



## REVEILLE'S GPS WEEKLY SCRIPTURE GUIDE

Explore scriptures and daily devotionals that reflect on this Sunday's sermon message.  
Sign up to receive the daily devotional email at [www.bit.ly/devotional-rumc](http://www.bit.ly/devotional-rumc).

### February 16-22, 2026 FIRST SUNDAY OF LENT

#### Sermon Title: "The Devil On Your Shoulder" by Rev. Bayo Ogungbade

Use the space below to reflect on the questions in this week's devotionals,  
make class and sermon notes, and write down prayers and concerns.

#### Questions for small groups and individual reflection:

1. Be honest: what is a temptation that you struggle with?
2. Can you think of a time when you resisted temptation and things worked out better for you?
3. Can you share a time when you recognized temptation early and avoided it? What helped you?
4. Do you think temptation is always obvious, or can it be subtle?
5. What can you do to mitigate this?

#### Monday, February 16: Read Matthew 4:1-11

This week, we begin our Lenten journey in the desert with Jesus. We're going to join Jesus as he comes face-to-face with his temptations, and in turn, we confront our own temptations. Together, we'll examine our hearts, minds, and spirits, and grow more in our capacity to pay attention to the worldly voices to which we ascribe ourselves. In his sermon on Sunday, Bayo will challenge us to not only acknowledge our struggle with temptation, but take a closer look at how our attitudes about our circumstances can cause that "devil on our shoulder" to magnify or minimize. Do we only see desert around us, approaching life as "half empty," thereby increasing the allure of sin's false promises of happiness and comfort? Or can we see the presence of God even in the desert, as Jesus did, thereby giving us the strength to resist the voices of temptation and follow the example of Christ?

➤ **Relationship Opportunity:** *Share what attitudes help and hurt in times of temptation.*

## **Tuesday, February 17: Read Genesis 2:15-17; 3:1-7**

Our observance of Lent begins with our acknowledgement of our sin and our need for the Good News of Easter. Today's ancient story begins with the acknowledgement that all sin begins with temptation. The Genesis story of the Fall is about as opposite a story as we can get from Jesus's temptation in Matthew. Jesus fasted in the desert for 40 days; Adam and Eve were surrounded by abundance in the Garden of Eden. Jesus resisted Satan by holding fast to God's Word; Eve succumbed to Satan by doubting God's Word. Adam and Eve brought sin to us all; Jesus brought salvation to us all. What can we do to remember Jesus's example when we find ourselves tempted to fall like Adam and Eve?

- **Discipleship Opportunity:** *Spend time in prayer and meditation searching for insight on when you are at your weakest for temptation. Once your "triggers" are identified, create a reminder strategy for Christ's example of resisting temptation. Try it throughout Lent.*

## **Wednesday, February 18: ASH WEDNESDAY: Read Matthew 6:1-6, 16-21**

We observe Ash Wednesday today as a public declaration of our sinfulness and need for forgiveness. We begin our observance of Lent, however, with this reminder to not turn Lent into a public show of martyrdom or sacrifice, but a quiet, deeply personal discipline of growing closer to God. We do not approach this holy day as a transactional display, but as an ongoing commitment to walk to the cross with Christ, ever increasing in our awareness of Christ's sacrifice and our resulting salvation.

- **Discipleship Opportunity:** *Attend an Ash Wednesday service.*

## **Thursday, February 19: Read Romans 5:12-19**

Today's instructional words from Paul not only reinforce the incredible message of grace and salvation through Jesus's sacrifice; they help us resist the temptation to turn Lent into a set of "righteous requirements" (Paul's words) in which we earn points for sheer willpower and the number of days we can go without chocolate. Rather, Lent is where we acknowledge that the work has been done for us through Christ; we are recipients of a free gift.

- **Relationship Opportunity:** *Discuss how being grateful can help in resisting temptation.*

## **Friday, February 20: Read Psalm 32**

Today's psalm expresses the joy one feels when sins are confessed and forgiven. All of us have fallen short; all of us have succumbed to temptation, yet we are loved and redeemed by a God who forgives – who knows the darkest parts of us and loves us anyway. Let us embrace the joy and peace that confession gives us and commit to a deeper habit of confession during Lent. What difference can it make in our lives? What difference could true confession make in our world?

- **Discipleship Opportunity:** *Double down on the confessional portion of your prayer life today.*

## **Saturday, February 21: SCRIPTURE MEMORIZATION: Psalm 32:1**

"Happy are those whose transgression is forgiven, whose sin is covered." (NRSV)

## **Sunday, February 22: Let us prepare our hearts and minds with our Prayer of Confession:**

*Gracious God, we confess that we have fallen short as your church. We have allowed our temptations to keep us complacent instead of leading us to conviction. We have found comfort in our worldly possessions instead of finding peace in Your Word. We have listened to the voice of avoiding discomfort, and instead, have created distance between ourselves and You. Forgive us, O Lord, and compel us to confront the deserts of our own lives with confidence. Help us to let go of our hastiness and instead, learn to walk in humility with you. Lead us to abandon our vices so that we can more clearly hear Your voice. We ask this in the Name of Jesus Christ our Lord. Amen.*