



REDEEMER

ORANGE COUNTY

{ *lent guide 2024* }



“O God, early in the morning I cry to you.
Help me to pray
And to concentrate my thoughts on you:
I cannot do this alone.
In me there is darkness,
But with you there is light;
I am lonely, but you do not leave me;
I am feeble in heart, but with you there is help;
I am restless, but with you there is peace.
In me there is bitterness, but with you there is patience;
I do not understand your ways,
But you know the way for me...
Restore me to liberty,
And enable me to live now
That I may answer before you and before me.
Lord, whatever this day may bring,
Your name be praised. Amen”

-Dietrich Bonhoeffer, *“I Cannot Do This Alone”*



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Introduction

INTRODUCING LENT

Over the centuries, the Church developed the liturgical calendar as a tool to help the people of God remember and celebrate the full mystery of the Gospel as revealed and fulfilled in Jesus Christ, the Son of God and Redeemer of the world. The liturgical seasons are: Advent, Christmas, Epiphany, Lent, Easter, and Pentecost. Each season helps us enter the mystery of the Gospel drawing our attention to a different aspects of the life, death, resurrection, ascension and promised return of Jesus.

The origins of Lent lie in the early church, which reserved Easter for baptism, the sacrament of initiation into the household of God. Catechumens (or people seeking baptism) would spend a season preparing themselves for Easter and the sacrament. By the early 4th Century, this season had become a 40 day period, paralleling the 40 years Israel spent in the wilderness in repentance and the 40 days Jesus spent in the wilderness fasting and suffering temptation. This period was used not only by catechumens, but also their entire congregations to remember their own baptisms and prepare for the celebration of Easter.

Beginning on Ash Wednesday and ending with the Easter Vigil, Lent, specifically, draws our attention to Jesus' suffering and self-sacrifice. Purple is used through most of the season because it symbolizes royalty, suffering and repentance. As Lent draws our attention to Jesus' suffering, the season invites us into spiritual practices that help us see our own role in Jesus' suffering and to grow in his selfless likeness.

Ash Wednesday comes from the tradition of Christians receiving ashes on their foreheads. In the Bible, especially the Old Testament, ashes symbolize our frailty and sorrow, and so we see God's people of old using ashes during seasons of deep repentance and lamentation. The final week of Lent is Holy Week. It begins with Palm Sunday, which commemorates Jesus entry into Jerusalem and reception as King. Maundy Thursday commemorates the Passover meal Jesus shared with his disciples during which Jesus washed his disciples feet and instituted the Lord's Supper as a sacrament. The name "Maundy" comes from the Latin *mandatum novum*, meaning "new commandment" because after washing his disciples feet, Jesus tells them: "A new commandment I give to you, love one another as I have loved you." (John 13:34). On Good Friday, we remember the death of Jesus on the cross. While tragic, we call the day good because Jesus' death means forgiveness and new life for his people. The final day of Lent is the Easter Vigil. It's a day of waiting and anticipation for the celebration Easter Sunday, the resurrection of our Lord Jesus Christ, which is the end of all sin and death. Hallelujah!

The Sundays in Lent are in the season but not of it, and are celebrated as "feast" days, traditionally days on which Lenten fasts are broken as we gather together for worship and to celebrate Christ's resurrection.

Purple is the color of Lent. It signifies penitence and humility, and is meant to remind us of humanity's suffering under sin and of Christ's suffering on the cross - the color of a bruise. Purple is also the color of royalty and anticipates the coming glory of Christ's resurrection on Easter.

We all have different reactions to the season of Lent and its practices. Some of us come from traditions and congregations that observe Lent and explain it well. Some of us observe Lent by practicing some measure of austerity but without really understanding why. Some of us know Lent only by what immediately precedes it: Mardi Gras or Carnival or Pancake Tuesday. Still, there are those of us who never have observed it and do not know why we should. Regardless of our experiences and reactions, it is important to consider the meaning of Lent, as well as how and why we should observe it.

KEEPING LENT

How do we keep a holy Lent? We encourage you to consider the following:

Self-examination: Self-examination is critical to keeping Lent because without it, repentance is impossible. As Lamentations 3:40 says: "Let us examine and probe our ways, and let us return to the LORD." So, use Lent as an opportunity to ask yourself some hard questions about your desires and habits, your ambitions and failures, your hopes and fears, and your pride and shame. The Holy Spirit uses this kind of intentional self-examination to reveal our sin and idolatry, or all the ways we seek life apart from God.

Self-denial: Consider fasting during Lent. This practice of self-denial helps us to remember that we do not live by bread alone (Matthew 4:4) and that Jesus is the true bread of life (John 6:35). How? As we abstain from food, beverage, and other excesses, we deprive ourselves of the things that make us feel self-sufficient and protected. It's in this place where we confront the temptation to live apart from God as our own gods. It's in this place that we can confront our sin and hear with fresh ears the Good News that Jesus has defeated sin and death and invites us to live with him.

We recommend fasting by giving up a food, beverage, or activity that you often turn to for comfort. Perhaps this is chocolate, chips, beer or wine. Perhaps it is watching TV or spending time on social media. As you consider what to abstain from, you may feel the need to abstain from more than one thing. Another way to fast is to give up one meal a day, especially if you're in the habit of eating out. If you would like to practice a full day of complete fasting (no food, but water/juice allowed), we recommend doing so on Ash Wednesday or Good Friday. These are the traditional days for full fasting for many Christians around the world.

As fasting moves us to a dependence on God for our satisfaction, it creates space for us to experience the joy of fellowship with God and one another. For example, a little less time watching TV leads to a little more time for reflection and fellowship. A little less money spent on yourself leads to a little more generosity to those around you. Fasting always leads to feasting. As you fast and find more space, consider new practices you can re-engage or take up.

Since we do not live the Christian life alone, consider fasting with your small group, friends, roommates or family. Is there something you can all give up and a practice you can all take on?

On that note, please remember that Sundays are never fast days; they are feast days.

Jesus rose from the dead on the first day of the week, and we celebrate that fact every Sunday, even during Lent! This is why the Sundays in Lent are not part of the season. So during Lent, take a break from fasting on Sundays and remember with joy that our salvation is a gracious gift from God!

Self-giving: As self-examination and self-denial turn us away from self to God, the practices also create more and more room in our lives for others. So for centuries, Christians have used Lent as a time to cultivate compassion, or love of neighbor, especially the poor, oppressed and marginalized.

There are many ways to this. Here are a few suggestions: Consider taking any money or time saved from fasting and giving it to these mercy and service Orange County organizations:

Kidworks | Santa Ana | www.kidworksoc.org
Educational programs serving children, youth & parents at learning centers in central Santa Ana.

Orange County Rescue Mission / The Village of Hope | Tustin | www.rescuemission.org
Food service, spiritual & personal development, counseling services, parenting & child enrichment, etc.

Olive Crest - Safe Homes | Orange County | <https://www.olivecrest.org/host-families/>
Volunteer as a host family caring for a child in your home on a short-term basis.

Trellis | Costa Mesa | www.wearetrellis.com
Education, homelessness, and immigration initiatives.

The Means of Grace: Finally, undergirding self-examination, self-denial and self-giving are the means of grace. Historically, the church has said there are three means of grace, or instruments through which God helps us turn to him and grow more and more like Christ: prayer, scripture and sacraments.

As we turn to God, prayer becomes natural. We offer to God our hearts, souls and minds in prayer, and in turn, we discover God's attention is already fixed on us and that he's listening and ready to speak to us. In Scripture, we hear God's life-giving word to us and we are reminded over and over again of the Good News, that he comes to us in Jesus Christ. In the Sacraments, we physically experience the presence of God and his promises. Moreover, the Sacraments remind us that we are to experience the entirety of our Christian lives in community with our brother and sisters in Jesus Christ.

So, if regular times of Bible study and prayer have never been part of your life or they once were but have become less so, then Lent is a wonderful time to re-engage: Consider framing your days with short times of prayer and study in the mornings or evenings or both. Join a small group or ask your family or roommates to join you in periodic morning and/or evening prayer.

And make it a point to attend Sunday worship services. Our faith is a communal faith. We are not meant to observe Lent alone. We are not meant to follow Jesus on our own. There are many today who identify themselves as Christians but for whom the church is peripheral and tangential. If this sounds like you, then use this Lenten season to commit yourself to the community of God's people.

If you identify as a follower of Christ and yet have never been baptized, then make every effort to be baptized as soon as possible. If you have been baptized, remember that in baptism you were incorporated into a community, the family of God, and that you are to join in the family meal, the Eucharist.

All in all, Lent is a natural time to live into a "Rule of Life"—a way of structuring our ordinary days with Christian practices that root us in the Holy Spirit and gently guide us towards God and God's love manifested in the life, death and resurrection of Jesus Christ. By taking time to practice the a Rule during Lent, we strengthen our existing spiritual habits and nourish new ones that God uses to sustain us throughout the year.

EASTER SEASON

There's much wisdom in preparing for Easter for 40 days because Easter itself is a 50 day celebration in response to the resurrection of Jesus Christ, his victory over sin and death, and his gift of new and everlasting life. Easter is much more than a fun weekend of chocolates, pastel outfits, egg hunts, and spiral hams! If we take time to prepare for a wedding, an anniversary, a birthday, a graduation, a vacation, an athletic competition or any other special occasion, how much more should we prepare for Easter, the feast of feasts?

So, whereas Lent is marked by mourning and fasting, Easter is marked by boisterous celebration. Find ways to feast with your brothers and sisters. Continue leaning into the means of grace. It's a season to celebrate the new life Jesus makes possible in all areas of our lives!

THE GUIDE

To help you keep a holy Lent, we offer this guide. The guide begins on Ash Wednesday and ends on Easter Sunday. The Daily Morning & Evening Word & Prayers include daily readings from our 2024 Bible Reading Plan, as well as weekly prayers and songs to help remind you that God is with you and ready to speak to you because he loves you.

These Daily Morning & Evening Word & Prayer are also on the church APP and can be sent to your email inbox at 4am and/or 4pm.

Download the APP here - <https://get.theapp.co/s75k/>

Sign up for the emails here - <https://redeemeroc.org/daily>

The guide and our recommendations for Lent are not meant to burden you. They are meant to help you enter into the death and resurrection of Christ and find new life. So our final encouragements: Practice Lent as best as you can. This season, like the entirety of Christian life, is not about perfection! Start with a few practices and build on them, or go deeper in the practices you already have. Whether using the guide on your own or with your family, friends, or small group, follow the entire guide or focus on a part.

It is a great joy for us to be family with you in this congregation. We are so thankful that God has brought us together and we are honored to be able to worship and serve our Lord together with you. May Christ grant us all a blessed Lent and Easter!

Lent for Families

“Allow the children to come to me,” Jesus said. “Don’t forbid them, because the kingdom of heaven belongs to people like these children.” – Matthew 19:14

“I think we underestimate kids. Small children’s ability to understand difficult theological concepts is enormous.” – Madeleine L’Engle

Lent is an excellent time of the year to intentionally invite our children into the story of Jesus by creating family traditions and cultivating a culture of worship together. We can remind our kids of how Advent was a season of preparation for Christmas, so Lent is a season of preparation for Easter. To best prepare for the glory of Jesus’ resurrection, here are some suggestions to consider doing with your children and youth:

Family Worship

Try observing family worship together thirty minutes before bedtime – teeth are brushed, pajamas are on. And depending on circumstances, attentiveness of the children, etc. plan on anywhere from 10-20 minutes.

Perhaps you might:

- Practice the Lenten Candles (see the next page for details)
- Read and discuss the Scripture passage for the day.
- Read and discuss a children’s Bible story book, like the Jesus Storybook Bible.
- Pray together.
- Sing a Lenten song together (see appendix).

Family Fasting

Fasting, self-denial, helps us see how we turn to things other than God for our comfort. Fasting can involve food and non-food items. As a family, consider fasting together and what to fast from. Perhaps everyone can abstain from a nightly dessert, or devices or screen time after a certain time. Whatever it is, make the fast simple and something that everyone can participate in. Remember: Sundays are feast days, so break your fast on Sundays, and celebrate the resurrection!

Family Giving

Cultivate a habit of charity and self-giving. As we turn to God, we naturally turn to those around us in need. Review the local organizations listed on page 4 and serve one of them as a family, or get creative and help your children become generous by giving away old, or even new, toys and items to others.

Sunday Worship Services

The Lenten season is a wonderful time to help your children realize that the church is their family, that worship should be their first duty and greatest joy. Make Sunday worship a priority.

Consider Having Your Children Baptized

If your children are yet to be baptized, Lent is a wonderful time to consider having them baptized during the Easter season! If your children are older and haven’t been baptized, begin having conversations with them about baptism. If you are interested in scheduling a baptism or have questions, please contact Pastor Adam Feichtmann at adamf@redeemeroc.org.

Preparation for First Communion

If your children understand the gospel, then this season could be a wonderful time to take the steps toward having them admitted to the Lord’s Table for their First Communion. Download Redeemer’s First Communion Information & Study Guide - <https://redeemeroc.org/children> If after going through the study guide with your child(ren) you sense they are ready, please contact Pastor Adam Feichtmann at adamf@redeemeroc.org to arrange a time for a First Communion interview.

Lenten Candles

Whereas Advent is a season of ever-increasing light anticipating the incarnation of Christ, Lent is a season of ever-decreasing light approaching His crucifixion. Light is gradually extinguished to symbolize the journey through the wilderness and toward the cross and tomb.

Unlike Advent where a new candle is lit each week and the light slowly gets brighter, during Lent each week gets progressively darker, until there is complete darkness on Good Friday. On Easter Sunday all of the candles are lit as we celebrate the best news ever that He is risen!

As you walk through Lent and Holy week, the candles will visually remind you of the powerful truth that “The light shines in the darkness, and the darkness has not overcome it” (John 1:5). But for a while on Good Friday and Holy Saturday it may have seemed as if the darkness was overcoming – for a long while.

What do you need?

- Seven purple candles
- One white candle (the Christ candle)
- Optional: a tray to hold all the candles.

How do the Lenten Candles Work?

Begin on Ash Wednesday by lighting all eight candles.

Read the appointed passages for the day.

After the reading, say “The light shines in the darkness, and the darkness have not overcome it.” Then snuff out one candle. Do not light it again until Easter.

Each evening you can light the candles that have not been snuffed out and read the appointed passages for the day. On each Sunday you say the words of John 1:5, “The light shines in the darkness, and the darkness have not overcome it” and snuff out an additional purple candle.

On Good Friday you follow the same pattern and snuff out the white Christ candle. Leave all the candles unlit on Holy Saturday.

On Easter Sunday, with great joy, light all the candles and boldly say, “The light shines in the darkness, and the darkness have not overcome it!”

An alternative practice is to just do the candles during Holy Week. If you do that, buy five purple candles and one white candle. You will start snuffing purple candles out on Palm Sunday and then the white candle on Good Friday.

** Portions of this guide have been adapted from “On Keeping a Holy Lent” by Craig Higgins, and our friends at Grace Presbyterian Church Pasadena and are used by permission.*

Morning Word and Prayer for Ash Wednesday

February 14th, 2024

LENTEN MEDITATION

Lent begins on Ash Wednesday; the day many Christians receive a cross of ashes on their foreheads. Why? In Scripture, ashes are a public sign of confession and repentance, as well as a plea for God's help, mercy, compassion and forgiveness. Ashes are also a sign of human frailty and dependence on God, the creator of all things. As Lent begins, consider attending our Ash Wednesday service. Also prayerfully consider the following questions in light of the scripture lessons: In what ways have I been running away from God or doubting God's love for me? What hopes of healing do I have for myself and the world around me?

PRAYER

God of the desert, as we follow Jesus into the unknown, may we recognize the tempter when he comes; let it be your bread we eat, your world we serve and you alone we worship. This we ask through Jesus Christ our Redeemer. Amen.

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Wednesday: Genesis 47 / Luke 1:1-38 / Psalms 115 - 116

Evening Word and Prayer for Ash Wednesday

February 14th, 2024

LENTEN MEDITATION

40 Reasons to Observe Lent by Peter Leithart

To observe Lent rightly, we have to be persuaded that we already stand in God's favor.

Ash Wednesday reminds us to number our days. It helps us gain a heart of wisdom (Psalm 90:12).

We keep Easter to manifest and deepen our prior share in resurrection. We observe Lent to manifest and deepen our share in the cross.

As a focused pursuit of the fruits of holiness, Lent is rooted in union with Christ, who is our sanctification.

Lent is the season of blood and guts and flesh. It is the supremely anti-Gnostic season.

Some say Lent inhibits the church's cultural impact. To that, there are three answers: Christendom, Byzantium, & Bach.

Lent is a pursuit of glory, because the Lord exalts those who humble themselves.

To observe Lent rightly, we need to be confident that the power to obey God is a gift from God.

Israel sought out and purged old leaven once a year. Lent is the Christian feast of unleavened bread.

For Christians, death is not end but beginning. Lent is an extended meditation on that good news.

Life is a Lenten journey through death toward resurrection.

Lent is boot camp for spiritual warriors.

Without Lent or something like it, the church risks falling into a victoryism without the cross, which is the weapon of victory.

Lent didn't keep Christians from converting Europe, forming Christendom, building cathedrals, celebrating carnivals.

Lent is training in the fundamental Christian discipline of waiting.

Lent is preparation for martyrdom. Nothing is more politically potent than a martyr.

Like the whole church calendar, Lent inserts “the fact of Christ into the rhythm of seasons, weeks, days and hours.” – *Congar*

We're hungry for all the wrong things. We need Lent to develop a taste for the fruit of the tree of life – that is, the fruit of the cross.

Purple is the liturgical color of Lent, a deep color of penitence, a lush color of royalty. Lent is for training kings.

The church year is an extended commemoration of the gospel story. Lent is long because the Passion is the biggest episode in the story.

An exercise in delayed gratification, Lent is profoundly counter-cultural.

Lent is catholic because it signifies our inclusion in the one, holy, catholic, and apostolic church.

Lent reminds us that the only God that is, is the God of the cross. Lent is a prophylactic against generic monotheism.

Lent is not a withdrawal from history. The God of Lent is the God who enters time, the God with blood to shed for us.

Lent gives the only answer there is to the problem of evil: A cross that triumphs over evil, a death that tramples death.

Some demons come out only by prayer and fasting. Seems a good reason to fast and pray.

The Christian year has a rhythm, each season its own tonality and coloration. Without Lent, the year is bland.

Without Lent, how many paintings would have gone unpainted? How many cantatas left unwritten and unsung?

Lent tells us what time it is – the time between resurrection and resurrection.

Lent reminds us that Jesus didn't go to the cross so we can escape the cross; He went to the cross to enable us to bear it after Him.

Lent gives us 40 days to contemplate the glory of the Crucified, which saves the world.

Lent is a focused effort to identify and smash idols. Lent is boot camp for Josiahs.

Lent teaches us that the Name we bear has the weight of a cross.

During Lent, we contemplate the obedience of the Son so as they become sons who honor our Father and fathers.

Lent rebuilds marriages, as we commune with the Perfect Husband who gave Himself wholly for His Bride.

Lent is a minor movement in the symphony of the church year, the dissonance that opens into the resolution of Easter.

Lent inoculates against sentimentalism.

Lent tunes us to the broken beauty of the world.

Lent strips off layers of self-deception and self-defense that screen us from the Risen Christ.

Lent is not for doing things we never do otherwise. Like Sunday, Lent is for intensifying things we do all the time.

The church year is painted in chiaroscuro. Without the darker hues of Lent, Easter is two-dimensional.

Lent teaches us to cross our eyes: “For if the eye seek good objects, and will take / No cross from bad, we cannot ‘scape a snake.” - *Donne*

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.

Morning Word and Prayer for the First Days of Lent

February 15th - 17th, 2024

CALLING

O Lord, open our lips.

And our mouth shall proclaim Your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be forever. Amen.

The Lord is full of compassion and mercy.

O Come let us adore Him.

CONSTITUTION

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Thursday: Genesis 48 / Luke 1:39-80 /

Psalms 117 - 118, Psalms 120 - 121

Friday: Genesis 49 / Luke 2 / Psalms 119:1 - 48

Saturday: Genesis 50 / Luke 3 / Psalms 119:49-88

COMMUNION

Pray for yourself, others, our church, our neighbors, and the world.

Pray the Lord's Prayer & the collect of the week

Our Father who art in heaven...

God of the desert, as we follow Jesus into the unknown, may we recognize the tempter when he comes; let it be your bread we eat, your world we serve and you alone we worship. This we ask through Jesus Christ our Redeemer. Amen.

COMMISSION

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."
(Numbers 6:24-26)

Evening Word and Prayer for the First Days of Lent

February 15th - 17th, 2024

CLEANSING

Confession of Sin - Psalm 51:1-2; 10-12

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. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. 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.

(Pause for a time of silent confession.)

Song: *(See Appendix)*

"Lord have Mercy", "Create in Me a Clean Heart", or another song of your choosing.

Assurance of Pardon

May the Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of His Holy Spirit. *Amen.*

COMMUNION

Quiet your body and mind, be attuned to your breathing and review (read) your day.

Mediate on your highs and lows.

Pray to God... Prayers of thanksgiving and prayers petition, for yourself, others, our church, our neighbors, and the world.

Contemplate on God's nearness and rest in Christ.

Pray the General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen

Morning Word & Prayer for The First Sunday in, not of, Lent

February 18th, 2024

LENTEN MEDITATION & PRAYER

How often have I lived through these weeks without paying much attention to penance, fasting, and prayer? How often have I missed the spiritual fruits of the season without even being aware of it? But how can I ever really celebrate Easter without observing Lent? How can I rejoice fully in your Resurrection when I have avoided participating in your death?

Yes, Lord, I have to die—with you, through you, and in you—and thus become ready to recognize you when you appear to me in your Resurrection. There is so much in me that needs to die: false attachments, greed and anger, impatience and stinginess.... I see clearly now how little I have died with you, really gone your way and been faithful to it. O Lord, make this Lenten season different from the other ones. Let me find you again. Amen.

– *A Cry for Mercy: Prayers from the Genesee*, Henri Nouwen,

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, gather for worship with God’s people, and celebrate Christ’s resurrection.

Read, Meditate, Pray, and Contemplate on God’s Word, remembering that God is with you and ready to speak to you because he loves you.

Sunday: Exodus 1 / Luke 4 / Psalms 119:89 - 136

Evening Word & Prayer for The First Sunday in, not of, Lent

February 18th, 2024

LENTEN MEDITATION

The chief biblical analogy for baptism is not the water that washes but the flood that drowns. Discipleship is more than turning over a new leaf. It is more fitful and disorderly than gradual moral formation. Nothing less than daily, often painful, lifelong death will do. So Paul seems to know not whether to call what happened to him on the Damascus Road “birth” or “death” – it felt like both at the same time.

In all this I hear the simple assertion that we must submit to change if we would be formed into this cruciform faith. We may come singing, “Just as I Am,” but we will not stay by being our same old selves. The needs of the world are too great, the suffering and pain too extensive, the lures of the world too seductive for us to begin to change the world unless we are changed, unless conversion of life and morals becomes our pattern. The status quo is too alluring. It is the air we breathe, the food we eat, the six-thirty news, our institutions, theologies, and politics. The only way we shall break its hold on us is to be transferred to another dominion, to be cut loose from our old certainties, to be thrust under the flood and then pulled forth fresh and newborn. Baptism takes us there.

On the bank of some dark river, as we are thrust backward, onlookers will remark, “They could kill somebody like that.” To which old John might say, “Good, you’re finally catching on.”

– William Willimon, *Repent*

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.

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, eat, drink, and be merry for Christ is risen.”

Morning Word and Prayer for the First Week of Lent

February 19th - 24th, 2024

CALLING

O Lord, open our lips.

And our mouth shall proclaim Your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be forever. Amen.

The Lord is full of compassion and mercy.

O Come let us adore Him.

CONSTITUTION

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Monday: Exodus 2 / Luke 5 / Psalms 119:137-176

Tuesday: Exodus 3 / Luke 6 / Psalms 122 - 124

Wednesday: Exodus 4 / Luke 7 / Psalms 125 - 127

Thursday: Exodus 5 / Luke 8 / Psalms 128 - 130

Friday: Exodus 6 / Luke 9 / Psalms 131- 134

Saturday: Exodus 7 / Luke 10 / Psalms 135 - 136

COMMUNION

Pray for yourself, others, our church, our neighbors, and the world.

Pray the Lord's Prayer & the collect of the week

Our Father who art in heaven...

God, you know better than we the temptations that will bring us down. Grant that our love for you may protect us from all foolish and corrupt desire. Praise to you our God; you answer prayer. Amen.

COMMISSION

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."
(Numbers 6:24-26)

Evening Word and Prayer for the First Week of Lent

February 19th - 24th, 2024

CLEANSING

Confession of Sin - Psalm 51:1-2; 10-12

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. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. 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.

(Pause for a time of silent confession.)

Song: *(See Appendix)*

"Lord have Mercy", "Create in Me a Clean Heart", or another song of your choosing.

Assurance of Pardon

May the Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of His Holy Spirit. *Amen.*

COMMUNION

Quiet your body and mind, be attuned to your breathing and review (read) your day.

Mediate on your highs and lows.

Pray to God... Prayers of thanksgiving and prayers petition, for yourself, others, our church, our neighbors, and the world.

Contemplate on God's nearness and rest in Christ.

Pray the General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen

Morning Word & Prayer for The Second Sunday in, not of, Lent

February 25th, 2024

LENTEN MEDITATION & PRAYER

You are the God from whom no secret can be hid,
and we are a people with many secrets,
that we want to tell for the sake of our lives,
that we dare not tell because they are deep and painful.

But they are our secrets... and they count for much;
they are our truth... rooted deep in our lives.

You are the God of all truth,
and now we bid you heed our truth,
about which we will not bear false witness...

The truth of grief unresolved,
the truth of pain unacknowledged,
the truth of fear too child-like,
the truth of hate, as powerful as it is deep,
the truth of being taken advantage of,
and being used,
and manipulated,
and slandered.

We trust the great truth of your wondrous love,
but we will not sit still for it,
UNTIL you hear us.

Our truth - heard by you - will make us free.

So be the God of all truth, even ours,
we pray in the name of Jesus,
who is your best kept secret of hurt. Amen.

- *A People with Many Secrets* by Walter Brueggemann

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, gather for worship with God’s people, and celebrate Christ’s resurrection.

Read, Meditate, Pray, and Contemplate on God’s Word, remembering that God is with you and ready to speak to you because he loves you.

Sunday: Exodus 8 / Luke 11 / Psalms 137 - 139

Evening Word & Prayer for The Second Sunday in, not of, Lent

February 25th, 2024

LENTEN MEDITATION

“For many, if not for the majority of Orthodox Christians, Lent consists of a limited number of formal, predominantly negative, rules and prescriptions: abstention from certain food, dancing, perhaps movies. Such is the degree of our alienation from the real spirit of the Church that it is almost impossible for us to understand that there is “something else” in Lent—something without which all these prescriptions lose much of their meaning. This “something else” can best be described as an “atmosphere,” a “climate” into which one enters, as first of all a state of mind, soul, and spirit which for seven weeks permeates our entire life. Let us stress once more that the purpose of Lent is not to force on us a few formal obligations but to “soften” our heart so that it may open itself to the realities of the spirit, to experience the hidden “thirst and hunger” for communion with God.

This Lenten “atmosphere,” this unique “state of mind,” is brought about mainly by means of worship, by the various changes introduced during that season into the liturgical life. Considered separately, these changes may appear as incomprehensible “rubrics,” as formal prescriptions to be formally adhered to; but understood as a whole, they reveal and communicate the spirit of Lent, they make us see, feel, and experience that bright sadness which is the true message and gift of Lent.”

- Alexander Schmemmann, *Great Lent*

PRAYER

Servant God, grant us opportunity, give us willingness to serve you day by day; that what we do and how we bear each other’s burdens, may be our sacrifice to you. This we ask through Jesus Christ our Savior. Amen

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, eat, drink, and be merry for Christ is risen.”

Morning Word and Prayer for the Second Week of Lent

February 26th - March 2nd, 2024

CALLING

O Lord, open our lips.

And our mouth shall proclaim Your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be forever. Amen.

The Lord is full of compassion and mercy.

O Come let us adore Him.

CONSTITUTION

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Monday: Exodus 9 / Luke 12 / Psalms 140 - 143

Tuesday: Exodus 10 / Luke 13 / Psalms 144 - 145

Wednesday: Exodus 11:1-12; 20 / Luke 14 /

Psalms 146 - 147

Thursday: Psalms 148 - 150

Friday: Exodus 12:21-51 / Luke 15 / Psalms 1 - 3

Saturday: Exodus 13 / Luke 16 / Psalms 4 - 6

COMMUNION

Pray for yourself, others, our church, our neighbors, and the world.

Pray the Lord's Prayer & the collect of the week

Our Father who art in heaven...

Come Holy Spirit, to all baptized in your name, that we may turn to good whatever lies ahead Give us passion, give us fire; make us transform the world from what it is, to what you have created it to be. This we ask through Jesus Christ our Lord. Amen.

COMMISSION

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."
(Numbers 6:24-26)

Evening Word and Prayer for the Second Week of Lent

February 26th - March 2nd, 2024

CLEANSING

Confession of Sin - Psalm 51:1-2; 10-12

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. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. 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.

(Pause for a time of silent confession.)

Song: *(See Appendix)*

"Lord have Mercy", Create in Me a Clean Heart", or another song of your choosing.

Assurance of Pardon

May the Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of His Holy Spirit. *Amen.*

COMMUNION

Quiet your body and mind, be attuned to your breathing and review (read) your day.

Mediate on your highs and lows.

Pray to God... Prayers of thanksgiving and prayers petition, for yourself, others, our church, our neighbors, and the world.

Contemplate on God's nearness and rest in Christ.

Pray the General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen

Morning Word & Prayer for The Third Sunday in, not of, Lent

March 3rd, 2024

LENTEN MEDITATION

“Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store.”

— N. T. Wright

PRAYER

Heavenly Father, help us to know the joy of being cleaned out. Strip us of our pride and lead by your Spirit for the good things you delight in giving us. Amen

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, gather for worship with God’s people, and celebrate Christ’s resurrection.

Read, Meditate, Pray, and Contemplate on God’s Word, remembering that God is with you and ready to speak to you because he loves you.

Sunday: Exodus 14 / Luke 17 / Psalms 7 - 9

Evening Word & Prayer for The Third Sunday in, not of, Lent

March 3rd, 2024

LENTEN MEDITATION

“When I’m working as an artist-in-residence at parochial schools, I like to read the psalms out loud to inspire the students, who are usually not aware that the snippets they sing at Mass are among the greatest poems in the world. But I have found that when I have asked children to write their own psalms, their poems often have an emotional directness that is similar to that of the Biblical Psalter. They know what it’s like to be small in a world designed for big people, to feel lost and abandoned. Children are frequently astonished to discover that the psalmists so freely express the more unacceptable emotions, sadness and even anger, even anger at God, and all of this is in the Bible that they hear read in church on Sunday morning.

Children who are picked on by their big brothers and sisters can be remarkably adept when it comes to writing cursing psalms, and I believe that the writing process offers them a safe haven in which to work through their desires for vengeance in a healthy way. Once a little boy wrote a poem called, “The Monster Who Was Sorry.” He began by admitting that he hates it when his father yells at him: his response in the poem is to throw his sister down the stairs, and then to wreck his room, and finally to wreck the whole town. The poem concludes: “Then I sit in my messy house and say to myself, ‘I shouldn’t have done all that.’”

“My messy house” says it all: with more honesty than most adults could have mustered, the boy made a metaphor for himself that admitted the depth of his rage and also gave him a way out. If that boy had been a novice in the fourth-century monastic desert, his elders might have told him that he was well on the way toward repentance, not such a monster after all, but only human.

If the house is messy, they might have said, why not clean it up, why not make it into a place where God might wish to dwell?”

- Kathleen Norris, *My Messy House*

PRAYER

God of grace and goodness, you know that by reason of our frailty we cannot but fail; keep us always under your protection and lead us to all things profitable to our salvation; through Jesus Christ our Lord. Amen.

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, eat, drink, and be merry for Christ is risen.”

Morning Word and Prayer for the Third Week of Lent

March 4th - 9th , 2024

CALLING

O Lord, open our lips.

And our mouth shall proclaim Your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be forever. Amen.

The Lord is full of compassion and mercy.

O Come let us adore Him.

CONSTITUTION

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Monday: Exodus 15 / Luke 18 / Psalms 10 - 12

Tuesday: Exodus 16 / Luke 19 / Psalms 13 - 15

Wednesday: Exodus 17 / Luke 20 / Psalms 16 - 18

Thursday: Exodus 18 / Luke 21 / Psalms 19 - 21

Friday: Exodus 19 / Luke 22 / Psalms 22 - 24

Saturday: Exodus 20 / Luke 23 / Psalms 25 - 27

COMMUNION

Pray for yourself, others, our church, our neighbors, and the world.

Pray the Lord's Prayer & the collect of the week

Our Father who art in heaven...

Give us grace and courage to hope, and to risk disappointment. Teach us to pray expectantly, and when our prayers seem to fail, bring us to pray again and again; for you are our God, who acts, and will act again. Hear this prayer for your love's sake. Amen.

COMMISSION

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."
(Numbers 6:24-26)

Evening Word and Prayer for the Third Week of Lent

March 4th - 9th , 2024

CLEANSING

Confession of Sin - Psalm 51:1-2; 10-12

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. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. 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.

(Pause for a time of silent confession.)

Song: *(See Appendix)*

"Lord have Mercy", "Create in Me a Clean Heart", or another song of your choosing.

Assurance of Pardon

May the Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of His Holy Spirit. *Amen.*

COMMUNION

Quiet your body and mind, be attuned to your breathing and review (read) your day.

Mediate on your highs and lows.

Pray to God... Prayers of thanksgiving and prayers petition, for yourself, others, our church, our neighbors, and the world.

Contemplate on God's nearness and rest in Christ.

Pray the General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen

Morning Word & Prayer for The Fourth Sunday in, not of, Lent

March 10th, 2024

LENTEN MEDITATION & PRAYER

My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you
does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that, if I do this,
You will lead me by the right road,
though I may know nothing about it.
Therefore I will trust you always
though I may seem to be lost
and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.

- *Thoughts in Solitude*, Thomas Merton

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, gather for worship with God’s people, and celebrate Christ’s resurrection.

Read, Meditate, Pray, and Contemplate on God’s Word, remembering that God is with you and ready to speak to you because he loves you.

Sunday: Exodus 21 / Luke 24 / Psalms 28 - 30

Evening Word & Prayer for The Fourth Sunday in, not of, Lent

March 10th, 2024

LENTEN MEDITATION

“The crucifixion is the touchstone of Christian authenticity, the unique feature by which everything else, including the resurrection, is given its true significance. The resurrection is not a set piece. It is not an isolated demonstration of divine dazzlement. It is not to be detached from its abhorrent first act. The resurrection is, precisely, the vindication of a man who was crucified. Without the cross at the center of the Christian proclamation, the Jesus story can be treated as just another story about a charismatic spiritual figure. It is the crucifixion that marks out Christianity as something definitively different in the history of religion. It is in the crucifixion that the nature of God is truly revealed. Since the resurrection is God’s mighty transhistorical Yes to the historically crucified Son, we can assert that the crucifixion is the most important historical event that has ever happened. The resurrection, being a transhistorical event planted within history, does not cancel out the contradiction and shame of the cross in this present life; rather, the resurrection ratifies the cross as the way “until he comes.”

— Fleming Rutledge, *The Crucifixion: Understanding the Death of Jesus Christ*

PRAYER

Most merciful God, by the passion of your Son Jesus Christ you delivered us from the power of darkness; grant that through faith in him who suffered on the cross we may be found acceptable in your sight, through our Savior Jesus Christ. Amen.

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, eat, drink, and be merry for Christ is risen.”

Morning Word and Prayer for the Fourth Week of Lent

March 11th - 16th , 2024

CALLING

O Lord, open our lips.

And our mouth shall proclaim Your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be forever. Amen.

The Lord is full of compassion and mercy.

O Come let us adore Him.

CONSTITUTION

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Monday: Exodus 22 / John 1 / Psalms 31 - 32

Tuesday: Exodus 23 / John 2 / Psalms 33 - 34

Wednesday: Exodus 24 / John 3 / Psalms 35 - 36

Thursday: Exodus 25 / John 4 / Psalms 37 - 38

Friday: Exodus 26 / John 5 / Psalms 39 - 41

Saturday: Exodus 27 / John 6 / Psalms 42 - 44

COMMUNION

Pray for yourself, others, our church, our neighbors, and the world.

Pray the Lord's Prayer & the collect of the week

Our Father who art in heaven...

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.

COMMISSION

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."
(Numbers 6:24-26)

Evening Word and Prayer for the Fourth Week of Lent

March 11th - 16th , 2024

CLEANSING

Confession of Sin - Psalm 51:1-2; 10-12

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. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. 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.

(Pause for a time of silent confession.)

Song: *(See Appendix)*

"Lord have Mercy", "Create in Me a Clean Heart", or another song of your choosing.

Assurance of Pardon

May the Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of His Holy Spirit. *Amen.*

COMMUNION

Quiet your body and mind, be attuned to your breathing and review (read) your day.

Mediate on your highs and lows.

Pray to God... Prayers of thanksgiving and prayers petition, for yourself, others, our church, our neighbors, and the world.

Contemplate on God's nearness and rest in Christ.

Pray the General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen

Morning Word & Prayer for The Fifth Sunday in, not of, Lent

March 17th, 2024

LENTEN MEDITATION & PRAYER

This bread I break was once the oat,
This wine upon a foreign tree
Plunged in its fruit;
Man in the day or wine at night
Laid the crops low, broke the grape's joy.

Once in this time wine the summer blood
Knocked in the flesh that decked the vine,
Once in this bread
The oat was merry in the wind;
Man broke the sun, pulled the wind down.

This flesh you break, this blood you let
Make desolation in the vein,
Were oat and grape
Born of the sensual root and sap;
My wine you drink, my bread you snap.

- *This Bread I Break*, Dylan Thomas

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, gather for worship with God's people, and celebrate Christ's resurrection.

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Sunday: Exodus 28 / John 7 / Psalms 45 - 47

Evening Word & Prayer for The Fifth Sunday in, not of, Lent

March 17th, 2024

LENTEN MEDITATION

"Lent is like an ellipse: It is a single entity with a double focus. The Forty Days are (1) a time for a probing consideration of our human condition, including sin and its deadly consequences for both individuals and society, and (2) a time for an equally intense consideration of the new possibilities offered to us in Jesus Christ and their implications for practical living...We begin by stressing penitence: an acknowledgment of our rebellion against God and our alienation from God's whole creation. We move on to the fruits of repentance: the amendment of life that results when we turn around and by God's grace head in a new direction."

- Laurence Hull Stookey, "*Calendar: Christ's Time For The Church*"

PRAYER

God in Trinity, Creator, Savior, Giver of life and truth, reveal the possibilities within us, that we may attain to the fullness of our humanity. Hear this prayer for your love's sake. Amen.

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, eat, drink, and be merry for Christ is risen."

Morning Word and Prayer for the Fifth Week of Lent

March 18th - 23rd, 2024

CALLING

O Lord, open our lips.

And our mouth shall proclaim Your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be forever. Amen.

The Lord is full of compassion and mercy.

O Come let us adore Him.

CONSTITUTION

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Monday: Exodus 29 / John 8 / Psalms 48 - 50

Tuesday: Exodus 30 / John 9 / Psalms 51 - 53

Wednesday: Exodus 31 / John 10 / Psalms 54 - 56

Thursday: Exodus 32 / John 11 / Psalms 57 - 59

Friday: Exodus 33 / John 12 / Psalms 60 - 62

Saturday: Exodus 34 / John 13 / Psalms 63 - 65

COMMUNION

Pray for yourself, others, our church, our neighbors, and the world.

Pray the Lord's Prayer & the collect of the week

Our Father who art in heaven...

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.

COMMISSION

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."
(Numbers 6:24-26)

Evening Word and Prayer for the Fifth Week of Lent

March 18th - 23rd, 2024

CLEANSING

Confession of Sin - Psalm 51:1-2; 10-12

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. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. 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.

(Pause for a time of silent confession.)

Song: *(See Appendix)*

"Lord have Mercy", "Create in Me a Clean Heart", or another song of your choosing.

Assurance of Pardon

May the Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of His Holy Spirit. *Amen.*

COMMUNION

Quiet your body and mind, be attuned to your breathing and review (read) your day.

Mediate on your highs and lows.

Pray to God... Prayers of thanksgiving and prayers petition, for yourself, others, our church, our neighbors, and the world.

Contemplate on God's nearness and rest in Christ.

Pray the General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen

Morning Word & Prayer for Palm Sunday

March 24th, 2024

LENTEN MEDITATION

“Now to the gate of my Jerusalem,
The seething holy city of my heart,
The saviour comes. But will I welcome him?
Oh crowds of easy feelings make a start;
They raise their hands, get caught up in the singing,
And think the battle won. Too soon they'll find
The challenge, the reversal he is bringing
Changes their tune. I know what lies behind
The surface flourish that so quickly fades;
Self-interest, and fearful guardedness,
The hardness of the heart, its barricades,
And at the core, the dreadful emptiness
Of a perverted temple. Jesus come
Break my resistance and make me your home.”

- Palm Sunday by Malcolm Guite

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.

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, gather for worship with God’s people, and celebrate Christ’s resurrection.

Read, Meditate, Pray, and Contemplate on God’s Word, remembering that God is with you and ready to speak to you because he loves you.

Sunday: Exodus 35 / John 14 / Psalms 66 - 68

Evening Word & Prayer for Palm Sunday

March 24th, 2024

LENTEN MEDITATION

On Palm Sunday, Jesus was welcomed into Jerusalem as a king with joyful shouts of “Hosanna, hosanna!” Only a few days later, he was arrested and condemned as a criminal. During his trial, Pilate ordered Jesus to wear a crown of thorns (John 19:2) to mock Jesus’ true kingship. This crown reminds us of the suffering, injustice and separation from God that Jesus endured for us. *This week, prayerfully consider all the ways you deny Jesus as King and avoid suffering for God and others. Ask the Holy Spirit to help you respond to God’s love with joyful obedience*

PRAYER

Jesus, when you rode into Jerusalem the people waved palms with shouts of acclamation. Grant that when the shouting dies we may still walk beside you even to a cross; for the glory of your holy name. Amen.

REMEMBER – Today is a feast day! Sundays are in Lent, but not of Lent. Break your fast, eat, drink, and be merry for Christ is risen.”

Morning Word & Prayer for Holy Week

March 25th - 30th, 2024

CALLING

O Lord, open our lips.

And our mouth shall proclaim Your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now and will be forever. Amen.

The Lord is full of compassion and mercy.

O Come let us adore Him.

CONSTITUTION

Read, Meditate, Pray, and Contemplate on God's Word, remembering that God is with you and ready to speak to you because he loves you.

Monday: Exodus 36 / John 15 / Psalms 69 - 70

Tuesday: Exodus 37 / John 16 / Psalms 71 - 72

Wednesday: Exodus 38 / John 17 / Psalms 73 - 74

Thursday: Exodus 39 / John 18 / Psalms 75 - 77

Friday: Exodus 40 / John 19 / Psalms 78 - 79

Saturday: Leviticus 1 / John 20 / Psalms 80 - 81

COMMUNION

Pray for yourself, others, our church, our neighbors, and the world.

Pray the Lord's Prayer & the collects of the week

Our Father who art in heaven...

Prayer for Monday-Wednesday in Holy Week:

Almighty and Everlasting God, Grant us grace so to pass through this holy time of our Lord's Passion, that we may obtain pardon of our sins; through the same Jesus Christ, who reigns with you and the Holy Spirit now and forever. *Amen.*

Prayer for Maundy Thursday: 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, now and forever. *Amen.*

Prayer for Good Friday: We adore you, O Christ, and we bless you, because by your holy cross you have redeemed the world. O Savior of the world, who by thy cross and precious blood hast redeemed us: Save us and help us, we humbly ask you, O Lord. *Amen.*

Prayer for Holy Saturday: Almighty and everlasting God, your only-begotten Son went down among the dead and rose again in glory: In your mercy raise up your faithful people, buried with him in baptism, to be one with him in the eternal life. We ask this in the name of Jesus, who reigns with you and the Holy Spirit, now and forever. *Amen.*

COMMISSION

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace."
(Numbers 6:24-26)

Evening Word & Prayer for Holy Week

March 25th - 30th, 2024

CLEANSING

Confession of Sin - Psalm 51:1-2; 10-12

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. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. 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.

(Pause for a time of silent confession.)

Song: *(See Appendix)*

"Lord have Mercy", Create in Me a Clean Heart", or another song of your choosing.

Assurance of Pardon

May the Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of His Holy Spirit. *Amen.*

COMMUNION

Quiet your body and mind, be attuned to your breathing and review (read) your day.

Mediate on your highs and lows.

Pray to God... Prayers of thanksgiving and prayers petition, for yourself, others, our church, our neighbors, and the world.

Contemplate on God's nearness and rest in Christ.

Pray the General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen

Morning Word & Prayer for Easter Sunday

March 31st, 2024

EASTER MEDITATION

“What hard travail God does in death!
He strives in sleep, our despair,
And all flesh shudders underneath
The nightmare of his sepulcher.

The earth shakes, grinding its deep stone;
All night the cold wind heaves and pries;
Creation straining sinew and bone
Against the dark door where he lies.

The sky bent, pent in seed, grows straight
And stands. Pain breaks in song. Surprising
The merely dead, graves fill with light
Like opened eyes. He rests in rising.”

- Wendell Berry

PRAYER

Glorious Lord of Life, we praise you, that by the mighty resurrection of your Son, you have delivered us from sin and death and made your whole creation new; grant that we who celebrate with joy Christ’s rising from the dead, may be raised from the death of sin to the life of righteousness; for he lives and reigns with you and the Holy Spirit, one God for ever. Amen.

Song (*See Appendix*)
Christ the Lord is Risen Today

REMEMBER – Today is the feast day of all feast days! Break your fast for good, gather for worship with God’s people, and celebrate Christ’s resurrection.

Read, Meditate, Pray, and Contemplate on God’s Word, remembering that God is with you and ready to speak to you because he loves you.

Sunday: Leviticus 2 - 3 / John 21 / Psalms 82 - 84

Evening Word & Prayer for Easter Sunday

March 31st, 2024

EASTER MEDITATION

On the third day the friends of Christ coming at daybreak to the place found the grave empty and the stone rolled away. In varying ways they realized the new wonder; but even they hardly realized that the world had died in the night. What they were looking at was the first day of a new creation, with a new heaven and a new earth and in a semblance of the gardener God walked again in the garden, in the cool not of the evening but the dawn.

- G. K. Chesterton, *The Everlasting Man*

PRAYER

Living Christ, you are risen from the dead! Love reigns! You are life stronger than death; raise our eyes to see you as the new day dawns; for the glory of your holy name. Amen.

Song (*See Appendix*)
Christ the Lord is Risen Today

REMEMBER – Today is the feast day of all feast days! Break your fast for good, eat, drink, and be merry for Christ is risen.”

Appendix of Songs

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Christ The Lord Is Risen Today

Words by
Charles Wesley

Music by
Samuel Arnold

♩=90 VERSE

(Optional chords in parentheses) C G/B C (F/A) (F) F/C C C (C/E) Dm⁷ (C) C/G G⁷ C

1. Christ the Lord is ris'n to - day. Al - le - lu - ia!
 2. Lives a - gain our glo - rious King. Al - le - lu - ia!
 3. Love's re - deem - ing work is done. Al - le - lu - ia!
 4. Soar we now where Christ has led. Al - le - lu - ia!

5 (F/A) (C) (F) (C/E) Dm⁷ (C) C/G G C (C/E) Dm⁷ (C) C/G G⁷ C

Sons of men and an - gels say: Al - le - lu - ia!
 Where, O death, is now thy sting? Al - le - lu - ia!
 Fought the fight, the bat - tle won. Al - le - lu - ia!
 Fol - l'wing our ex - alt - ed Head. Al - le - lu - ia!

Come Ye Sinners Poor and Needy

Guitar Capo 2

Simply ♩ = 80

Traditional American Melody,
arr. Fernando Ortega

Em Em

mp Come ye sin - ners poor and need - y

7

weak and wound-ed_ sick and_sore Je - sus read - y stands to_ save_you full of pit - y_ love and

13

Em C G Em⁹ Cmaj⁷

mf pow'r I will a - rise_ and_ go to Je - sus He will em-brace me_

18

G Bsus B Em⁹ Cmaj⁷ D Cmaj⁷ D Em Cmaj⁷ Bm Bm/D

in His_arms In the arms_ of my dear. Sav - ior O there are_ ten_ thou - sand

23

Em Em D/E Em D/E Em D/E

charms *2nd time p* Come ye thirst-y_ come and wel come God's free boun - ty_ View Him pros - trate in the gar - den on the ground your

28

G Bsus B Em D Em Em/G Em/F# Em C/E Bm Bm/D

glo - ri - fy true be - lief_ and true re - pen - tance ev - 'ry grace that_ brings you Mak - er_ lies on the blood y tree be - hold_ Him sin - ner will_ this_ not suf -

33

Em

nigh fice

35

Em C G Em C² G Bsus B

2nd time mf Come ye wea - ry_ heav - y - la - den lost and ru - ined_ by the_ fall Lo th'in - car - nate_ God as - cend - ed pleads the mer - it_ of His_ blood

39

Em Cmaj⁷ D C D Em C² Bm

if you tar - ry till you're bet - ter you will nev - er come at ven - ture on_ Him ven - ture_ whol - ly let no oth - er_ trust in -

43

Em Em C G Em⁷ C² G Bsus B

all trude I will a-rise. and_ go to Je - sus He will em-brace me_ in His_arms

Tag 49

Em C² D C² D Em⁷ Cmaj⁷ Bsus Bm/D

In the arms_ of my dear_ Sav - ior O there are_ ten_ thou - sand

53

Em Em

charms *tag from 49 last time*

Create In Me A Clean Heart

Words and Music by
Andy Gilbert

VERSE

D A/D G G/B D D/F# G A Bm A/C#

Cre - ate in me a clean heart and re - new a stead - fast

CHORUS

1. D Em D/F# A^{sus} A 2. D D⁷ G A/G

spir - it in me. Cre - spir - it in me. Cast me

F#m Bm Em A D D⁷

not from Your pres - ence, or take Your Ho - ly Spir - it from me. Re -

G A/G F#m Bm G D/F#

-store to me the joy of sal - va - tion, and give me a will - ing spir - it,

Em⁷ D/F#

give me a will - ing spir - it,

Em⁷ D/F# G G/A D

give me a will - ing spir - it, O God.

Lord Have Mercy

Steve Merkel
CCLI # 2989578

♩ = 64

Fm9 Db2 Ab2 Eb/G

Je - sus I've for - got ten the Words that You have spo - ken;
I have built an al - tar where I've wor - shipped things of man;
I have longed to know You and all Your ten - der mer - cies like a

Fm9 Db2 Ab2 Eb/G

Prom - is - es that burned with in my heart have now grown dim; With a
I have tak - en jour - neys that have drawn me far from You;
riv - er of for - give - ness, ev - er flow - ing with - out end; So I

Fm9 Db2 Ab2 Eb/G

doubt - ing heart I fow - low the paths of earth ly wis - dom;
Now I am re - turn - ing to Your mer - cies ev - er flow - ing;
bow my heart be - fore You in the good - ness of Your pres - ence,

Fm9 Db2 Ab2 Eb^{sus} Eb

For - give me for my un - be - lief, re - mew the fire a - gain
Par - don my trans - gre - sions, help me love You a - gain
Your grace for - ev - er shin - ing like a bea - come in the night

Bbm Eb/GA^{sus} Ab Ab/C Ab/D^b Eb Fm Bbm Eb/GA^{sus} Ab D^bmaj7 Eb^{sus} Eb

Lord, have mer - cy; Christ, have mer - cy; Lord, have mer - cy; on me;

Bbm Eb/GA^{sus} Ab Ab/C Ab/D^b Eb Fm Bbm Eb/GA^{sus} Ab Ab/D^bEb

Lord, have mer - cy; Christ, have mer - cy; Lord, have mer - cy; on

Ab Fm9 Db2 Ab2 Eb/G Fm9 Db2 Ab2 Eb/G Ab

me. me.

WHAT WONDROUS LOVE IS THIS

Words & Music American Folk Hymn

1. What won - drous love is this, O my soul, O my
 2. When I was sink - ing down, sink - ing down, sink - ing
 3. To God and to the Lamb, I will sing, I will
 4. And when from death I'm free, I'll sing on, I'll sing

5 soul! down sing, on, What won - drous love is this, O my soul! down sing, on.
 When I was sink - ing down, sink - ing down, sink - ing down.
 To God and to the Lamb, I will sing, I will sing on.

9 What won - drous love is this, That Be - caused the Lord of
 When I was sink - ing down, neath God's right - eous
 To God and to the Lamb, free, I'll sing and the great "I
 And when from death I'm free, I'll sing on, joy - ful

13 bliss frown, To bear the dread - ful curse for my soul, for my
 Am, Christ laid a - side His crown theme, I will sing, I will
 be, While mill - ions join the theme, I'll sing on, I'll sing
 And thro' e - ter - ni - ty

17 soul, To bear the dread - ful curse for my soul, soul.
 soul, Christ laid a - side His crown theme, for my soul, soul.
 sing, While mill - ions join the theme, I will sing, sing
 on, And thro' e - ter - ni - ty I'll sing on,

Redeemer OC Worship Services for Lent, Holy Week, and Easter

ASH WEDNESDAY, February 14

7:00 PM

**This is a joint worship service with Trinity OC and New Life Irvine*

SUNDAYS IN LENT, February 18, 25, March 3, 10, 17 & 24

10:00 AM

PALM SUNDAY, March 24

10:00 AM

MAUNDY THURSDAY, March 28

7:00 PM

**This is a joint worship service with Trinity OC and New Life Irvine*

GOOD FRIDAY, March 29

7:00 PM

**This is a joint worship service with Trinity OC and New Life Irvine*

EASTER SUNDAY, March 31

10:00 AM

All Sunday & Maundy Thursday worship services are located at:

Temple Bat Yahm

1011 Camelback Street Newport Beach, CA 92660

contact@redeemeroc.org

www.redeemeroc.org

Ash Wednesday worship service is located at:

Trinity OC / Orange Seventh Day Adventist Church

1310 East Walnut Ave Orange, CA 92867

https://www.trinitypresoc.org

Good Friday worship service is located at:

New Life Irvine / Beacon Park School

200 Cultivate Irvine, CA 92618

https://newlifeirvine.org