 Philippians 3:1-11 John 18:28-38
Wednesday Psalm 90 Amos 5:6-15 Hebrews 12:1-14 Matthew 4:1-11	Thursday Psalm 37:18-40 Habakkuk 3:1-18 Philippians 3:12-21 John 17:1-8	Friday Psalm 31 Ezekiel 18:1-4, 25-32 Philippians 4:1-9 John 17:9-19
Saturday Psalm 32 Ezekiel 39:21–29 Philippians 4:10–20 John 17:20–26		

* **Tuesday MCC Family Prayer** - Using the church directory, pray for those with the last name starting with **A - G**.

** **Faith in Action** - Consider reaching out to someone in the MCC whom we are praying for this week (Last name A to G). Ask how you might be able to pray more specifically for them?

Weekly Reflection: (Consider gathering with others to do this!)

Which passage of scripture most impacted you this past week? Why?

What do you sense the Holy Spirit saying to you through this passage?

What step(s) might you take to respond to this prompting of the Holy Spirit?

Feb 22-28

Sunday Psalm 98 Daniel 9:3–10 Hebrews 2:10–18 John 12:44–50	Monday Psalm 52 Genesis 37:1–11 1 Cor. 1:1–19 Mark 1:1–13	Tuesday* Psalm 47 Genesis 37:12–24 1 Cor. 1:20–31 Mark 1:14–28
Wednesday Psalm 49 Genesis 37:25–36 1 Cor. 2:1–13 Mark 1:29–45	Thursday Psalm 59 Genesis 39:1–23 1 Cor. 2:14–3:15 Mark 2:1–12	Friday Psalm 40 Genesis 40:1–23 1 Cor. 3:16–23 Mark 2:13–22
Saturday Psalm 138 Genesis 41:1–13 1 Cor. 4:1–7 Mark 2:23–3:6		

*** Tuesday MCC Family Prayer** - Using the church directory, pray for those with the last name starting with **H, I**

**** Faith in Action** - We are encouraged when we serve others. How might you practically serve someone else today? When the scriptures talk of *hospitality* it is speaking of *love for strangers*. Considering appropriate boundaries, how might you show a stranger the love of Jesus today?

Weekly Reflection: (Consider gathering with others to do this!)

Which passage of scripture most impacted you this past week? Why?

What do you sense the Holy Spirit saying to you through this passage?

What step(s) might you take to respond to this prompting of the Holy Spirit?

Mar 1-7

Sunday Psalm 29 Genesis 41:14–45 Romans 63–14 John 5:19–24:	Monday Psalm 57 Genesis 41:46–57 1 Cor. 4:8–21 Mark 3:7–19	Tuesday* Psalm 62 Genesis 42:1–17 1 Cor. 5:1–8 Mark 3:20–35
Wednesday Psalm 119:73–96 Genesis 42:1:8–28 1 Cor. 5:9–6:8 Mark 4:1–20:	Thursday Psalm 71 Genesis 42:29–38 1 Cor. 6:12–30 Mark 4:21–34	Friday Psalm 69 Genesis 43:1–15 1 Cor. 7:1–9 Mark 4:35–41
Saturday Psalm 76 Genesis 43:16–34 1 Cor. 7:10–24 Mark 5:1–20		

* **Tuesday MCC Family Prayer** - Using the church directory, pray for those with the last name starting with **J, K**

** **Faith in Action** - Consider stepping out in faith, and asking a stranger how you could pray for them. Pray for them right there in that moment, and then keep praying for them.

Weekly Reflection: (Consider gathering with others to do this!)

Which passage of scripture most impacted you this past week? Why?

What do you sense the Holy Spirit saying to you through this passage?

What step(s) might you take to respond to this prompting of the Holy Spirit?

Mar 8 - 14

Sunday Psalm 96 Genesis 44:1–17 Romans 8:1–10 John 5:25–29	Monday Psalm 77 Genesis 44:18–34 1 Cor.7:25–31 Mark 5:21–43	Tuesday* Psalm 78:40–72 Genesis 45:1–15 1 Cor. 7:32–40 Mark 6:1–13
Wednesday Psalm 81 Genesis 45:16–28 1 Cor. 8:1–13 Mark 6:13–29	Thursday Psalm 42 Genesis 46:1–7, 28–34 1 Cor. 9:1–15 Mark 6:30–46	Friday Psalm 88 Genesis 47:1–26 1 Cor. 9:16–27 Mark 6:47–56
Saturday Psalm 90 Genesis 47:27–48:7 1 Cor. 10:1–13 Mark 7:1–23		

*** Tuesday MCC Family Prayer** - Using the church directory, pray for those with the last name starting with **L - O**

**** Faith in Action** - In what way have you sensed God asking and inviting you to step out in faith recently? How have you responded? What next step might you take?

Weekly Reflection: (Consider gathering with others to do this!)

Which passage of scripture most impacted you this past week? Why?

What do you sense the Holy Spirit saying to you through this passage?

What step(s) might you take to respond to this prompting of the Holy Spirit?

Mar 15-21

Sunday Psalm 66 Genesis 48:8–22 Romans 8:11–25 John 6:27–40	Monday Psalm 89:1–18 Genesis 49:1–28 1 Cor. 10:14–11:1 Mark 7:24–37	Tuesday* Psalm 97 Genesis 49:29–50:14 1 Cor. 11:17–34 Mark 8:1–10
Wednesday Psalm 101 Genesis 50:15–26 1 Cor. 12:1–11 Mark 8:11–26	Thursday Psalm 69 Exodus 1:6–22 1 Cor. 12:12–26 Mark 8:27–9:1	Friday Psalm 102 Exodus 2:1–22 1 Cor. 12:27–13:3 Mark 9:2–13
Saturday Psalm 107:33–43 Exodus 2:23–3:15 1 Cor. 13:1–13 Mark 9:14–29		

* **Tuesday MCC Family Prayer** - Using the church directory, pray for those with the last name starting with **P-S**

** **Faith in Action** - Pray for boldness to share your faith with someone in your sphere of influence and then step out in faith and take the leading the Holy Spirit provides.

Weekly Reflection: (Consider gathering with others to do this!)

Which passage of scripture most impacted you this past week? Why?

What do you sense the Holy Spirit saying to you through this passage?

What step(s) might you take to respond to this prompting of the Holy Spirit?

Mar 22-28

Sunday Psalm 118 Exodus 3:16–4:9 Romans 12:1–21 John 8:46–59	Monday Psalm 31 Exodus 4:10–31 1 Cor. 14:1–19 Mark 9:30–41	Tuesday* Psalm 120 Exodus 5:1–6:1 1 Cor. 14:20–40 Mark 9:42–50
Wednesday Psalm 119:125–176 Exodus 7:8–24 2 Cor. 2:14–3:6 Mark 10:1–16	Thursday Psalm 131 Exodus 7:25–8:19 2 Cor. 3:7–18 Mark 10:17–31	Friday Psalm 22 Exodus 9:13–35 2 Cor. 4:1–12 Mark 10:32–45
Saturday Psalm 137 Exodus 10:21–11:8 2 Cor. 4:13–18 Mark 10:46–52		

* **Tuesday MCC Family Prayer** - Using the church directory, pray for those with the last name starting with **T - Z**

** **Faith in Action** - Whichever is most appropriate, given your current circumstances or needs, write out a prayer of lament or a prayer of gratitude..

Weekly Reflection: (Consider gathering with others to do this!)

Which passage of scripture most impacted you this past week? Why?

What do you sense the Holy Spirit saying to you through this passage?

What step(s) might you take to respond to this prompting of the Holy Spirit?

Mar 29 - Apr 4

Sunday Psalm 103 Zechariah 9:9–12 1 Timothy 6:12–16 Luke 19:28–48	Monday Psalm 51 Lam. 1:1–12 2 Cor. 1:1–7 Mark 11:12–25	Tuesday* Psalm 94 Lam. 1:17–22 2 Cor. 1:8–22 Mark 11:27–33
Wednesday Psalm 55 Lam. 2:1–17 2 Cor. 1:23–2:11 Mark 12:1–11	Thursday Psalm 143 Lam. 2:10–18 1 Cor. 10:14–17 Mark 14:12–25	Friday Psalm 40 Lam. 3:1–9, 19–33 1 Peter 1:10–20 John 19:16–42
Saturday Psalm 27 Lam. 3:37–58 Hebrews 4:1–16 Luke 23:50–56		

* **Tuesday MCC Family Prayer** - Using the church directory, pray for those with the last name starting with **T - Z**

** **Faith in Action** - This is Holy Week. Which of the events of Jesus' last week has been most impactful for you this year? Share with your spouse, friend or co-worker and consider inviting them to Easter Sunday.

Weekly Reflection: (Consider gathering with others to do this!)

Which passage of scripture most impacted you this past week? Why?

What do you sense the Holy Spirit saying to you through this passage?

What step(s) might you take to respond to this prompting of the Holy Spirit?

Holy Week

During Holy Week, we walk with Jesus in the days leading up to the cross and resurrection, beginning with his triumphal entry into Jerusalem on a donkey. In the days that follow, we journey with Jesus as he cleanses the temple, washes his friends' feet after eating and drinking with them at the last supper, rends his heart before the Father in Gethsemane, and finally lays down his life on the cross. See next page for feast and fast days.

Mar 29 – Apr 4

Palm Sunday In the final week of his life, Jesus entered Jerusalem not leading an overthrowing army as some had hoped, but humbly riding a donkey, as onlookers laid down their cloaks and palm branches, shouting "Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven!" Palm Sunday marks the beginning of Holy Week.

Maundy Thursday

On the night before he was crucified, Jesus washed the feet of his disciples, shared a final meal with them (after which we model Communion), and gave them a new commandment: to love one another as Jesus had loved them (John 13v34).-

Good Friday

On Good Friday, Jesus stood trial, was mocked and beaten, and ultimately crucified. Darkness came over the earth, and as he breathed his last, Jesus cried out "My God, my God, why have you forsaken me?" Upon his death, the curtain of the temple was torn in two (Mark 15v33–38).-

Holy Saturday

Holy Saturday is a day of quiet reflection and waiting as we remember the period between Christ's crucifixion and resurrection. In the stillness, we sit in the tension of loss and longing, awaiting the triumphant hope of Easter morning.