

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

40-Day Lenten Challenge

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Week 4: New Creation

Simple Sunday Devotion

Welcome to Week 4 of the **S.A.I.N.T.S. 40-Day Lenten Challenge**, Days 23-28. This week's devotion and prayers will continue to build on the death and resurrection, the atonement and intercession of Jesus. We are looking now at the benefit of faith in the fact that you ARE a new creation, that on the day of Pentecost, Jesus sent His Holy Spirit to call you by this gospel, enlighten you with His gifts, sanctify you and keep you in the one true faith.

This “new creation” language for the letter “N” of the **S.A.I.N.T.S.** acronym is the fact that you ARE A SAINT. It's nothing you have done as you have read through the previous week's scripture texts. Your SAINT-hood is all because of the merit of Jesus Christ Himself. I find this freeing. When I have my rough days and I've fallen to the demise of sin, God doesn't give up on me because Jesus settled all accounts with God, satisfied His wrath and anger from my sin, and still calls me His own. The Apostle Paul writes in Romans 4, ***it will be counted to us who believe in him who was raised from the dead Jesus our Lord, who was delivered up for our tresspasses (sins) and raised for our justification.***

To be justified by God is to be “declared righteous” because Jesus died a death that should have been mine. Though we strive to live our lives in holiness (Week 6: Sanctification) we know that because of sin, we will never be 100% righteous until we see Jesus face to face. God for the sake of Christ declaring you righteous shows that “*as far as the east is from the west, so far has He removed our sins from us*” (Psalm 103:12). And to that I say, ‘Praise be to God.’

This week we will spend our time looking at the benefits of being a new creation, a saint, a child of God. We will have some texts that speak to the inheritance that God has guaranteed with the Holy Spirit by faith, and others will begin to speak to the life that God has given us through His Son.

May you become enriched this week as you grow to know your identity as a Saint, a new creation.

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 4| (Increase your baseline) - check off when complete (any days) and doesn't have to all be done on the same day

- *3 times this week do you your baseline push-ups 2x's - increase your baseline by another 10% (If your baseline was 10 push-ups, increase to 13 push-ups. Complete 13 push-ups, rest, and then complete 13 additional push-ups.)*
 - *Day 1*
 - *Day 2*
 - *Day 3*
- *3 times this week do your baseline core 2x's – increase your baseline by another 10% (If your baseline plank lasts 30 seconds, increase to 39 seconds. Complete plank for 39 seconds, rest, and then complete an additional 39 seconds.)*
 - *Day 1*
 - *Day 2*
 - *Day 3*

- 3 times this week do your baseline cardio – increase cardio by completing at a faster pace or going the same pace for an extended amount of time (i.e. run/walk/ride at a faster pace for 15 min or go the same pace for an extended time of 24 min.) Check off if attempted.
 - Day 1
 - Day 2
 - Day 3

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.

Week 4 Schedule

Day 23: Monday, March 16, 2026

Reading: [2 Corinthians 5](#) (click to go straight to the passage)

Reflection question: What does it mean to you that "*the old has passed away; behold, the new has come*" (verse 17)? How has this truth manifested in your life?

Prayer: Dear Lord, impress upon my heart the greatness of Your grace to me, by the power of Your Holy Spirit, so that I can walk confidently by faith until I see You gloriously face to face.

T-hanksgiving

A-doration

C-onfession

O-thers

S-self

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 24: Tuesday, March 17, 2026

Reading: [Ephesians 1](#) (click to go straight to the passage)

Reflection question: How does the idea of being "*chosen before the foundation of the world*" (verse 4) shape your understanding of your relationship with God?

Prayer: Merciful Lord, powerful to save, grant us Your good Spirit that we may boldly live the inheritance You have prepared for us.

T.A.C.O.S.

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 25: Wednesday, March 18, 2026

Reading: [Galatians 5](#) (click to go straight to the passage)

Reflection question: How can you guard against the desires of the flesh and cultivate the fruits of the Spirit (verses 19–23)?

Prayer: Heavenly Father, as we eagerly await Your coming, free us from pettiness and self-indulgence so that we may love one another.

T.A.C.O.S.

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 26: Thursday, March 19, 2026

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

Reflection question: What does "*putting off the old self*" and "*putting on the new self*" (verses 22–24) mean for your spiritual growth?

Prayer: Father, forgive us our sins so that we may forgive those who sin against us.

T.A.C.O.S.

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 27: Friday, March 20, 2026

Reading: [Ephesians 5](#) (click to go straight to the passage)

Reflection question: How does Paul's teaching on relationships (husbands, wives, and Christ and the Church in verses 22–33) challenge or inspire you?

Prayer: Lord, strengthen me to speak and act as You desire. Replace all foul talk from my mouth with praise for You and encouragement for my brothers and sisters in Christ, Amen.

T.A.C.O.S.

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 28: Saturday, March 21, 2026

Reading: [2 Timothy 2](#) (click to go straight to the passage)

Reflection question: As a new creation, how does the call to rightly handle the word of truth (verse 15) influence your study of Scripture?

Prayer: Thank you, Lord, that You bore all things for me. Give me strength and love to help my neighbors bear their burdens.

T.A.C.O.S.

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.