

S.A.I.N.T.S. II 2026

40-Day Lenten Challenge

 [Follow Pastor Benzinger on Instagram](#)

Week 1: Sin

Simple Sunday Devotional

Greetings in the name of our Lord and Savior Jesus Christ, Amen.

Welcome to Week 1 of the **S.A.I.N.T.S. 40-Day Lenten Challenge**. As you are settling in for the long haul, we begin our time together where it all started, that is in the Garden of Eden when SIN entered into the world. Sin seems like a foreign concept to many people in this world, but sin at its core is lawlessness and rebellion.

When I think of sin, my mind goes in many directions. Firstly, it is those things which we've committed and our minds are plagued with the gnawing thought, "Oh, NO! What have I done???" It's those things I've left undone, be it deadlines and letting others down, maybe it's guilt from procrastination and the sin of sloth and laziness. Maybe it's the sin of idolatry and the ways that I put myself, my desires, my selfishness before my family and time with God. But the deepest essence of sin and damnation is one's rebellion against God and the sin of unbelief.

Because of Adam and Eve's fall into sin as recorded in Genesis 3 our human nature became contaminated and corrupted. No longer do we have the holiness and righteousness that Adam and Eve were created with, but by nature we became sinful and unclean. ***The heart is deceitful above all things, and desperately sick; who can understand it? (Jeremiah 17:9)***

There is a three-fold consequence of death because of sin. The first is a spiritual death. We naturally do not desire the things of God. We don't trust in Him, nor do we hallow Him and remember the Sabbath day and keep it holy. The second is a temporal death

in the fact that ***it is appointed once for man to die and then comes judgement (Heb 9:27)***. The third is an eternal death for those who reject Jesus and choose to follow the desires of their own hearts. Though this may sound troubling, take heart because Jesus has overcome death for you by His own death. We will look deeper into this next week.

As we spend our time this week between Days 5-10 (Mon - Sat), we will spend our time looking into the gravity of sin and its consequence of eternal death with weeping and gnashing of teeth. On Sunday, we will have our sabbath rest.

The Bible tells us of a story of two men in Luke 16:19-31 (which you will read on Thursday). One man is a rich man full of pride, arrogance, and rebellion against God and His decrees. The other is a simpleminded beggar, full of faith, who laid at the gate of the city begging to eat the crumbs from the rich man's table. These two men serve as examples of the difference of unbelief and those who trust in God above all things.

Jesus uses the story of the poor man to teach us to seek the Lord while He may be found but also unfolds a painful story of one who has chosen to deny the things of God. As we move into next week's readings, we see the difference faith makes as it relates to eternal life of bliss vs. the consequences of sin and death.

Hold Fast- This week is the uphill battle where our bodies are groaning under the weight of temptation to cave and give in from what we chose to **fast**. Yet at the same time, the selfishness of sin begins to surface as the Holy Spirit reveals the ugliness that lurks within our hearts. As you spend your time reading God's Word this week, continue to focus on the cross where the **love of God** is poured out for you.

Though it seems unnatural, rejoice in your struggle, rejoice always, and again I say rejoice! It is a sign that God is actively fighting for you as your troubled conscience battles the temptation to sin and give up. Truly know that Jesus has already won the battle for you. **Hebrews 2:14-18** ***“Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery. For surely it is not angels that he helps, but he helps the offspring of Abraham. Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. For because he himself has suffered when tempted, he is able to help those who are being tempted. “***

Week 1 Schedule

Habit 5: Check in: (By Thursday midnight)

- **Fasting / Self-discipline:** *Where did you practice self-control this week, and where did you struggle?*
- **Scripture:** *Have you been faithful in reading and hearing God's Word? What stood out to you?*
- **Prayer:** *Have you been consistent in prayer, and what has been weighing most heavily on your heart?*
- **Work / Physical discipline:** *How did you care for your body through work or exercise this week?*
- **Community / Support & accountability:** *Where do you need encouragement or help to remain faithful in the coming week?*
- **Intercession:** *How may I pray for you specifically this week?*

Habit 6: Work |Week 1| (Do your baseline) = doesn't have to all be done on the same day - plan your week around your schedule

- *3 times this week do your baseline pushups 2x's (if your baseline push-ups is 10; complete 10 push-ups, rest, and then complete 10 additional push-ups)*
 - *Day 1*
 - *Day 2*
 - *Day 3*
- *3 times this week do your baseline core 2x's (if your baseline plank lasts 30 seconds; complete 30 seconds, rest, and then complete 30 additional seconds)*
 - *Day 1*
 - *Day 2*
 - *Day 3*
- *3 times this week do your baseline cardio (i.e. run/walk/bike 15 min)*

Student Athletes: If you are currently involved in a sport, your practice time counts for Habit 6: Work

Disclaimer: Under no circumstances do we want anyone hurt. If you are physically unable to do anything, please keep things simple and just move through your house, walk to the end of the yard... anything you struggle to do and yet push through is a success. Celebrate small victories.

Day 5: Monday

Reading: [Genesis 3](#) (click to go straight to the passage)

Reflection Question: How does the fall of Adam and Eve illustrate the origin of sin and its impact on humanity's relationship with God?

Prayer: Jesus, cover my shame with the robe of Your righteousness, that I may serve my family with joy and confidence.

Lord's Prayer:

Our Father who art in heaven.

Hallowed be Thy name.

Thy kingdom come.

Thy will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation.

But deliver us from evil.

For Thine is the kingdom and the power and the glory forever and ever.

Amen

Day 6: Tuesday

Reading: [Romans 3](#) (click to go straight to the passage)

Reflection Question: How does the declaration that "all have sinned and fall short of the glory of God" shape our understanding of human nature?

Prayer: Lord Jesus Christ, Redeemer of the world, thank You for Your salvation. Empower me by Your Spirit to be faithful to You.

Lord's Prayer:

Our Father who art in heaven.

Hallowed be Thy name.

Thy kingdom come.

Thy will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation.

But deliver us from evil.

For Thine is the kingdom and the power and the glory forever and ever.

Amen

Day 7: Wednesday

Reading: [Romans 7](#) (click to go straight to the passage)

Reflection Question: How does Paul's internal struggle with sin in Romans 7 reflect the human condition?

Prayer: Lord Jesus, In Your mercy lead me to daily repentance. Forgive my sins and strengthen my faith. By Your Spirit, deliver me.

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 8: Thursday

Reading: [Romans 6](#) (click to go straight to the passage)

Reflection Question: How does identifying with Christ's death and resurrection empower us to resist sin?

Prayer: Lord, I know that I am a sinner. Forgive me. Help me see Jesus and trust in Him alone.

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 9: Friday

Reading: [Luke 16](#) (click to go straight to the passage)

Reflection Question: How does the story of the rich man and Lazarus illustrate the eternal consequences of unrepented sin and unbelief?

Prayer: Thank You, merciful Lord, for seeking us when we beggars are empty without Your grace and mercy.

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil.
For Thine is the kingdom and the power and the glory forever and ever.
Amen

Day 10: Saturday

Reading: [Philippians 4](#) (click to go straight to the passage)

**Reflection Questions: How does maintaining a mindset of prayer and thanksgiving help combat sin in daily life?
In what ways does focusing on what is true, noble, and pure (Philippians 4:8) serve as a safeguard against sin?**

Prayer: Blessed Lord, when I am tempted to fall into temptation, please send Your Holy Spirit to help me not dwell on sin, but rather think on what is true, honorable, just, pure, lovely, commendable and things worthy of praise. – Amen

Lord's Prayer:

Our Father who art in heaven.
Hallowed be Thy name.
Thy kingdom come.
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses as we forgive those who trespass against us.
And lead us not into temptation.

But deliver us from evil.

For Thine is the kingdom and the power and the glory forever and ever.

Amen