

Lenten Devotions

When the days drew
near for him
to be received up,
he set his face
to go to Jerusalem.

CLuke 9:51 (RSV)

The Season of Lent is a journey to Jerusalem. It is a journey where every step we take is an attempt to step into the very footprints of Jesus' steps that lead to the Cross.

So we journey toward the long shadow of the Cross, praying to be in step with the Christ and striving to be worthy of the walk.

He has marked the trail well. His calloused, cross-bearing prints give us direction even as they give us life. Bearing the weight of the sin of the world, his every step has left a deep impression in the earth. Are we up for the journey?

But while Jesus still calls us to take up a cross and to follow him, he also bids us to come unto him—call who carry heavy burdens—and there find rest for our souls.

We need both the rigor of the journey and the rest for our souls. May this Lenten Season bless us all with both. And may this little booklet help to lead every reader through an itinerary for the season, walking even more closely with the Christ.

Les Brown, Pastor

Contents

The Liturgical Year

A brief description of the church's holy seasons and holy days throughout the year with a particular focus on the Season of Lent

Lord, Teach Us to Pray

The context of Luke's version of the Lord's Prayer along with three other ancient prayers of the church's saints all of which can be prayed every day

47 Days of Devotions

47 readings from the Psalms, one for each day from Ash Wednesday through Easter Sunday, with directions of how to pray the Psalms every day throughout the season

The Liturgical Year

For centuries Christians have reenacted the Gospel message of Jesus Christ with holy seasons and holy days throughout the year.

The Christian liturgical year begins four Sundays before Christmas with the Season of **Advent** that anticipates Christ's birth. His advent, his coming. **Christmas** is the only dated holy day, observed in western Christianity on December 25, and has grown in meaning and tradition celebrating Christ's birth.

Just after the Christmas **Epiphany** celebrates the Adoration of the Magi of the Christ child and continues to rejoice that in Jesus God's love and presence are made known.

Lent, as described below, is a season of spiritual preparation for **Easter Sunday**, the holiest day of the Christian year.

On the fiftieth day of Easter is **Pentecost Sunday** that celebrates the Holy Spirit's indwelling in the church. Pentecost marks the birth of the church and the divine empowerment of all disciples of Jesus Christ to become his embodiment in the world. The rest of the year challenges us to grow as faithful disciples.

The Season of Lent

Lent begins on **Ash Wednesday**, 40 days (not counting Sundays that are feast days rather than fast days) before **Easter Sunday**. During this period we seek to put on the attitude of Christ by honoring the spiritual disciplines (blessings) of prayer, fasting, service, and almsgiving. We remember Christ's own 40-day ordeal in the desert, just before he began his ministry, and bear in heart and mind his ordeal on the cross.

The cross stands before us throughout this forty-day season. We are marked with the sign in ashes on **Ash Wednesday**; we journey the way of the cross through Scripture and service; we reenact the **Holy Week** traditions with the celebration of Jesus' entry into Jerusalem on **Palm Sunday** and **Maundy Thursday's** Last Supper, foot-washing and Gethsemane prayer; and we tremble before the Cross on **Good Friday**, awaiting and preparing for the victory of **Easter Sunday's** Resurrection.

Lord, Teach Us to Pray

How to Pray

Luke 11:1-4 (RSV)

[Jesus] was praying in a certain place, and when he ceased, 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 thy name. Thy kingdom come. Give us each day our daily bread; and forgive us our sins, for we ourselves forgive every one who is indebted to us; and lead us not into temptation.'"

When to Pray C At Rising

By St. Anselm, Archbishop of Canterbury (1033-1109)

O Lord our God, grant us grace to desire you with our whole heart, that so desiring we may seek and find you, and so finding you may love you, and loving you may hate those sins from which you have redeemed us. In Jesus Christ. Amen.

When to Pray C At Midday

By St. Augustine, Bishop of Hippo (354-430)

Almighty God, in whom we live and move and have our being, you have made us for yourself, so that our hearts are restless until they rest in you. Grant us purity of heart and strength of purpose, that no selfish passion may hinder us from knowing your will, no weakness from doing it; but that in your light we may see clearly, and in your service find our perfect freedom, through Jesus Christ our Lord. Amen.

When to Pray C At Day=s End

Also by St. Augustine (354-430)

Watch, dear Lord, with those who wake, or watch, or weep tonight, and give your angels charge over those who sleep. Tend your sick ones. Rest your weary ones. Bless your dying ones. Pity your afflicted ones. Shield your joyous ones. And all, for your love=s sake. Amen.

47 DaysC47 Readings

The following Psalms may be read, one each day, as prayersCfrom Ash Wednesday through Easter Sunday.

1. Read the daily selection carefully;
2. Reread it, pausing at each phrase that speaks to you;
3. Reflect on that word or phrase as it addresses your life;
4. Finally, offer your own prayers to God through it.

Pray every day this Season of Lent through Easter.

<u>Day</u>	<u>Reading</u>	<u>Theme of the Passage</u>
1.	Psalm 25:1-10	To you, O Lord, I lift up my soul.
2.	Psalm 25:11-21	For your name=s sake, O Lord, pardon my guilt.
3.	Psalm 20:1-9	Our pride is in the name of the Lord.
4.	Psalm 135:5-18	Our Lord is above all gods.
5.	Psalm 62:1-8	God is our refuge.
6.	Psalm 1:1-6	The Lord watches over the way of the righteous.
7.	Psalm 118:1-14	The Lord is my strength and my salvation.
8.	Psalm 118:19-29	O give thanks to the Lord_
9.	Psalm 19:7-14	The law of the Lord is perfect.
10.	Psalm 42:1-6a	My soul thirsts for God.
11.	Psalm 42:8-11	Hope in God.
12.	Psalm 85:4-13	Restore us again, O God of our salvation.

13. **Psalm 31:1-8** I trust in the Lord.
14. **Psalm 31:9-16** Save me in your steadfast love.
15. **Psalm 31:19-24** The Lord preserves the faithful.
16. **Psalm 51:1-9** Have mercy on me, O God.
17. **Psalm 51:10-17** Create in me a clean heart, O God.
18. **Psalm 37:1-9** Do not fret; be still before the Lord.
19. **Psalm 3:1-8** Deliverance belongs to the Lord.
20. **Psalm 8:1-9** O Lord, our Lord, how majestic is your name in all the earth!
21. **Psalm 98:1-9** O sing to the Lord a new song.
22. **Psalm 119:1-25** My soul clings to the dust; revive me.
23. **Psalm 24:1-10** The earth is the Lord's, and all that is in it.
24. **Psalm 130:1-8** For with the Lord there is steadfast love.
25. **Psalm 63:1-8** My soul seeks for God.
26. **Psalm 138** The Lord regards the lowly.
27. **Psalm 33:1-12** Happy is the nation whose God is the Lord.
28. **Psalm 33:13-22** The Lord is our help and shield.
29. **Psalm 100:1-5** Make a joyful noise to the Lord.
30. **Psalm 63:1-8** O God, my soul thirsts for you.
31. **Psalm 27:1-14** The Lord is my light and my salvation.

32. **Psalm 30:1-12** O Lord, my God, you have healed me.
33. **Psalm 40:1-11** Happy are they who make the Lord their trust.
34. **Psalm 16:1-11** The Lord is my chosen portion cup.
35. **Psalm 147:1-11** The Lord heals the brokenhearted and binds up their wounds.
36. **Psalm 91:1-8** The LordCmy refuge and my fortress.
37. **Psalm 91:9-16** Because you have made the Lord your refuge, no evil shall befall you.
38. **Psalm 65:1-13** O God of our salvation, you are the hope of all the ends of the earth.
39. **Psalm 54:1-7** But surely, God is my helper.
40. **Psalm 127:1-5** Unless the Lord builds the house, those who build it labor in vain.
41. **Psalm 67:1-7** May God be gracious to us and bless us.
42. **Psalm 96:1-13** Great is the Lord, and greatly to be praised.
43. **Psalm 119:101-112**
Your word is a lamp to my feet and a light to my ~~pa~~
44. **Psalm 139:1-18** O Lord, you have searched me and known me.
45. **Psalm 22:1-11** On you I was cast from my birth, and since my mother bore me you have been my God.
46. **Psalm 23:1-6** The Lord is my shepherd, I shall not want.
47. **Psalm 150:1-6** Praise the Lord!