



*For as by a man came death,  
by a man has come also the resurrection of the dead.  
For as in Adam all die, so also in Christ shall all be made alive.  
But each in his own order: Christ the firstfruits,  
then at his coming those who belong to Christ.  
{1 Corinthians 15:21–23}*



# LENT

Exchange Church | 2019

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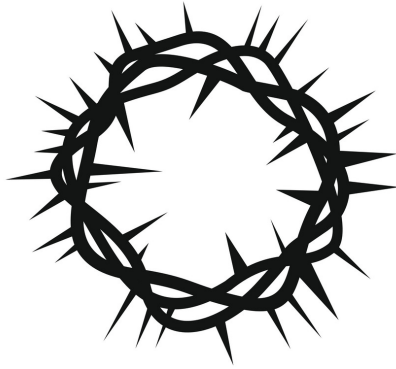
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All prayers (or "collects") are from the *Book of Common Prayer* (1979 edition); the prayer of confession and the prayer of thanksgiving are from the *Book of Common Prayer* (1928 edition).

The cover art is a linoleum block print by Elizabeth Steele Halstead, who describes the meaning of this design: "This cross is based on an Ethiopian design pattern. The rhythmic interlocking movements of the lines symbolize our unity with Christ in his death and resurrection. The Greek cross in the middle has arms of equal length to remind us that Christ's sacrifice reaches to the four corners of the earth. During the Lenten season we focus not only on the darkness—the seeming absence of God because of our waywardness—but also on the presence of God and our unity with Christ, through God's grace of reconciliation and renewal, indicated by the empty cross and the design's entwined lines" (<https://worship.calvin.edu/resources/resource-library/cross-ethiopian/>).



When the days drew near for him to be taken up,  
he set his face to go to Jerusalem.  
{Luke 9:51}

## TABLE OF CONTENTS

Introduction	1
A Prayer of Confession	4
Ash Wednesday   March 6th	6
First Sunday   March 10th	8
Second Sunday   March 17th	10
Third Sunday   March 24th	12
Fourth Sunday   March 31st	14
Fifth Sunday   April 7th	16
Sixth Sunday   April 14th	18
Maundy Thursday   April 18th	20
Good Friday   April 19th	22
Holy Saturday   April 20th	25
Resurrection Sunday   April 21st	27
A Prayer of Thanksgiving	30
Sources	31

## INTRODUCTION

At the heart of the Gospel is the cross and the resurrection of Jesus Christ, which the Church celebrates each and every year during Easter. In preparation for this celebration, Lent is the time set aside and ordered according to the story of redemption, into which we are invited to enter through acts of fasting and repentance. Just as Jesus “sets his face to Jerusalem” (Luke 9:51) in his journey to the cross, we are to follow him in this journey by denying ourselves, taking up our own cross, and following after Him (Luke 9:23). As we embrace this season of fasting and repentance in light of the cross, we prepare our hearts for feasting and celebration in light of His resurrection and the resurrection to come.

## WHAT IS LENT?

The “Church Calendar” was set up by the early church fathers who ordered time according to the story of Jesus Christ, which begins with Advent during the season of Christmas to remember the incarnation, and culminates with Easter to remember the crucifixion and resurrection. Lent is the season leading up to Easter, in which the Church prepares for the celebration of Jesus’ atoning sacrifice for the sins of the world and his victory over death in his resurrection.

The season of Lent has been traditionally marked by the forty days leading up to Easter, beginning with the first day, which is “Ash Wednesday.” The word “Lent” literally means “to lengthen” (from Old English) and was used to refer to the period of Spring, in which the days were “lengthened.” The significance of the number *forty* is associated with the period of temptation Jesus experiences in the wilderness as he fasted forty days and forty nights (Matthew 4; Luke 4), which not only served as the affirmation of his identity and role as the Son of God, but also the preparation for his ministry as the Messiah.

The Church has traditionally observed Lent by participating in some type of fasting (whether that be food and drink, or a form of comfort or entertainment) during the forty days (with the exception of Sundays). Fasting takes place throughout the week (Monday through Saturday), while certain types of feasting takes place on each Sunday.

## WHY OBSERVE LENT?

There are so many ways we have chosen to order time in our society, whether that be financial quarters, school semesters, or even sport seasons. If time passes either way, and we appear to be naturally inclined to arrange time in one way or another, why not orient the rhythm of our lives according to the redemptive story of Jesus Christ, just as the early church fathers did? Their hope for Lent then, as it is our hope now, was to set up a liturgy of time that would help the Church to renew and refresh our focus and love for Jesus, by putting off the tangible comforts of the world in order to reflect upon the glorious nature of the cross. By aligning the rhythms of our life with the life, death, and resurrection of Jesus Christ, we may put into practice the alignment of our story with his.

Yet, there may be some hesitation today to observe Lent due to a fear it may be overly “ritualistic” or overly concerned with outward “religious” expressions of our faith. While there always needs to be a guard against doing anything in the name of Jesus Christ for the wrong reasons and motivations, the practices of fasting and repentance are both biblical and historical means by which the Church has assisted believers in rightly aligning their attitude, disposition, and affections with the person and work of Jesus Christ. In a society obsessed with self-indulgence and instant gratification, the practice of self-denial and self-control is a strong reminder that we are

made for a “better country, that is, a heavenly one,” (Hebrews 11:16) in which we will be fully satisfied in Christ our King. As David Mathis says,

We fast in this life because we believe in the life to come. We don’t have to get it all here and now, because we have a promise that we will have it all in the coming age. We fast from what we can see and taste, because we have tasted and seen the goodness of the invisible and infinite God—and are desperately hungry for more of him.

The season of Lent thus provides an opportunity to practice self-denial through fasting and repentance, enabling our hearts, souls, and minds to reflect upon and be formed by the weight of the cross and the glory of the resurrection.

### **FASTING AND FEASTING**

A significant part of observing Lent is the practice of fasting, which is voluntarily going without food, or some other good or comfort regularly enjoyed. There are different types of fasting that one may partake during Lent. The most common is a fast from food and drink, whether that is fasting from certain types of food or drink (such as dessert, caffeinated drinks, etc.), or fasting from all food on particular days (though, one should not fast from water). Other types could include fasting from entertainment (TV, movies, music), the internet (or specifically social media or even email), or other activities such as shopping. The purpose of these fasts is to set aside the things that may ultimately distract us from self-reflection and communing with God.

It is important to note that fasting is *not* to be understood as a means by which we are able to get something from God or to earn his favor. Rather, fasting provides reflection upon the state of souls in order that we may express our dependence upon God’s goodness, our desperation for God’s grace, and our devotion to God’s glory. In this way, fasting is not to be a burden of guilt but an opportunity for grace. In fact, we should understand our call to fast in light of our call to feast, in which our fasting from the things of this world anticipates our feasting with the King in his glory in the world to come (Revelation 19:6-9).

In this light, the seasons of Lent is a rhythm of fasting and feasting. Throughout the days of the week (Monday through Saturday), you are encouraged to engage in fasting, and every Sunday, you are to engage in feasting, which anticipates the celebration of Easter. The feast can be the enjoyment of the thing from which you have decided to fast (such as desserts or caffeine), or it can simply be the enjoyment of a meal that intentionally focuses on God’s goodness, grace, and glory. However, since the Christian life is never meant to be lived in isolation the purpose of this guide is to be done together as the Body of Christ. Therefore, the feasts that we choose to observe should be intentional in gathering with our friends, family, and neighbors.

## HOW TO USE THIS GUIDE

The guide is designed to walk you through the weeks of Lent, beginning with Ash Wednesday, followed by the six Sundays, and culminating with the final days of Easter: Maundy Thursday, Good Friday, Holy Saturday, and Resurrection Sunday. Each of these days provides a prayer and passage from the Gospel of Luke to help you reflect upon and respond to Jesus' journey to the Cross. At the bottom of each of these days includes a passage from Scripture for each day of the subsequent week to reflect upon a particular theme for that week.

As you pray these prayers and read these passages, consider these questions for your reflections and responses:

1. What do these prayers and passages reveal about the Person and Work of Jesus Christ?
2. What does your practice of prayer, fasting, and meditating on Scripture reveal about your own heart?
3. What are some ways you may respond to God in the grace of Jesus Christ through the power of the Holy Spirit?

Please take some time to pray and reflect upon the areas of your life where fasting might help you rely on the grace of God in order that you may better reflect on the glory of God. Also consider how you may spend your times of feasting with your family, friends, and neighbors to edify one another.

My commitment to Fast and Feast: \_\_\_\_\_

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## BY HIS GRACE FOR HIS GLORY

As a final word of encouragement, this guide is in no way to be used as a measure for our righteousness nor should it become a burden for our guilt. Rather, it is meant to assist each of us to fix our eyes on Jesus Christ and encourage one another in this race of endurance (Hebrews 12:1-2). In this light, we should approach this guide with the grace that is found in Christ Jesus—for our good and for His glory.

## **A PRAYER OF CONFESSION**

Almighty and merciful Father  
We have erred, and strayed from thy ways like lost sheep.  
We have followed too much the devises and desires of our own hearts.  
We have offended against thy holy laws.  
We have left undone those things which we ought to have done;  
And we have done those things which we ought not to have done;  
And there is no health in us.

But thou, O Lord, have mercy upon us, miserable offenders.  
Spare thou those, O God, who confess their faults.  
Restore thou those who are penitent;  
According to thy promises declared unto mankind  
In Christ Jesus our Lord.

And grant, O most merciful Father, for his sake;  
That we may hereafter live a godly, righteous, and sober life,  
To the glory of thy holy Name.  
Amen.

{Book of Common Prayer}





## ASH WEDNESDAY | MARCH 6TH

### PRAYER

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### SCRIPTURE | GENESIS 3:14-19

The LORD God said to the serpent,

“Because you have done this,  
    cursed are you above all livestock and above all beasts of the field;  
on your belly you shall go,  
    and dust you shall eat all the days of your life.  
I will put enmity between you and the woman,  
    and between your offspring and her offspring;  
he shall bruise your head, and you shall bruise his heel.”

To the woman he said,

“I will surely multiply your pain in childbearing;  
    in pain you shall bring forth children.  
Your desire shall be contrary to your husband,  
    but he shall rule over you.”

And to Adam he said,

“Because you have listened to the voice of your wife  
    and have eaten of the tree  
of which I commanded you,  
    ‘You shall not eat of it,’  
cursed is the ground because of you;  
    in pain you shall eat of it all the days of your life;  
thorns and thistles it shall bring forth for you;  
    and you shall eat the plants of the field.

By the sweat of your face  
    you shall eat bread,  
till you return to the ground,  
    for out of it you were taken;  
for you are dust,  
    and to dust you shall return.”

### READINGS FOR THE WEEK | SIN AND MORTALITY

**Thursday:** *Psalm 90* | **Friday:** *Jonah 2* | **Saturday:** *Romans 5*



## FIRST SUNDAY IN LENT | MARCH 10<sup>TH</sup>

### PRAYER

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan; Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

### SCRIPTURE | 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.

### READINGS FOR THE WEEK | TEMPTATION AND TRIALS

**Monday:** *Deuteronomy 8:1-10* | **Tuesday:** *Psalms 26* | **Wednesday:** *Proverbs 1:10-15*  
**Thursday:** *1 Corinthians 10:1-13* | **Friday:** *Ephesians 6:10-20* | **Saturday:** *Hebrews 2:14-18*



## SECOND SUNDAY IN LENT | MARCH 17TH

### PRAYER

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

### SCRIPTURE | LUKE 7:36-50

One of the Pharisees asked him to eat with him, and he went into the Pharisee's house and reclined at table. And behold, a woman of the city, who was a sinner, when she learned that he was reclining at table in the Pharisee's house, brought an alabaster flask of ointment, and standing behind him at his feet, weeping, she began to wet his feet with her tears and wiped them with the hair of her head and kissed his feet and anointed them with the ointment. Now when the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would have known who and what sort of woman this is who is touching him, for she is a sinner." And Jesus answering said to him, "Simon, I have something to say to you." And he answered, "Say it, Teacher."

"A certain moneylender had two debtors. One owed five hundred denarii, and the other fifty. When they could not pay, he cancelled the debt of both. Now which of them will love him more?" Simon answered, "The one, I suppose, for whom he cancelled the larger debt." And he said to him, "You have judged rightly." Then turning toward the woman he said to Simon, "Do you see this woman? I entered your house; you gave me no water for my feet, but she has wet my feet with her tears and wiped them with her hair. You gave me no kiss, but from the time I came in she has not ceased to kiss my feet. You did not anoint my head with oil, but she has anointed my feet with ointment. Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little." And he said to her, "Your sins are forgiven." Then those who were at table with him began to say among themselves, "Who is this, who even forgives sins?" And he said to the woman, "Your faith has saved you; go in peace."

### READINGS FOR THE WEEK | REPENTANCE

**Monday:** *Deuteronomy 30:1-10* | **Tuesday:** *Joel 2:12-17* | **Wednesday:** *Psalms 51*  
**Thursday:** *Job 42:1-6* | **Friday:** *Acts 2:1-47* | **Saturday:** *Revelation 2:1-7*



## THIRD SUNDAY IN LENT | MARCH 24TH

### PRAYER

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### SCRIPTURE | LUKE 9:18-27

Now it happened that as he was praying alone, the disciples were with him. And he asked them, "Who do the crowds say that I am?" And they answered, "John the Baptist. But others say, Elijah, and others, that one of the prophets of old has risen." Then he said to them, "But who do you say that I am?" And Peter answered, "The Christ of God."

And he strictly charged and commanded them to tell this to no one, saying, "The Son of Man must suffer many things and be rejected by the elders and chief priests and scribes, and be killed, and on the third day be raised."

And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it. For what does it profit a man if he gains the whole world and loses or forfeits himself? For whoever is ashamed of me and of my words, of him will the Son of Man be ashamed when he comes in his glory and the glory of the Father and of the holy angels. But I tell you truly, there are some standing here who will not taste death until they see the kingdom of God."

### READINGS FOR THE WEEK | SUFFERING

**Monday:** *Exodus 3:7-12* | **Tuesday:** *Isaiah 43:1-8* | **Wednesday:** *Isaiah 52:13-53:12*  
**Thursday:** *Psalm 34* | **Friday:** *2 Corinthians 4:16-18* | **Saturday:** *2 Peter 5:6-11*





## FOURTH SUNDAY IN LENT | MARCH 31ST

### PRAYER

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

### SCRIPTURE | LUKE 11:1-13

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." And he said to them, "When you pray, say:

"Father, hallowed be your name.

Your kingdom come.

Give us each day our daily bread,

and forgive us our sins,

for we ourselves forgive everyone who is indebted to us.

And lead us not into temptation."

And he said to them, "Which of you who has a friend will go to him at midnight and say to him, 'Friend, lend me three loaves, for a friend of mine has arrived on a journey, and I have nothing to set before him'; and he will answer from within, 'Do not bother me; the door is now shut, and my children are with me in bed. I cannot get up and give you anything'? I tell you, though he will not get up and give him anything because he is his friend, yet because of his impudence he will rise and give him whatever he needs. And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

### READINGS FOR THE WEEK | BLESSING AND PROVISION

**Monday:** *Genesis 2:4-2:25* | **Tuesday:** *Isaiah 55* | **Wednesday:** *Psalms 104*  
**Thursday:** *John 6:25-71* | **Friday:** *Romans 8:31-39* | **Saturday:** *1 Timothy 6:3-16*

## FOURTH SUNDAY IN LENT | REFLECTION & RESPONSE

Questions to consider for your reflections and responses:

1. What do these prayers and passages reveal about the Person and Work of Jesus Christ?
2. What does your practice of prayer, fasting, and meditating on Scripture reveal about your own heart?
3. What are ways you may respond to God in the grace of Jesus Christ through the power of the Holy Spirit?

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*And my God will supply every need of yours according to his riches in glory in Christ Jesus.  
To our God and Father be glory forever and ever. Amen.  
{Philippians 4:19-20}*

## FIFTH SUNDAY IN LENT | APRIL 7TH

### PRAYER

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

### SCRIPTURE | LUKE 18:9-17

He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

Now they were bringing even infants to him that he might touch them. And when the disciples saw it, they rebuked them. But Jesus called them to him, saying, "Let the children come to me, and do not hinder them, for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it."

### READINGS FOR THE WEEK | RIGHTEOUSNESS

**Monday:** Isaiah 42:1-10 | **Tuesday:** Habakkuk 2:1-5 | **Wednesday:** Psalm 32  
**Thursday:** Romans 3:1-26 | **Friday:** 2 Corinthians 5:16-21 | **Saturday:** 1 John 3:1-24

## FIFTH SUNDAY IN LENT | REFLECTION & RESPONSE

Questions to consider for your reflections and responses:

1. What do these prayers and passages reveal about the Person and Work of Jesus Christ?
2. What does your practice of prayer, fasting, and meditating on Scripture reveal about your own heart?
3. What are ways you may respond to God in the grace of Jesus Christ through the power of the Holy Spirit?

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*Behold, his soul is puffed up; it is not upright within him, but the righteous shall live by his faith.*  
{Habakkuk 2:4}

## SUNDAY OF THE PASSION: PALM SUNDAY | APRIL 14TH

### PRAYER

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### SCRIPTURE | LUKE 18:18-34

And a ruler asked him, "Good Teacher, what must I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good except God alone. You know the commandments: 'Do not commit adultery, Do not murder, Do not steal, Do not bear false witness, Honor your father and mother.'" And he said, "All these I have kept from my youth." When Jesus heard this, he said to him, "One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow me." But when he heard these things, he became very sad, for he was extremely rich. Jesus, seeing that he had become sad, said, "How difficult it is for those who have wealth to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God." Those who heard it said, "Then who can be saved?" But he said, "What is impossible with man is possible with God." And Peter said, "See, we have left our homes and followed you." And he said to them, "Truly, I say to you, there is no one who has left house or wife or brothers or parents or children, for the sake of the kingdom of God, who will not receive many times more in this time, and in the age to come eternal life."

And taking the twelve, he said to them, "See, we are going up to Jerusalem, and everything that is written about the Son of Man by the prophets will be accomplished. For he will be delivered over to the Gentiles and will be mocked and shamefully treated and spit upon. And after flogging him, they will kill him, and on the third day he will rise." But they understood none of these things. This saying was hidden from them, and they did not grasp what was said.

### READINGS FOR THE WEEK | HUMILITY

**Monday:** *Jeremiah 9:23-24* | **Tuesday:** *Psalm 22* | **Wednesday:** *Philippians 2:1-11*

## SUNDAY OF THE PASSION: PALM SUNDAY | REFLECTION & RESPONSE

Questions to consider for your reflections and responses:

1. What do these prayers and passages reveal about the Person and Work of Jesus Christ?
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*Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.*

{1 Peter 5:6-7}

## **MAUNDY THURSDAY | APRIL 18TH**

### **PRAYER**

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **SCRIPTURE | LUKE 22:7-23**

Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, "Go and prepare the Passover for us, that we may eat it." They said to him, "Where will you have us prepare it?" He said to them, "Behold, when you have entered the city, a man carrying a jar of water will meet you. Follow him into the house that he enters and tell the master of the house, 'The Teacher says to you, Where is the guest room, where I may eat the Passover with my disciples?' And he will show you a large upper room furnished; prepare it there." And they went and found it just as he had told them, and they prepared the Passover.

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.





## GOOD FRIDAY | APRIL 19TH

### PRAYER

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### SCRIPTURE | LUKE 23:1-49

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.



## **HOLY SATURDAY | APRIL 20TH**

### **PRAYER**

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **SCRIPTURE | LUKE 23:50-56**

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.



## RESURRECTION DAY | APRIL 21ST

### PRAYER

Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

### SCRIPTURE | LUKE 24

But on the first day of the week, at early dawn, they went to the tomb, taking the spices they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel. And as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? He is not here, but has risen. Remember how he told you, while he was still in Galilee, that the Son of Man must be delivered into the hands of sinful men and be crucified and on the third day rise." And they remembered his words, and returning from the tomb they told all these things to the eleven and to all the rest. Now it was Mary Magdalene and Joanna and Mary the mother of James and the other women with them who told these things to the apostles, but these words seemed to them an idle tale, and they did not believe them. But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home marveling at what had happened.

That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking with each other about all these things that had happened. While they were talking and discussing together, Jesus himself drew near and went with them. But their eyes were kept from recognizing him. And he said to them, "What is this conversation that you are holding with each other as you walk?" And they stood still, looking sad. Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people, and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things happened. Moreover, some women of our company amazed us. They were at the tomb early in the morning, and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see." And he said to them, "O foolish ones, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into his glory?" And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself. So they drew near to the village to which they were going. He acted as if he were going farther, but they urged him strongly, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them. When he was at table with them, he took the bread and blessed and broke it and gave it to them. And their eyes were opened, and they recognized him. And he vanished from their sight. They said to each other, "Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?" And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, saying, "The Lord has risen indeed, and

has appeared to Simon!" Then they told what had happened on the road, and how he was known to them in the breaking of the bread.

As they were talking about these things, Jesus himself stood among them, and said to them, "Peace to you!" But they were startled and frightened and thought they saw a spirit. And he said to them, "Why are you troubled, and why do doubts arise in your hearts? See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have." And when he had said this, he showed them his hands and his feet. And while they still disbelieved for joy and were marveling, he said to them, "Have you anything here to eat?" They gave him a piece of broiled fish, and he took it and ate before them.

Then he said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled." Then he opened their minds to understand the Scriptures, and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance for the forgiveness of sins should be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I am sending the promise of my Father upon you. But stay in the city until you are clothed with power from on high."

And he led them out as far as Bethany, and lifting up his hands he blessed them. While he blessed them, he parted from them and was carried up into heaven. And they worshiped him and returned to Jerusalem with great joy, and were continually in the temple blessing God.



## RESURRECTION DAY | REFLECTION & RESPONSE

Questions to consider for your reflections and responses:

1. What do these prayers and passages reveal about the Person and Work of Jesus Christ?
2. What does your practice of prayer, fasting, and meditating on Scripture reveal about your own heart?
3. What are ways you may respond to God in the grace of Jesus Christ through the power of the Holy Spirit?

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*I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live.*  
{John 11:25}

## **A PRAYER OF THANKSGIVING**

*Almighty God,  
Father of all mercies,  
we, thine unworthy servants,  
do give thee most humble and hearty thanks  
for all thy goodness  
and loving-kindness to us,  
and to all men;*

*We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all, for thine inestimable love  
in the redemption of the world  
by our Lord Jesus Christ;  
for the means of grace,  
and for the hope of glory.*

*And, we beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory,  
world without end,  
Amen.*

{Book of Common Prayer}