

# ■ AN INVITATION ■

Grace Family,

Every movement of God in our lives starts with an invitation. This Lent we invite you to journey with us through the Old and New Testaments.

As we give ourselves fully to the spiritual practices in this Lent Guide we will make space for God to move. We will encounter Him in familiar and surprising ways. Let's not hold anything back!

On the journey with you,  
Doug & Meg

Special Note: The front cover of this guide was inspired by the stained glass windows in our Chapel.

# INTRODUCTION

Lent is a very special time of year. It is a season that invites us to slow down our usual hurried pace of life to seek God with greater intensity. It provides a rhythm for us to learn and experience spiritual practices such as Bible reading, reflection, prayer, fasting, and giving.

These practices awaken our soul and help us position ourselves to gain a deeper knowing of the most compelling love story ever lived—the pain and the promise, the joy and the sorrow—of the life, death and resurrection of our Savior, Jesus Christ.

The Lenten season is celebrated for 40 days, excluding Sundays, beginning Ash Wednesday and ending Good Friday. Biblically, 40 is a meaningful number. The flood rains fell for 40 days, Moses remained on Sinai for 40 days to receive the Ten Commandments, Elijah made a 40 day journey to Mount Horeb, and the temptations of Christ were marked by his 40 day fast in the desert.

This Lent, our readings take us on a winding path through the Old and New Testaments for a 40 day journey together. We will interact with Scripture using the daily *15 Minutes with God* format, symbolically following Jesus on his bold and final trek into Jerusalem.

Fasting and giving are essential parts of Lent. A fast, in some form, is encouraged in order to make more space in our life for intentional time with God. Traditionally, a Lent fast is Monday - Saturday. Sundays are reserved for worship and feasting in community with family and friends. We will also participate in acts of generosity.

The value of Lent is that its practices call us to step back from the ways in which we normally distract or comfort ourselves so that we can recognize and remove unhealthy patterns from our lives. With these diversions stripped away, we hear God more clearly, and we can have an ongoing and ever deepening intimacy with Him.

Look forward to hearing and accepting the personal invitations God has for you this Lent!

## HOW TO USE THIS LENT GUIDE

This guide is meant to be used for *15 Minutes with God* during the seven weeks of Lent beginning on Ash Wednesday. In addition, we will practice the Prayer of Examen each week.

**Monday - Friday** interact with the provided passage of Scripture for each day. Spend five minutes reading the passage, five minutes journaling about what you sense God is saying to you through the passage, and five minutes in prayer.

**Saturday** take part in the Prayer of Examen—a prayerful review of your week. There are two questions to answer: *What gave you life this week? What drained you this week?*

The guide concludes with space for reflecting on your Lent experience. (p. 112) Pages are provided in the back of the guide for personal notes on your fasting and giving. (p. 116)

Most of the Scripture passages are from the Revised Common Lectionary Lent Calendar, Year B, using the English Standard Version Bible (ESV).

## **SACRIFICE AND SELFLESSNESS**

Lent bids us to give things up as well as give to those in need. Self denial by way of a fast can help to loosen the grip of sin and compulsion on our lives. Acts of generosity cause us to notice others and expands our hearts for those Jesus calls our neighbor.

The point of fasting is to remove something from our normal diet, or our usual routine, to open space to be more attentive to our spiritual health. For example, skipping a meal each day and instead using the time for prayer is a way for us to seek a deeper connection with God. Or, unplugging ourselves from social media and alternatively spending some time in silence each day provides an opportunity to attune our heart to the Spirit's promptings.

Being generous with our time and resources serves to make us more aware of and responsive to the needs and care of others around us. Even the smallest act of kindness can have big impact and has the potential to create a ripple effect.

On the next page you will find a list of possible fasting and giving options to practice throughout Lent. If none of the proposed options resonate with you, research other ways to fast and practice generosity. Prayerfully select a fast and an act of generosity that most closely corresponds with an area in your life in the deepest need of transformation.

You could participate in a variety of the options, one for each week of Lent, or choose one to practice for the entire 40 days. Prayerfully consider your course and plan ahead for adjustments you will need to make to your lifestyle.

Most importantly, enjoy God's company as you practice sacrifice and selflessness.

## **Fasting Options:**

- Food—Abstain from a meal(s) or omit certain foods from your diet
- TV / Netflix / Movies / Gaming / Talk Radio - Abstain
- Behaviors/Habits—Abstain from gossip, judgement, complaining, etc.
- Phone—Abstain from sunset to sunrise
- Social Media / Internet—Abstain from unnecessary communication
- Sleep—Set your alarm an hour earlier each day to wake up to spend time with God

Note: Traditionally a Lenten fast is practiced Monday through Saturday. Sundays are reserved for worship and feasting in community with friends and family.

## **Giving Options:**

- Correspondence - Send an encouraging note/text to a different person every day
- Simplify - Thoughtfully give away a favorite personal possession each day or weekly
- Presence - Spend time with someone who is lonely, grieving, or in crisis
- Charity - Give financially to an individual in need or a reputable organization
- Service - Babysit for free for a family / Buy or cook someone a meal / Change someone's flat tire / Volunteer at a shelter / Repair someone's appliance / Clean someone's house, etc.

# LENT CALENDAR 2019

## **Ash Wednesday**

March 6, 6:30AM—8:30PM

The Grace Chapel will be open all day to allow you time for quiet, personal Lenten Reflection.

## **Weekday Reflection**

Monday-Friday, 6:30—8:30AM

The Grace Chapel will be open each morning to give you the opportunity for quiet, personal reflection.

## **Good Friday, April 19**

6:30—8:30AM - Chapel open for personal reflection

12-3PM - Chapel open for Stations of the Cross

6:30PM - Seder Experience (see page 103)

# WEEK ONE

Lord, heighten my spiritual senses  
to see that which is not visible,  
hear that which is not audible,  
sense that which is not tangible,  
believe that which is unbelievable.

Teach me to sort through  
the noises of this world,  
to hear and discern Your powerful,  
wonderful, pure, precious voice.

~Priscilla Shirer

## Ash Wednesday

Ash Wednesday ushers in the season of Lent. Throughout church history, the placement of ashes on one's forehead was an outward symbol of an inner repentance, as well as a reminder of our own mortality—that we are dust and to dust we will return (Genesis 3:19). Many Christians continue the ritual of ashes today.

Whether we partake in the tradition of ashes or not, at the heart of Ash Wednesday is God's invitation to stop whatever we are doing and take some time to come before Him in complete honesty through prayer, self examination and repentance.

### Reading—Psalm 51:1-17

*Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.*

*For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.*

*Surely I was sinful at birth, sinful from the time my mother conceived me. Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity.*



*Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

*Then I will teach transgressors your ways, so that sinners will turn back to you. Deliver me from the guilt of bloodshed, O God, you who are God my Savior, and my tongue will sing of your righteousness.*

*Open my lips, Lord, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.*

## **Journaling**

**What is God saying to you through this passage?**

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## **Prayer**

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## Reading—Isaiah 58:1-12

*“Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. For day after day they seek me out, they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them.*

*“Why have we fasted,” they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves?*

*Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD? “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?*

*Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness<sup>[a]</sup> will go before you, and the glory of the LORD will be your rear guard.*

*Then you will call, and the Lord will answer, you will cry for help, and he will say: Here am I. "If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.*

*The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.*

## **Journaling**

**What is God saying to you through this passage?**

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## **Prayer**

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**Reading—2 Corinthians 5:20-6:10**

Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Working together with him, then, we appeal to you not to receive the grace of God in vain. For he says,

“In a favorable time I listened to you,  
and in a day of salvation I have helped you.”

Behold, now is the favorable time; behold, now is the day of salvation. We put no obstacle in anyone’s way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: by great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, the Holy Spirit, genuine love; by truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; through honor and dishonor, through slander and praise.

We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold, we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, yet possessing everything.



# PRAYER OF EXAMEN

REFLECT ON YOUR WEEK. REVIEW YOUR JOURNALING AND PRAYERS.

**March 9**

What gave you life this week?

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What drained you this week?

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What is God inviting you to notice? Express your thoughts  
in a written prayer or by drawing a picture:

Prayer:

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Draw:





## WEEK TWO

O God, complete the work you have begun in me.

Release through me a flow of mercy and  
gentleness that will bring water where there is

desert, healing where there is hurt,

peace where there is violence,

beauty where there is ugliness,

justice where there is brokenness,

beginnings where there are dead-ends

Waken in me gratitude for my life,

love for every living thing,

joy in what is human and holy

praise for you.

~Ted Loder

**Reading—Deuteronomy 26:1-11**

“When you come into the land that the LORD your God is giving you for an inheritance and have taken possession of it and live in it, you shall take some of the first of all the fruit of the ground, which you harvest from your land that the LORD your God is giving you, and you shall put it in a basket, and you shall go to the place that the LORD your God will choose, to make his name to dwell there. And you shall go to the priest who is in office at that time and say to him, ‘I declare today to the LORD your God that I have come into the land that the LORD swore to our fathers to give us.’ Then the priest shall take the basket from your hand and set it down before the altar of the LORD your God.

“And you shall make response before the LORD your God, ‘A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labor. Then we cried to the LORD, the God of our fathers, and the LORD heard our voice and saw our affliction, our toil, and our oppression. And the LORD brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O LORD, have given me.’ And you shall set it down before the LORD your God and worship before the LORD your God. And you shall rejoice in all the good that the LORD your God has given to you and to your house, you, and the Levite, and the sojourner who is among you.



**Reading—Psalm 91**

He who dwells in the shelter of the Most High  
will abide in the shadow of the Almighty.  
I will say to the LORD, “My refuge and my fortress,  
my God, in whom I trust.”

For he will deliver you from the snare of the fowler  
and from the deadly pestilence.  
He will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.  
You will not fear the terror of the night,  
nor the arrow that flies by day,  
nor the pestilence that stalks in darkness,  
nor the destruction that wastes at noonday.

A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.  
You will only look with your eyes  
and see the recompense of the wicked.

Because you have made the LORD your dwelling place—  
the Most High, who is my refuge—  
no evil shall be allowed to befall you,  
no plague come near your tent.

For he will command his angels concerning you  
to guard you in all your ways.  
On their hands they will bear you up,  
lest you strike your foot against a stone.  
You will tread on the lion and the adder;  
the young lion and the serpent you will trample  
underfoot.

“Because he holds fast to me in love, I will deliver him;  
I will protect him, because he knows my name.  
When he calls to me, I will answer him;  
I will be with him in trouble;  
I will rescue him and honor him.  
With long life I will satisfy him and show him my salvation.”



**Reading—Romans 10:5-13**

For Moses writes about the righteousness that is based on the law, that the person who does the commandments shall live by them. But the righteousness based on faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, “Everyone who believes in him will not be put to shame.” For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For “everyone who calls on the name of the Lord will be saved.”

## Journaling

**What is God saying to you through this passage?**

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## Prayer

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**Reading—Luke 4:1-13**

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. The devil said to him, “If you are the Son of God, command this stone to become bread.” And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’” And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.” And Jesus answered him, “It is written,  
‘You shall worship the Lord your God,  
and him only shall you serve.’”

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, for it is written,  
‘He will command his angels concerning you,  
to guard you,’ and  
“‘On their hands they will bear you up,  
lest you strike your foot against a stone.’”

And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’” And when the devil had ended every temptation, he departed from him until an opportune time.





**Reading—Hebrews 10:1-10**

For since the law has but a shadow of the good things to come instead of the true form of these realities, it can never, by the same sacrifices that are continually offered every year, make perfect those who draw near. Otherwise, would they not have ceased to be offered, since the worshipers, having once been cleansed, would no longer have any consciousness of sins? But in these sacrifices there is a reminder of sins every year. For it is impossible for the blood of bulls and goats to take away sins.

Consequently, when Christ came into the world, he said,  
“Sacrifices and offerings you have not desired,  
but a body have you prepared for me;  
in burnt offerings and sin offerings  
you have taken no pleasure.

Then I said, ‘Behold, I have come to do your will, O God,  
as it is written of me in the scroll of the book.’”

When he said above, “You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings” (these are offered according to the law), then he added, “Behold, I have come to do your will.” He does away with the first in order to establish the second. And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.



# PRAYER OF EXAMEN

REFLECT ON YOUR WEEK. REVIEW YOUR JOURNALING AND PRAYERS.

**March 16**

What gave you life this week?

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What drained you this week?

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What is God inviting you to notice? Express your thoughts in a written prayer or by drawing a picture:

Prayer:

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Draw:



# WEEK THREE

Even when my faith is tested and my pathway is not clear, I'm reminded that you will never leave or forsake me. When your voice commands me to stretch beyond where I am, I yield in pursuit of a higher calling. Thanks for always using my struggles to strengthen me.

I truly trust you.

You are my hope, my life source, my joy, my everything, and yet will I trust you!

~Cristal M. Jackson

**Reading—Genesis 15:1-18**

After these things the word of the LORD came to Abram in a vision: “Fear not, Abram, I am your shield; your reward shall be very great.” But Abram said, “O Lord GOD, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?” And Abram said, “Behold, you have given me no offspring, and a member of my household will be my heir.” And behold, the word of the LORD came to him: “This man shall not be your heir; your very own son shall be your heir.” And he brought him outside and said, “Look toward heaven, and number the stars, if you are able to number them.” Then he said to him, “So shall your offspring be.” And he believed the LORD, and he counted it to him as righteousness.

And he said to him, “I am the LORD who brought you out from Ur of the Chaldeans to give you this land to possess.” But he said, “O Lord GOD, how am I to know that I shall possess it?” He said to him, “Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon.” And he brought him all these, cut them in half, and laid each half over against the other. But he did not cut the birds in half. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell on Abram. And behold, dreadful and great darkness fell upon him. Then the LORD said to Abram, “Know for certain that your offspring will be sojourners in a land that is not theirs and will be servants there, and they will be afflicted for four hundred years. But I will bring judgment on the nation that they serve, and afterward they shall come out with great possessions. As for you, you shall go to your fathers in peace; you shall be buried in a good old age. And they shall come back here in the fourth generation, for the iniquity of the Amorites is not yet complete.”





**Reading—Psalm 27**

The LORD is my light and my salvation;  
whom shall I fear?  
The LORD is the stronghold of my life;  
of whom shall I be afraid?

When evildoers assail me  
to eat up my flesh,  
my adversaries and foes,  
it is they who stumble and fall.

Though an army encamp against me,  
my heart shall not fear;  
though war arise against me,  
yet I will be confident.

One thing have I asked of the LORD,  
that will I seek after:  
that I may dwell in the house of the LORD  
all the days of my life,  
to gaze upon the beauty of the LORD  
and to inquire in his temple.

For he will hide me in his shelter  
in the day of trouble;  
he will conceal me under the cover of his tent;  
he will lift me high upon a rock.

And now my head shall be lifted up  
above my enemies all around me,  
and I will offer in his tent  
sacrifices with shouts of joy;  
I will sing and make melody to the LORD.

Hear, O LORD, when I cry aloud;  
be gracious to me and answer me!  
You have said, "Seek my face."  
My heart says to you,  
"Your face, LORD, do I seek."

Hide not your face from me.  
Turn not your servant away in anger,  
    O you who have been my help.  
Cast me not off; forsake me not,  
O God of my salvation!  
For my father and my mother have forsaken me,  
    but the LORD will take me in.

Teach me your way, O LORD,  
    and lead me on a level path  
    because of my enemies.  
Give me not up to the will of my adversaries;  
    for false witnesses have risen against me,  
    and they breathe out violence.

I believe that I shall look upon the goodness of the LORD  
    in the land of the living!  
Wait for the LORD;  
    be strong, and let your heart take courage;  
    wait for the LORD!

## **Journaling**

**What is God saying to you through this passage?**

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## **Prayer**

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***Reading—Philippians 3:12-4:1***

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you. Only let us hold true to what we have attained.

Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.



**Reading—Luke 13:31-35**

At that very hour some Pharisees came and said to him, “Get away from here, for Herod wants to kill you.” And he said to them, “Go and tell that fox, ‘Behold, I cast out demons and perform cures today and tomorrow, and the third day I finish my course. Nevertheless, I must go on my way today and tomorrow and the day following, for it cannot be that a prophet should perish away from Jerusalem.

O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing! Behold, your house is forsaken. And I tell you, you will not see me until you say, ‘Blessed is he who comes in the name of the Lord!’”



**Reading—Luke 9:28-43a**

Now about eight days after these sayings he took with him Peter and John and James and went up on the mountain to pray. And as he was praying, the appearance of his face was altered, and his clothing became dazzling white. And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was about to accomplish at Jerusalem. Now Peter and those who were with him were heavy with sleep, but when they became fully awake they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, “Master, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah”—not knowing what he said. As he was saying these things, a cloud came and overshadowed them, and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, “This is my Son, my Chosen One; listen to him!” And when the voice had spoken, Jesus was found alone. And they kept silent and told no one in those days anything of what they had seen.

On the next day, when they had come down from the mountain, a great crowd met him. And behold, a man from the crowd cried out, “Teacher, I beg you to look at my son, for he is my only child. And behold, a spirit seizes him, and he suddenly cries out. It convulses him so that he foams at the mouth, and shatters him, and will hardly leave him. And I begged your disciples to cast it out, but they could not.” Jesus answered, “O faithless and twisted generation, how long am I to be with you and bear with you? Bring your son here.” While he was coming, the demon threw him to the ground and convulsed him. But Jesus rebuked the unclean spirit and healed the boy, and gave him back to his father. And all were astonished at the majesty of God.











## WEEK FOUR

My Lord and my God, listening is hard for me. I do not exactly mean hard, for I understand that this is a matter of receiving rather than trying. What I mean is that I am so action oriented, that doing is easier for me than being. I need your help if I am to be still and listen. I would like to try. I would like to learn how to sink down into the light of your presence until I can become comfortable in that posture. Help me to try now.

~Richard Foster

**Reading—Isaiah 55**

“Come, everyone who thirsts,  
    come to the waters;  
and he who has no money,  
    come, buy and eat!  
Come, buy wine and milk  
    without money and without price.  
Why do you spend your money for that which is not bread,  
    and your labor for that which does not satisfy?  
Listen diligently to me, and eat what is good,  
    and delight yourselves in rich food.  
Incline your ear, and come to me;  
    hear, that your soul may live;  
    and I will make with you an everlasting covenant,  
    my steadfast, sure love for David.  
Behold, I made him a witness to the peoples,  
    a leader and commander for the peoples.  
Behold, you shall call a nation that you do not know,  
    and a nation that did not know you shall run to you,  
because of the LORD your God, and of the Holy One of  
Israel,  
    for he has glorified you.

“Seek the LORD while he may be found;  
    call upon him while he is near;  
let the wicked forsake his way,  
    and the unrighteous man his thoughts;  
let him return to the LORD, that he may have compassion  
on him,  
    and to our God, for he will abundantly pardon.  
For my thoughts are not your thoughts,  
    neither are your ways my ways, declares the LORD.  
For as the heavens are higher than the earth,  
    so are my ways higher than your ways  
    and my thoughts than your thoughts.

“For as the rain and the snow come down from heaven  
    and do not return there but water the earth,  
making it bring forth and sprout,  
    giving seed to the sower and bread to the eater, 46  
so shall my word be that goes out from my mouth;

it shall not return to me empty,  
but it shall accomplish that which I purpose,  
and shall succeed in the thing for which I sent it.

“For you shall go out in joy  
and be led forth in peace;  
the mountains and the hills before you  
shall break forth into singing,  
and all the trees of the field shall clap their hands.  
Instead of the thorn shall come up the cypress;  
instead of the brier shall come up the myrtle;  
and it shall make a name for the LORD,  
an everlasting sign that shall not be cut off.”

**Journaling**

**What is God saying to you through this passage?**

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**Prayer**

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**Reading—Psalm 63**

O God, you are my God; earnestly I seek you;  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
So I have looked upon you in the sanctuary,  
beholding your power and glory.  
Because your steadfast love is better than life,  
my lips will praise you.  
So I will bless you as long as I live;  
in your name I will lift up my hands.

My soul will be satisfied as with fat and rich food,  
and my mouth will praise you with joyful lips,  
when I remember you upon my bed,  
and meditate on you in the watches of the night;  
for you have been my help,  
and in the shadow of your wings I will sing for joy.  
My soul clings to you;  
your right hand upholds me.

But those who seek to destroy my life  
shall go down into the depths of the earth;  
they shall be given over to the power of the sword;  
they shall be a portion for jackals.  
But the king shall rejoice in God;  
all who swear by him shall exult,  
for the mouths of liars will be stopped.





**Reading—1 Corinthians 10:1-13**

For I do not want you to be unaware, brothers, that our fathers were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. Nevertheless, with most of them God was not pleased, for they were overthrown in the wilderness.

Now these things took place as examples for us, that we might not desire evil as they did. Do not be idolaters as some of them were; as it is written, “The people sat down to eat and drink and rose up to play.” We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did and were destroyed by serpents, nor grumble, as some of them did and were destroyed by the Destroyer. Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. Therefore let anyone who thinks that he stands take heed lest he fall. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.



**Reading—Luke 13:1-9**

There were some present at that very time who told him about the Galileans whose blood Pilate had mingled with their sacrifices. And he answered them, “Do you think that these Galileans were worse sinners than all the other Galileans, because they suffered in this way? No, I tell you; but unless you repent, you will all likewise perish. Or those eighteen on whom the tower in Siloam fell and killed them: do you think that they were worse offenders than all the others who lived in Jerusalem? No, I tell you; but unless you repent, you will all likewise perish.”

And he told this parable: “A man had a fig tree planted in his vineyard, and he came seeking fruit on it and found none. And he said to the vinedresser, ‘Look, for three years now I have come seeking fruit on this fig tree, and I find none. Cut it down. Why should it use up the ground?’ And he answered him, ‘Sir, let it alone this year also, until I dig around it and put on manure. Then if it should bear fruit next year, well and good; but if not, you can cut it down.’”



**Reading—Isaiah 7:10-14**

Again the LORD spoke to Ahaz: “Ask a sign of the LORD your God; let it be deep as Sheol or high as heaven.” But Ahaz said, “I will not ask, and I will not put the LORD to the test.” And he said, “Hear then, O house of David! Is it too little for you to weary men, that you weary my God also? Therefore the Lord himself will give you a sign. Behold, the virgin shall conceive and bear a son, and shall call his name Immanuel.



# PRAYER OF EXAMEN

REFLECT ON YOUR WEEK. REVIEW YOUR JOURNALING AND PRAYERS.

**March 30**

What gave you life this week?

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What drained you this week?

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## What is God inviting you to notice?

Express your thoughts in a written prayer or by drawing a picture:

Prayer:

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Draw



# WEEK FIVE

Dear Jesus, I love you.  
Dear Jesus, I love you,  
You're a friend of mine.  
You supply my every need.  
My hungry soul You feed.  
I'm aware You are my source  
From which all blessings flow,  
And with this thought in mind  
I know just where to go.

~Walter Hawkins

**Reading—Joshua 5.9-12**

And the LORD said to Joshua, “Today I have rolled away the reproach of Egypt from you.” And so the name of that place is called Gilgal to this day.

While the people of Israel were encamped at Gilgal, they kept the Passover on the fourteenth day of the month in the evening on the plains of Jericho. And the day after the Passover, on that very day, they ate of the produce of the land, unleavened cakes and parched grain. And the manna ceased the day after they ate of the produce of the land. And there was no longer manna for the people of Israel, but they ate of the fruit of the land of Canaan that year.

## **Journaling**

**What is God saying to you through this passage?**

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## **Prayer**

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**Reading—Psalm 32**

Blessed is the one whose transgression is forgiven,  
whose sin is covered.

Blessed is the man against whom the LORD counts no iniquity,  
and in whose spirit there is no deceit.

For when I kept silent, my bones wasted away  
through my groaning all day long.

For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer.

*Selah*

I acknowledged my sin to you,  
and I did not cover my iniquity;  
I said, "I will confess my transgressions to the LORD,"  
and you forgave the iniquity of my sin. *Selah*

Therefore let everyone who is godly  
offer prayer to you at a time when you may be found;  
surely in the rush of great waters,  
they shall not reach him.

You are a hiding place for me;  
you preserve me from trouble;  
you surround me with shouts of deliverance. *Selah*

I will instruct you and teach you in the way you should go;  
I will counsel you with my eye upon you.  
Be not like a horse or a mule, without understanding,  
which must be curbed with bit and bridle,  
or it will not stay near you.

Many are the sorrows of the wicked,  
but steadfast love surrounds the one who trusts in  
the LORD.



**Reading—2 Corinthians 5:11-21**

Therefore, knowing the fear of the Lord, we persuade others. But what we are is known to God, and I hope it is known also to your conscience. We are not commending ourselves to you again but giving you cause to boast about us, so that you may be able to answer those who boast about outward appearance and not about what is in the heart. For if we are beside ourselves, it is for God; if we are in our right mind, it is for you. For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.

From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.





**Reading—Luke 15:11-32**

And he said, “There was a man who had two sons. And the younger of them said to his father, ‘Father, give me the share of property that is coming to me.’ And he divided his property between them. Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living. And when he had spent everything, a severe famine arose in that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.

“But when he came to himself, he said, ‘How many of my father’s hired servants have more than enough bread, but I perish here with hunger! I will arise and go to my father, and I will say to him, “Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired servants.”’” And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. And the son said to him, ‘Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.’ But the father said to his servants, ‘Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. And bring the fattened calf and kill it, and let us eat and celebrate. For this my son was dead, and is alive again; he was lost, and is found.’ And they began to celebrate.

“Now his older son was in the field, and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what these things meant. And he said to him, ‘Your brother has come, and your father has killed the fattened calf, because he has received him back safe and sound.’ But he was angry and refused to go in. His father came out and entreated him, but<sup>66</sup> he answered his father, ‘Look, these many years I have

served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!’ And he said to him, ‘Son, you are always with me, and all that is mine is yours. It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.’”

**Journaling**

**What is God saying to you through this passage?**

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**Prayer**

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**Reading—Psalm 40**

I waited patiently for the LORD;  
     he inclined to me and heard my cry.  
 He drew me up from the pit of destruction,  
     out of the miry bog,  
 and set my feet upon a rock,  
     making my steps secure.  
 He put a new song in my mouth,  
     a song of praise to our God.  
 Many will see and fear,  
     and put their trust in the LORD.

Blessed is the man who makes  
     the LORD his trust,  
 who does not turn to the proud,  
     to those who go astray after a lie!  
 You have multiplied, O LORD my God,  
     your wondrous deeds and your thoughts toward us;  
     none can compare with you!  
 I will proclaim and tell of them,  
     yet they are more than can be told.

In sacrifice and offering you have not delighted,  
     but you have given me an open ear.  
 Burnt offering and sin offering  
     you have not required.  
 Then I said, "Behold, I have come;  
     in the scroll of the book it is written of me:  
 I delight to do your will, O my God;  
     your law is within my heart."

I have told the glad news of deliverance  
     in the great congregation;  
 behold, I have not restrained my lips,  
     as you know, O LORD.  
 I have not hidden your deliverance within my heart;

I have spoken of your faithfulness and your salvation;  
I have not concealed your steadfast love and your faithfulness  
from the great congregation.

As for you, O LORD, you will not restrain  
your mercy from me;  
your steadfast love and your faithfulness will  
ever preserve me!

For evils have encompassed me  
beyond number;  
my iniquities have overtaken me,  
and I cannot see;  
they are more than the hairs of my head;  
my heart fails me.

Be pleased, O LORD, to deliver me!  
O LORD, make haste to help me!  
Let those be put to shame and disappointed altogether  
who seek to snatch away my life;  
let those be turned back and brought to dishonor  
who delight in my hurt!  
Let those be appalled because of their shame  
who say to me, "Aha, Aha!"

But may all who seek you  
rejoice and be glad in you;  
may those who love your salvation  
say continually, "Great is the LORD!"  
As for me, I am poor and needy,  
but the Lord takes thought for me.  
You are my help and my deliverer;  
do not delay, O my God!













## WEEK SIX

Dear Jesus, help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others.

~Mother Teresa

Reading: Isaiah 43:16-21

Thus says the LORD,  
    who makes a way in the sea,  
    a path in the mighty waters,  
who brings forth chariot and horse,  
    army and warrior;  
they lie down, they cannot rise,  
    they are extinguished, quenched like a wick:  
“Remember not the former things,  
    nor consider the things of old.  
Behold, I am doing a new thing;  
    now it springs forth, do you not perceive it?  
I will make a way in the wilderness  
    and rivers in the desert.  
The wild beasts will honor me,  
    the jackals and the ostriches,  
for I give water in the wilderness,  
    rivers in the desert,  
to give drink to my chosen people,  
the people whom I formed for myself  
that they might declare my praise.



Reading: Psalm 126

When the LORD restored the fortunes of Zion,  
we were like those who dream.  
Then our mouth was filled with laughter,  
and our tongue with shouts of joy;  
then they said among the nations,

“The LORD has done great things for them.”

The LORD has done great things for us;  
we are glad.

Restore our fortunes, O LORD,  
like streams in the Negeb!  
Those who sow in tears  
shall reap with shouts of joy!  
He who goes out weeping,  
bearing the seed for sowing,  
shall come home with shouts of joy,  
bringing his sheaves with him.



## Reading: Philippians 3:1-14

Finally, my brothers, rejoice in the Lord. To write the same things to you is no trouble to me and is safe for you.

Look out for the dogs, look out for the evildoers, look out for those who mutilate the flesh. For we are the circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh— though I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith— that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead.

Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.





Reading: John 12: 1-8

Six days before the Passover, Jesus therefore came to Bethany, where Lazarus was, whom Jesus had raised from the dead. So they gave a dinner for him there. Martha served, and Lazarus was one of those reclining with him at table. Mary therefore took a pound of expensive ointment made from pure nard, and anointed the feet of Jesus and wiped his feet with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (he who was about to betray him), said, "Why was this ointment not sold for three hundred denarii and given to the poor?" He said this, not because he cared about the poor, but because he was a thief, and having charge of the moneybag he used to help himself to what was put into it. Jesus said, "Leave her alone, so that she may keep it for the day of my burial. For the poor you always have with you, but you do not always have me."



## Reading—Psalm 118

Oh give thanks to the LORD, for he is good;  
for his steadfast love endures forever!

Let Israel say,  
“His steadfast love endures forever.”  
Let the house of Aaron say,  
“His steadfast love endures forever.”  
Let those who fear the LORD say,  
“His steadfast love endures forever.”

Out of my distress I called on the LORD;  
the LORD answered me and set me free.  
The LORD is on my side; I will not fear.  
What can man do to me?  
The LORD is on my side as my helper;  
I shall look in triumph on those who hate me.

It is better to take refuge in the LORD  
than to trust in man.  
It is better to take refuge in the LORD  
than to trust in princes.

All nations surrounded me;  
in the name of the LORD I cut them off!  
They surrounded me, surrounded me on every side;  
in the name of the LORD I cut them off!  
They surrounded me like bees;  
they went out like a fire among thorns;  
in the name of the LORD I cut them off!  
I was pushed hard, so that I was falling,  
but the LORD helped me.

The LORD is my strength and my song;  
he has become my salvation.  
Glad songs of salvation  
are in the tents of the righteous:  
“The right hand of the LORD does valiantly,  
the right hand of the LORD exalts,

the right hand of the LORD does valiantly!"

I shall not die, but I shall live,  
and recount the deeds of the LORD.  
The LORD has disciplined me severely,  
but he has not given me over to death.

Open to me the gates of righteousness,  
that I may enter through them  
and give thanks to the LORD.  
This is the gate of the LORD;  
the righteous shall enter through it.  
I thank you that you have answered me  
and have become my salvation.  
The stone that the builders rejected  
has become the cornerstone.  
This is the LORD's doing;  
it is marvelous in our eyes.  
This is the day that the LORD has made;  
let us rejoice and be glad in it.

Save us, we pray, O LORD!  
O LORD, we pray, give us success!

Blessed is he who comes in the name of the LORD!  
We bless you from the house of the LORD.  
The LORD is God,  
and he has made his light to shine upon us.  
Bind the festal sacrifice with cords,  
up to the horns of the altar!

You are my God, and I will give thanks to you;  
you are my God; I will extol you.  
Oh give thanks to the LORD, for he is good;  
for his steadfast love endures forever!

**Journal on next page**













# WEEK SEVEN

O God, I love you -

who yourself are love  
who in love created me, and in love still cherish  
me; who loved me so much that you sent your Son  
to suffer and to die so that I might live with you;  
who have commanded me to show my love to you  
by loving my neighbor for your sake.

Help me in my unbelief, O God; give me greater  
patience in my hope; and make me more faithful in  
my love.

~John Baillie

**Reading—Isaiah 50:4-9a**

The Lord GOD has given me  
the tongue of those who are taught,  
that I may know how to sustain with a word  
him who is weary.

Morning by morning he awakens;  
he awakens my ear  
to hear as those who are taught.

The Lord GOD has opened my ear,  
and I was not rebellious;  
I turned not backward.

I gave my back to those who strike,  
and my cheeks to those who pull out the beard;  
I hid not my face  
from disgrace and spitting.

But the Lord GOD helps me;  
therefore I have not been disgraced;  
therefore I have set my face like a flint,  
and I know that I shall not be put to shame.

He who vindicates me is near.

Who will contend with me?  
Let us stand up together.

Who is my adversary?  
Let him come near to me.

Behold, the Lord GOD helps me;  
who will declare me guilty?



## Psalm 31

In you, O LORD, do I take refuge;  
 let me never be put to shame;  
 in your righteousness deliver me!

Incline your ear to me;  
 rescue me speedily!

Be a rock of refuge for me,  
 a strong fortress to save me!

For you are my rock and my fortress;  
 and for your name's sake you lead me and guide  
 me;  
 you take me out of the net they have hidden for me,  
 for you are my refuge.

Into your hand I commit my spirit;  
 you have redeemed me, O LORD, faithful God.

I hate those who pay regard to worthless idols,  
 but I trust in the LORD.

I will rejoice and be glad in your steadfast love,  
 because you have seen my affliction;  
 you have known the distress of my soul,  
 and you have not delivered me into the hand of the ene-  
 my;  
 you have set my feet in a broad place.

Be gracious to me, O LORD, for I am in distress;  
 my eye is wasted from grief;  
 my soul and my body also.

For my life is spent with sorrow,  
 and my years with sighing;  
 my strength fails because of my iniquity,  
 and my bones waste away.

Because of all my adversaries I have become a re-  
 proach,  
 especially to my neighbors,  
 and an object of dread to my acquaintances;  
 those who see me in the street flee from me.

I have been forgotten like one who is dead;  
 I have become like a broken vessel.

For I hear the whispering of many—  
    terror on every side!—  
as they scheme together against me,  
    as they plot to take my life.

But I trust in you, O LORD;  
    I say, “You are my God.”  
My times are in your hand;  
    rescue me from the hand of my enemies and from  
my persecutors!  
Make your face shine on your servant;  
    save me in your steadfast love!  
O LORD, let me not be put to shame,  
    for I call upon you;  
let the wicked be put to shame;  
    let them go silently to Sheol.  
Let the lying lips be mute,  
    which speak insolently against the righteous  
in pride and contempt.

Oh, how abundant is your goodness,  
    which you have stored up for those who fear you  
and worked for those who take refuge in you,  
    in the sight of the children of mankind!  
In the cover of your presence you hide them  
    from the plots of men;  
you store them in your shelter  
    from the strife of tongues.

Blessed be the LORD,  
    for he has wondrously shown his steadfast love to  
me  
    when I was in a besieged city.  
I had said in my alarm,  
    “I am cut off from your sight.”  
But you heard the voice of my pleas for mercy  
    when I cried to you for help.

Love the LORD, all you his saints!  
    The LORD preserves the faithful  
    but abundantly repays the one who acts in pride.  
Be strong, and let your heart take courage,  
    all you who wait for the LORD!







**Reading—Philippians 2.1-11**

So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.



**Reading—Luke 22:14-71**

And when the hour came, he reclined at table, and the apostles with him. And he said to them, “I have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the kingdom of God.” And he took a cup, and when he had given thanks he said, “Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.” And he took bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.” And likewise the cup after they had eaten, saying, “This cup that is poured out for you is the new covenant in my blood. But behold, the hand of him who betrays me is with me on the table. For the Son of Man goes as it has been determined, but woe to that man by whom he is betrayed!” And they began to question one another, which of them it could be who was going to do this.

A dispute also arose among them, as to which of them was to be regarded as the greatest. And he said to them, “The kings of the Gentiles exercise lordship over them, and those in authority over them are called benefactors. But not so with you. Rather, let the greatest among you become as the youngest, and the leader as one who serves. For who is the greater, one who reclines at table or one who serves? Is it not the one who reclines at table? But I am among you as the one who serves.

“You are those who have stayed with me in my trials, and I assign to you, as my Father assigned to me, a kingdom, that you may eat and drink at my table in my kingdom and sit on thrones judging the twelve tribes of Israel.

“Simon, Simon, behold, Satan demanded to have you, that he might sift you like wheat, but I have prayed for you that your faith may not fail. And when you have turned again, strengthen your brothers.” Peter said to him, “Lord, I am ready to go with you both to prison and to death.” Jesus <sup>100</sup> said, “I tell you, Peter, the rooster will not crow this day,

until you deny three times that you know me.”

And he said to them, “When I sent you out with no moneybag or knapsack or sandals, did you lack anything?” They said, “Nothing.” He said to them, “But now let the one who has a moneybag take it, and likewise a knapsack. And let the one who has no sword sell his cloak and buy one. For I tell you that this Scripture must be fulfilled in me: ‘And he was numbered with the transgressors.’ For what is written about me has its fulfillment.” And they said, “Look, Lord, here are two swords.” And he said to them, “It is enough.”

And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. And when he came to the place, he said to them, “Pray that you may not enter into temptation.” And he withdrew from them about a stone’s throw, and knelt down and prayed, saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.” And there appeared to him an angel from heaven, strengthening him. And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, and he said to them, “Why are you sleeping? Rise and pray that you may not enter into temptation.”

While he was still speaking, there came a crowd, and the man called Judas, one of the twelve, was leading them. He drew near to Jesus to kiss him, but Jesus said to him, “Judas, would you betray the Son of Man with a kiss?” And when those who were around him saw what would follow, they said, “Lord, shall we strike with the sword?” And one of them struck the servant of the high priest and cut off his right ear. But Jesus said, “No more of this!” And he touched his ear and healed him. Then Jesus said to the chief priests and officers of the temple and elders, who had come out against him, “Have you come out as against a robber, with swords and clubs? When I was with you day after day in the temple, you did not lay hands on me. But this is your hour, and the power of darkness.”

Then they seized him and led him away, bringing him into the high priest's house, and Peter was following at a distance. And when they had kindled a fire in the middle of the courtyard and sat down together, Peter sat down among them. Then a servant girl, seeing him as he sat in the light and looking closely at him, said, "This man also was with him." But he denied it, saying, "Woman, I do not know him." And a little later someone else saw him and said, "You also are one of them." But Peter said, "Man, I am not." And after an interval of about an hour still another insisted, saying, "Certainly this man also was with him, for he too is a Galilean." But Peter said, "Man, I do not know what you are talking about." And immediately, while he was still speaking, the rooster crowed. And the Lord turned and looked at Peter. And Peter remembered the saying of the Lord, how he had said to him, "Before the rooster crows today, you will deny me three times." And he went out and wept bitterly.

Now the men who were holding Jesus in custody were mocking him as they beat him. They also blindfolded him and kept asking him, "Prophecy! Who is it that struck you?" And they said many other things against him, blaspheming him.

When day came, the assembly of the elders of the people gathered together, both chief priests and scribes. And they led him away to their council, and they said, "If you are the Christ, tell us." But he said to them, "If I tell you, you will not believe, and if I ask you, you will not answer. But from now on the Son of Man shall be seated at the right hand of the power of God." So they all said, "Are you the Son of God, then?" And he said to them, "You say that I am." Then they said, "What further testimony do we need? We have heard it ourselves from his own lips."







# GOOD FRIDAY

## **Personal Reflection**

**6:30–8:30AM, Grace Chapel**

## **Stations of the Cross**

**12–3PM, Grace Chapel**

A quiet, self-guided time to reflect upon Jesus' suffering, death, and resurrection.

## **Seder Experience**

**6:30PM (Family Friendly)**

For 1400 years leading up to the death of Christ, the people of God were called to stop every year, gather together for a celebratory meal, and remember how the hand of God set them free from slavery in Egypt. This Passover (or Seder) meal, was full of incredible prophetic signs that pointed to the coming of Jesus our Messiah, the lamb sacrificed so that the angel of death would pass over us. When Jesus “broke the bread” and “took the cup” it was the fulfillment of 1400 years of anticipation. Join us with your family and friends as we experience a small taste of the Seder and discover God's redemptive plan.

This unique, guided, Seder experience is a great opportunity for all of us to grow our faith and to hear the gospel in a new, creative and exciting way.

**Reading—Luke 23:1-56**

Then the whole company of them arose and brought him before Pilate. And they began to accuse him, saying, “We found this man misleading our nation and forbidding us to give tribute to Caesar, and saying that he himself is Christ, a king.” And Pilate asked him, “Are you the King of the Jews?” And he answered him, “You have said so.” Then Pilate said to the chief priests and the crowds, “I find no guilt in this man.” But they were urgent, saying, “He stirs up the people, teaching throughout all Judea, from Galilee even to this place.”

When Pilate heard this, he asked whether the man was a Galilean. And when he learned that he belonged to Herod’s jurisdiction, he sent him over to Herod, who was himself in Jerusalem at that time. When Herod saw Jesus, he was very glad, for he had long desired to see him, because he had heard about him, and he was hoping to see some sign done by him. So he questioned him at some length, but he made no answer. The chief priests and the scribes stood by, vehemently accusing him. And Herod with his soldiers treated him with contempt and mocked him. Then, arraying him in splendid clothing, he sent him back to Pilate. And Herod and Pilate became friends with each other that very day, for before this they had been at enmity with each other.

Pilate then called together the chief priests and the rulers and the people, and said to them, “You brought me this man as one who was misleading the people. And after examining him before you, behold, I did not find this man guilty of any of your charges against him. Neither did Herod, for he sent him back to us. Look, nothing deserving death has been done by him. I will therefore punish and release him.”

But they all cried out together, “Away with this man, and release to us Barabbas”— a man who had been thrown into prison for an insurrection started in the city and for murder.

Pilate addressed them once more, desiring to release Jesus, but they kept shouting, "Crucify, crucify him!" A third time he said to them, "Why, What evil has he done? I have found in him no guilt deserving death. I will therefore punish and release him." But they were urgent, demanding with loud cries that he should be crucified. And their voices prevailed. So Pilate decided that their demand should be granted. He released the man who had been thrown into prison for insurrection and murder, for whom they asked, but he delivered Jesus over to their will.

And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus. And there followed him a great multitude of the people and of women who were mourning and lamenting for him. But turning to them Jesus said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For behold, the days are coming when they will say, 'Blessed are the barren and the wombs that never bore and the breasts that never nursed!' Then they will begin to say to the mountains, 'Fall on us,' and to the hills, 'Cover us.' For if they do these things when the wood is green, what will happen when it is dry?"

Two others, who were criminals, were led away to be put to death with him. And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. And Jesus said, "Father, forgive them, for they know not what they do." And they cast lots to divide his garments. And the people stood by, watching, but the rulers scoffed at him, saying, "He saved others; let him save himself, if he is the Christ of God, his Chosen One!" The soldiers also mocked him, coming up and offering him sour wine and saying, "If you are the King of the Jews, save yourself!" There was also an inscription over him, "This is the King of the Jews."

One of the criminals who were hanged railed at him, saying, "Are you not the Christ? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed justly, for we are receiving the due reward of our

deeds; but this man has done nothing wrong.” And he said, “Jesus, remember me when you come into your kingdom.” And he said to him, “Truly, I say to you, today you will be with me in paradise.”

It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, while the sun’s light failed. And the curtain of the temple was torn in two. Then Jesus, calling out with a loud voice, said, “Father, into your hands I commit my spirit!” And having said this he breathed his last. Now when the centurion saw what had taken place, he praised God, saying, “Certainly this man was innocent!” And all the crowds that had assembled for this spectacle, when they saw what had taken place, returned home beating their breasts. And all his acquaintances and the women who had followed him from Galilee stood at a distance watching these things.

Now there was a man named Joseph, from the Jewish town of Arimathea. He was a member of the council, a good and righteous man, who had not consented to their decision and action; and he was looking for the kingdom of God. This man went to Pilate and asked for the body of Jesus. Then he took it down and wrapped it in a linen shroud and laid him in a tomb cut in stone, where no one had ever yet been laid. It was the day of Preparation, and the Sabbath was beginning. The women who had come with him from Galilee followed and saw the tomb and how his body was laid. Then they returned and prepared spices and ointments.

On the Sabbath they rested according to the commandment.











# THE CONFESSIONS OF AUGUSTINE

The Maker of man was made man,  
that the Ruler of the stars might suck at the  
breast; that the Bread might be hungered;  
the Fountain, thirst; the Light, sleep;  
the Way, be wearied by the journey;  
the Truth be accused by false witnesses;  
the Judge of the living and the dead;  
the Chastener, be chastised with whips;  
the Vine be crowned with thorns;  
the Foundation, be hung upon a tree;  
Strength, be made weak; Health, be wounded;  
Life, die. To suffer these and suchlike things,  
Undeserved things, that He might free the  
undeserving, for neither did He deserve any  
evil, who for our sakes endured so many evils,  
nor were we deserving of anything good,  
we who through Him received such good.













