

# **LENT 2024**

**DAILY PRAYER GUIDE**  
**FEBRUARY 14 - MARCH 30**



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*“No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great.”*

**St. John Chrysostom**



*"Like a great waterwheel, the liturgical year goes on relentlessly irrigating our souls, softening the ground of our hearts, nourishing the soil of our lives until the seed of the Word of God itself begins to grow in us, comes to fruit in us, ripens in us the spiritual journey of a lifetime."*

**JOAN D. CHITTISTER**



*"When people give up chocolate or meat or alcohol or coffee, it is not because we Christians think that if we enjoy something, it must be bad. Coffee, meat, alcohol and especially chocolate are very good things that show God’s goodness, creativity, and provision. Of course, Christians ought to be interested and working toward breaking habits of sin — gossip, lust, judgment, anger, pride, and so on — but this is called repentance, which is certainly not limited to Lent. I’m not giving up Facebook in the same way that I’m repenting of (and trying to give up) anxiety or impatience with my toddler."*

**TISH HARRISON WARREN**



*“...the liturgical traditions of the Church, all its cycles and services, exist, first of all, in order to help us recover the vision and the taste of that new life which we so easily lose and betray, so that we may repent and return to it. ... It is through her liturgical life that the Church reveals to us something of that which ‘the ear has not heard, the eye has not seen, and what has not yet entered the heart of man, but which God has prepared for those who love Him.’ And in the center of that liturgical life, as its heart and climax, as the sun whose rays penetrate everywhere, stands Pascha.”*

**ALEXANDER SCHMEMANN**

## THE LITURGICAL YEAR — A REVIEW

At Grace Pasadena, we are committed to forming habits and practices— a Rule of Life — that root us in the love of God in Jesus Christ. To help us do so, we follow the liturgical, or church, calendar. This tool reminds us that the people of God live by a different rhythm, one that is shaped first and foremost by the story of God’s love for us in Jesus Christ. Developed over many years, the church year is divided into different seasons based on different aspects of the life of Jesus Christ. Each season draws us into deeper contemplation of our Savior’s love and how he is manifesting his love in the here and now. Each season has it’s own themes, symbols and colors. In short:

**Advent.** This is the season of promise. We spend time anticipating the coming of God in Jesus Christ. We look back on the promises of God to send a Messiah and we look forward to the fulfilment of Jesus’s promise to come back and set all things right once and for all. There are four Sundays of Advent, and the color is purple. Christmas. This is a season of incarnation. Spanning twelve days, we celebrate the coming of Jesus Christ and the in-breaking of his light in our world. In his coming, we see that God does not remain far from us or despise us, but comes to us as one of us in order to embrace us with his loving grace. The colors of the season are white and gold.

**Epiphany.** This is a season of revelation. We remember how Jesus showed us who he is through his life, words, relationships and miracles, and that he is indeed the light to all the nations of the world. There are seven to eight Sundays of the season. The color is green.

**Lent.** This is a season of crucifixion. We remember how Jesus suffered humiliation and death on a cross for our sake because of our sin. This is a somber season, but one that prepares us for the joy of Easter. The season is forty days long; it begins on Ash Wednesday and ends with Holy Week. The color is purple through most of the season. Black is often used on the final days of Lent.

**Easter.** This is the season of resurrection. We celebrate Jesus’s rising from the dead and his victory over all sin and death. This is the party of all parties, and so the season is fifty days long. The colors are gold and white.

**Pentecost.** This is the season of the Holy Spirit. After Jesus ascended to heaven, Jesus sent his Holy Spirit to live in us. This is the longest of the seasons, and in this time, we turn our attention to the ways the Holy Spirit orders our lives with the love of Jesus to prepare us for his return. The season is often called “Ordinary Time” from the Latin word for “order.” The color for Pentecost Sunday is red and the green is used the rest of the time.

## LENTEN SELF-EXAMINATION

The forty days of Lent is a long season of preparation for the even longer celebration of Easter. The Church has long observed this season. An important word and action that marks our preparations is “repentance”. Though Christians are called to repentance at all times, the Church, in her wisdom, sets aside certain times of the year to bring particular attention to it.

*Repentance is a re-orientation.* To repent is to turn away from sin and towards God and his love (Mat. 3:2; Acts 3:19). With Easter as the goal, Lent invites us to turn away from news that is anything less than the Good News of Jesus’s death and resurrection. As we re-orient our lives, we bear the fruit of repentance (Mat. 3:8). That is, our lives increasingly testify to God’s love in our words, attitudes and actions. An important furnace for re-orientation is self-examination, or laying our lives bare before the Holy Spirit (Psalm 139:23). As Craig Higgins explains, “Lent is a time for focusing on the heart, a time for asking questions about our spiritual health.” Higgins offers the following useful questions:

- What are my characteristic sins, and how can I work and pray for change?
- What idols have captured my imagination and desires so that my love for the living God has grown cold?
- In what ways is my devotion to Christ and his church less than wholehearted?

Such self-examination helps us take an honest look at our lives and ways we are either moving towards or away from God. It helps us see the ways our beliefs line up with our words, actions and attitudes. It helps us see all the dark places of our hearts that God wants to dispel with his light and love. Lent, and self-examination in general, can be difficult and ground shaking if we loose sight of the fact that God’s intention is to bring new life and joy. It can crush us if Easter is not in sight. Christian self-reflection is not an act of shame or self-destruction, but one that leads to new freedom and life.

## LENTEN FASTING

Self-examination is tied to two other important practices: fasting and hospitality, or self-denial and self-giving. These two habits are linked together and complete one another.

Fasting is not always a strictly spiritual exercise. Hunger strikes have been used to protest political injustice. Fasting has also long been used for health reasons, and this kind of fasting is having a moment. Along with eating clean and going keto, many health enthusiasts have latched onto fasting. The thinking goes that limiting food on a periodic basis can unlock all kinds of human potential including weight loss and clarity of mind.

Neither of these modes of fasting are wrong, but the motivations are different than Christian fasting. The hunger strike seeks after power, while dietary fasting seeks after better version of one’s self. To a degree, both modes are about the self. Christian fasting is about self-denial.

In Scripture, we see different patterns of fasting. One is a total fast, which restricts all food and liquids, except water. Another is a partial fast, which restricts only some kinds of food or liquids. Either way, the purpose of fasting is to create new room in our lives for God. When we fast, we intentionally deprive ourselves of things, actions and attitudes that make us feel self-sufficient and self-protected. We give up power and any illusions of being good enough on our own.

Fasting puts us in a wilderness place in which our only recourse is to throw ourselves into the hands of God. Israel was thrown into a fast of sorts during their 40 years in the wilderness; over and over again, Israel had to learn to turn to God. Before beginning his ministry, Jesus spent 40 days in the wilderness fasting, and at every temptation, he turned to the Father. In this, we see that the very dynamic of fasting is re-orientation from self to God. In other words, fasting puts us in a place where we can confront our sin and hear with fresh ears the Good News that Jesus is our only comfort in life and death and that we belong to him.

Lenten fasting can take different shapes. 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 networks. 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.

Since we do not live the Christian life alone, consider fasting with your City Group, friends, roommates or family. In Scripture, we see individuals fasting as well as entire communities fasting together (2 Sam 1; Acts 14:3).

As you fast, keep in mind the following:

- If you have any history with eating disorders

or have a complicated relationship with food or dieting, fasting from food may not be wise. Find another way to fast that will cultivate freedom and joy. As always, if you need help in this area, Grace Pasadena is here for you. Please reach out.

- 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. (Lent is forty days because we don't count Sundays.) So take a break from fasting on Sundays and remember with joy that our salvation is a gracious gift from God!
- Fasting is never about the strength of our will power or personal piety. That is to say, failure is part of our fasting experience and fasting is never about the self. Whenever you fail, resist the temptation to condemn yourself. Whenever you feel "successful" in your fast, resist the temptation to boast about your will power. Instead, turn to God and rejoice in his free grace and revel in the knowledge that God alone is your life and strength.

### LENTEN HOSPITALITY

As fasting turns us towards God, it also creates space for others and moves us towards them. Fasting always leads to open hearts and lives. Fasting re-orient us to God and his love, which by nature, must be shared. It can not be said enough that fasting is not about the self or self-improvement, but a re-orientation away from the self.

How does this play out? Something small as fasting from Netflix and social media can

lead to more time for fellowship. A little less money spent on yourself leads to a little more generosity to those around you. Experiencing hunger when fasting from a meal can give you new eyes to see the poor and embrace them in deeper solidarity.

Because fasting naturally draws us to others, Christians have used Lent for centuries as a time to cultivate mercy and compassion, or love of neighbor, especially the outcast, poor, oppressed and marginalized. A word that captures this outward movement is hospitality. Fasting leads to and makes space for hospitality. "Hospitality" needs some, if not a lot, of re-imagining. We hear the word and we often associate it with the hotel and travel industries. We also associate it with tea and cookies or dinner parties. While these are not bad associations and part of hospitality, they do not tell the whole story. Hospitality has vital place in Christian history and practice. As Christine Pohl writes, "Hospitality is a way of life fundamental to Christian identity" and a "central dimension of Christian moral life."

At its heart, Christian hospitality is a deep welcoming of others. This begins in the very life of God. In the Triune God, we see an eternal community of love of Father, Son and Holy Spirit. Each person of the Trinity embraces the other. Each blesses the other. God's very nature is to welcome.

God's deep welcome extends to his people. From the very beginning in the Garden of Eden, God looks at his people and then invites and welcomes them into deep communion with him. This communion involves sharing his

creative work and enjoying his bounty.

This welcome continues after Adam and Eve turn away in sin and then hide from him. What is God's response? He seeks after them, he calls them, he approaches them, he embraces them and he covers them spiritually, emotionally and physically. He extends hospitality.

Created in God's image, God's hospitality is imprinted on us: Adam and Eve extended God's hospitality to one another not only as husband and wife, but also as co-laborers and stewards. When God calls Abraham and Sarah and makes a covenant with them to establish a new nation, God says that it will be a blessing to all the nations (Gen. 12:3). After God frees Israel from slavery to Egypt, God encodes hospitality to the sojourner (non-Israelite), the widow, the oppressed, and the poor in Israel's law (Ex. 20:10, 22:21, Lev. 25; Deut. 5:14). In doing so, God reminds Israel that he showed great kindness to them while they themselves were sojourners and oppressed in Egypt. The prophets repeatedly remind Israel that it was to be a welcoming light to the nations and a place of reconciliation (Is. 30:28, 66:12).

All of this is embodied in the life of Jesus and the early Church. Jesus is the light to all nations, not just to Israel. In his ministry, Jesus welcomes all into his presence. He eats with Jews and Gentiles. He heals both. He proclaims his Good News to both. He also welcomes the orphan, widow, poor and outcast. Likewise, the early church was renowned for its hospitality, especially towards the outsider. In his Epistles, the Apostle Paul urges the church to continue welcoming the outsider by pursuing hospitality

(Romans 12:13). The writer of Hebrews goes on to say that by welcoming strangers, we may be entertaining angels unawares, like Abraham and Sarah did (Heb. 13:2).

Hospitality was an important social value of Jesus's time. The Christian innovation was the extension of hospitality to people outside of one's ethnic, religious, cultural and socioeconomic group. God breaks down the barriers that separate us from him, and so Christian hospitality does the same and overcomes barriers separating us from one another. All throughout Scripture, we see how hospitality brings friends closer together, makes the stranger into friends, and brings dignity to the marginalized.

What keeps us from welcoming friends into deeper relationship and bridging the divide with strangers is more often than not our self-centeredness, selfishness and love of independence. Self-reflection brings this to light and re-orient us to God. Fasting cultivates new freedom and makes room in our lives for others. Hospitality extends the grace we experience to others. This is one of the many gifts of Lent.

## FINAL WORDS

Use this prayer guide as you are able. Don't worry about reading all the scripture lessons or answering each question each morning or evening. Focus on a part and adapt the guide as you see fit. Even consider breaking up the readings throughout the day. The encouragement, as always, is to start where you are and expand slowly.

Let's keep a holy Lent together. Let's turn our hearts to God and towards one another. Through self-examination, fasting and hospitality, let's use experience and extend the riches of God's grace in Jesus Christ.

***With much love for you all,***

Pastor Marc Choi

## Notes

*\*Portions of the introduction have been adapted from "On Keeping A Holy Lent" by Craig Higgins with permission.*

Mornings — Ash Wednesday to Saturday, 2/25

Ash Wednesday  
Psalm 38  
Isaiah 58:1-12  
Luke 18:9-14

February 15  
Psalms 111, 112  
Gen. 45  
Matt. 5:1-20

February 16  
Psalm 115  
Gen. 46  
Matt. 5:21-48

February 17  
Psalm 119:1-24  
Gen. 47  
Matt 6:1-18

Opening Prayer

Lord, you have been our dwelling place in all generations. Before the mountains were brought forth, or you had formed the earth and the world, from everlasting to everlasting you are God. Teach us, Lord, to count our days that we may gain a wise heart. Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days. Through Christ, our Lord. **Amen.** —based on Psalm 90

*What is stirred in you when you hear “Teach us, Lord, to count our days? What invitation do you hear in these words as you enter prayer during these first days of Lentt?*

The Song of Response

*Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

The Confession

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. **Amen.**

—from Psalm 51:1-2, 6, 10-12, NIV

*Silence for reflection and continued confession.*

Listening to Words of Love

*Read from the Old Testament or Gospel, or both*

Abiding in Love

- Listen to the passage again. Which words resonate loudly?
- What invitations of repentance do you hear? How might be God asking you to turn away from sin and towards his life during this season?

Closing Prayers

*Offer to God thanksgivings and needs for yourself, church, city and world. Conclude with the Lord’s Prayer and/or the following:*

We are but dust. Have mercy on us and turn your face towards us, that we may live. Make our way straight and lead us home to you all our days. **Amen.**

Evenings — Ash Wednesday to Saturday, 2/25

Opening Prayer

I remember your name in the night, O Lord, and keep your law.  
— Psalm 119:55

*Take a moment to remember the name of the Lord. What is stirred in you?*

The Song of Response

*Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen. **Amen.**

*Silence for reflection and response.*

Listening to Words of Love

*Re-visit one of the scripture lessons from the morning.*

Abiding in Love

- Think back on the day: What are your joys? What are your sorrows?
- How is God inviting you to rest?
- What might you renounce tomorrow so you can say “yes” to God more fully?

Closing Prayers

*Entrust yourself and the world to God’s care and receive the rest he gives. Conclude with the following:*

We bring to God someone whom we have met or remembered today, and for whom we want to pray.  
*(say the name/s of those who come to mind)*

We bring to God a troubled situation in the world tonight.  
*(offer up the situations pressing heavily on you)*

We bring to God, someone whom we find hard to forgive or trust.  
*(ask God for his peace, mercy and grace)*

We bring to God those who must labor through the night.  
*(remember first responders, healthcare workers, and others)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

Mornings - Week of February 18

**February 18**  
Psalm 119:49-72  
Gen. 48  
Matt. 6:19-end

**February 19**  
Psalm 119:89-104  
Gen. 49  
Matt. 7

**February 20**  
Psalm 119:129-152  
Gen. 50  
Matt 8:1-17

**February 21**  
Psalms 118  
Exod. 1  
Matt. 8:18-end  
*(Don't forget the midweek practice on pg. 16!)*

**February 22**  
Psalms 122, 123  
Exod. 2  
Matt. 9:1-17

**February 23**  
Psalms 127, 128  
Exodus 3  
Matt 9:18-34

**February 24**  
Psalms 132, 133  
Matt 9:35-10:23

**Opening Prayer** / *Psalm 27:9*  
Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!  
*Take a moment to imagine an expression of compassion and mercy on God's face. How might you respond during this time of prayer?*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

**The Confession**  
Almighty God, you despise nothing you have made, and you forgive the sins of all who are penitent. Create in us new and contrite hearts, that, truly repenting of our sins and acknowledging our brokenness, we may obtain from you, the God of all mercy, full pardon and forgiveness, through your Son, Jesus Christ, our Redeemer, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

*Silence for reflection and continued confession.*

**Listening to Words of Love**  
*Read from the Old Testament or Gospel, or both.*

**Abiding in Love**

- How do today's words invite you to self-reflection?
- What words of truth do you hear about yourself and God's love?
- Where in your heart, mind, or body do you notice resistance or openness to today's words?

**Closing Prayers**  
*On this Lord's Day, pray for deep rest for yourself, neighbor and world. Lift up your needs and the needs of others. Conclude with the Lord's Prayer or the following:*  
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.**

Evenings - Week of February 18

**Opening Prayer**  
I remember your name in the night, O Lord, and keep your law.  
— *Psalm 119:55*  
*Take a moment to remember the name of the Lord. What is stirred in you?*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

**The Confession**  
Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

*Silence for reflection and response.*

**Listening to Words of Love**  
*Re-visit one of the scripture lessons from the morning.*

**Abiding in Love**

- Think back on the day: What are your joys? What are your sorrows?
- How is God inviting you to rest?
- What might you renounce tomorrow so you can say “yes” to God more fully?

**Closing Prayers**  
*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*  
We bring to God someone whom we have met or remembered today, and for whom we want to pray.  
*(say the name/s of those who come to mind)*  
We bring to God a troubled situation in the world tonight.  
*(offer up the situations pressing heavily on you)*  
We bring to God, someone whom we find hard to forgive or trust.  
*(ask God for his peace, mercy and grace)*  
We bring to God those who must labor through the night.  
*(remember first responders, healthcare workers, and others)*  
We bring ourselves and our world to God and receive the gift of his rest. **Amen.**



Mornings - Week of February 25

February 25  
Psalm 136  
Exod. 4  
Matt. 10:24-end

February 26  
Psalm 139  
Exod. 5  
Matt. 11

February 27  
Psalm 140  
Exod. 6  
Matt. 12:1-21

February 28  
Psalm 144  
Exod. 7  
Matt 12:22-end  
*(Don't forget the midweek practice on pg. 16!)*

February 29  
Psalm 90  
2 Kings 2  
Luke 24:44-53

March 1  
Psalm 146  
Exod. 8  
Matt. 13:1-23

March 2  
Psalm 148  
Exod. 9  
Matt 13:24-43

**Opening Prayer**  
Convert us anew this Lenten season, O God our Savior, and shape our lives with your word of truth. By your Spirit, bring us to the cross of Jesus Christ that we might find new life. In his name we pray. **Amen.**  
*As you enter prayer today, ask the Holy Spirit for help and the courage to pick up your cross today.*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms).  
Pray the whole Psalm or focus on a part.*

**The Confession**  
God of compassion, you are slow to anger and full of mercy, welcoming sinners who return to you with penitent hearts. Receive in your loving embrace all who come home to you. Seat them at your bountiful table of grace, that, with all your children, they may feast with delight on all that satisfies the hungry heart. We ask this in the name of Jesus Christ, our Savior,  
who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. **Amen.**  
*Silence for reflection and continued confession.*

**Listening to Words of Love**  
*Read from the Old Testament or Gospel, or both.*

**Abiding in Love**

- How do today's words help you understand fasting, or self-denial and self-giving? Is there a "mini-fast" you can practice today?
- What words remind you of God's providential abundance? What words challenge your ideas and beliefs of scarcity?

**Closing Prayers**  
*Offer prayers for yourself, neighbor and world; the day and its tasks; the life of Grace Pasadena. Conclude with the Lord's Prayer or the following prayer:*  
  
Almighty and ever living God, you invite us deeper into your world, your people, your Lent. May this time be one of outward focus; seeking you in those we often ignore. Help us live a Lent focused on freedom, generosity, and encounter. Give us hearts hungry to serve you and those who need what we have to give. **Amen.**

Evenings - Week of February 25

**Opening Prayer**  
I remember your name in the night, O Lord, and keep your law.  
— *Psalm 119:55*  
  
*Take a moment to remember the name of the Lord. What is stirred in you?*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms).  
Pray the whole Psalm or focus on a part.*

**The Confession**  
Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen. **Amen.**  
  
*Silence for reflection and response.*

**Listening to Words of Love**  
*Re-visit one of the scripture lessons from the morning.*

**Abiding in Love**

- Think back on the day: What are your joys? What are your sorrows?
- How is God inviting you to rest?
- What might you renounce tomorrow so you can say "yes" to God more fully?

**Closing Prayers**  
*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*  
  
We bring to God someone whom we have met or remembered today, and for whom we want to pray.  
*(say the name/s of those who come to mind)*  
  
We bring to God a troubled situation in the world tonight.  
*(offer up the situations pressing heavily on you)*  
  
We bring to God, someone whom we find hard to forgive or trust.  
*(ask God for his peace, mercy and grace)*  
  
We bring to God those who must labor through the night.  
*(remember first responders, healthcare workers, and others)*  
  
We bring ourselves and our world to God and receive the gift of his rest. **Amen.**



Mornings - Week of March 3

**March 3**  
Psalms 1, 2  
Exod. 10  
Matt. 13:44-end

**March 4**  
Psalms 5, 6  
Exod. 11  
Matt. 14

**March 5**  
Psalm 9  
Exod. 12  
Matt. 15:1-28

**March 6**  
Psalms 8, 11  
Exod. 13  
Matt. 15:29-16:12  
*(Don't forget the midweek practice on pg. 16!)*

**March 7**  
Psalms 12, 13, 14  
Exod. 14  
Matt. 16:13-end

**March 8**  
Psalm 18:1-20  
Exod. 15  
Matt. 17:1-23

**March 9**  
Psalm 19  
Exod. 16  
Matt. 17:24-18:14

**Opening Prayer** / *Psalm 40:4*  
“Blessed is the man who makes the Lord his trust, who does not turn to the proud, to those who go astray after a lie!”

*As you enter morning prayer, ask the Spirit to help you trust the Lord anew.*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms).  
Pray the whole Psalm or focus on a part.*

**The Confession**  
Most merciful God whose Son, Jesus Christ, was tempted in every way, yet was without sin, we confess before you our own sinfulness; we have hungered after that which does not satisfy; we have compromised with evil; we have doubted your power to protect us. Forgive our lack of faith; have mercy on our weakness. Restore in us such trust and love that we may walk in your ways and delight in doing your will. **Amen.**

*Silence for reflection and continued confession.*

**Listening to Words of Love**  
*Read from the Old Testament or Gospel, or both.*

**Abiding in Love**

- How do today’s words invite you to hospitality, or self-giving? How do they reflect the hospitality God extends to you?
- In what creative ways can you extend hospitality today?
- What words from today’s passages can you share with others as an act of hospitality?

**Closing Prayers**  
*Offer prayers for yourself, neighbor and world; the day and its tasks; the life of Grace Pasadena. Conclude with the Lord’s Prayer or the following prayer:*

Sovereign Lord, your hand has touched the dry bones of our faith, your Word has breathed new life where there was death, your spirit raised us up from where we lay, your love has brought us home and to your Cross, and by your grace we stand forgiven, free. Hallelujah! **Amen.**

Mornings - Week of March 3

**Opening Prayer**  
I remember your name in the night, O Lord, and keep your law.  
— *Psalm 119:55*

*Take a moment to remember the name of the Lord. What is stirred in you?*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms).  
Pray the whole Psalm or focus on a part.*

**The Confession**  
Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen. **Amen.**

*Silence for reflection and response.*

**Listening to Words of Love**  
*Re-visit one of the scripture lessons from the morning.*

**Abiding in Love**

- Think back on the day: What are your joys? What are your sorrows?
- How is God inviting you to rest?
- What might you renounce tomorrow so you can say “yes” to God more fully?

**Closing Prayers**  
*Entrust yourself and the world to God’s care and receive the rest he gives. Conclude with the following:*

We bring to God someone whom we have met or remembered today, and for whom we want to pray.  
*(say the name/s of those who come to mind)*

We bring to God a troubled situation in the world tonight.  
*(offer up the situations pressing heavily on you)*

We bring to God, someone whom we find hard to forgive or trust.  
*(ask God for his peace, mercy and grace)*

We bring to God those who must labor through the night.  
*(remember first responders, healthcare workers, and others)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

# Midweek Practice

*Each week, take a few moments to consider your practices of fasting and self-reflection. What feels life-giving? What feels challenging? What are you learning about your desires and God's desires for you?*

*Each week, also take the time to consider how God is moving you towards others, that is, making room in your life for others through the practices of fasting and self-reflection. In this light, would you pray for the City Groups of Grace Pasadena, our city ministry partners, and your neighbors. Would you also be curious about them? May the Spirit continue to open space in us for our neighbors:*

- *Week 1: Pray for Grace Pasadena's City Groups (contact Ben Ewen for more information)*
- *Week 2: Pray for Door of Hope ([www.doorofhope.us](http://www.doorofhope.us))*
- *Week 3: Pray for Elizabeth House ([www.elizabethhouse.net](http://www.elizabethhouse.net))*
- *Week 4: Pray for Olive Crest ([www.olivecrest.org](http://www.olivecrest.org))*
- *Week 5: Pray for your neighbors and reach out to them.*

*Use this space to journal any responses stirred in you by the Spirit.*

# Notes

Mornings - Week of March 10

**March 10**  
Psalm 22  
Exod. 17  
Matt. 18:15-end

**March 11**  
Psalm 25  
Exod. 18  
Matt. 19:1-15

**March 12**  
Psalms 26, 28  
Exod. 19  
Matt. 19:16-20:16

**March 13**  
Psalms 29, 30  
Exod. 20  
Matt. 20:17-end  
*(Don't forget the midweek practice on pg. 16!)*

**March 14**  
Psalm 34  
Exod. 21  
Matt. 21:1-22

**March 15**  
Psalms 32, 36  
Exod. 22  
Matt. 21:23-end

**March 16**  
Psalm 37:1-17  
Exod. 23  
Matt 22:1-33

**Opening Prayer** / *Isaiah 30:15*  
For thus said the Lord God, the Holy One of Israel, “In returning and rest you shall be saved; in quietness and in trust shall be your strength.”

*What might returning and rest look like for you in this moment? This day? This season of Lent?*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms).  
Pray the whole Psalm or focus on a part.*

**The Confession**  
Everlasting God, fountain of all life and the true home of every heart: our hearts are restless until they rest in you. Yet we confess that our hearts have been enslaved by selfish passion and base desire. We have sought after many things and have neglected the one thing needful. We have not loved you with our whole hearts; help us to turn to you and find forgiveness. Lead us home, that we may again find in you our life and joy and peace. **Amen.**

*Silence for reflection and response.*

**Listening to Words of Love**  
*Read the Gospel or Epistle for the morning, or both.*

**Abiding in Love**

- Which words from the readings invite you to stillness?
- Take another moment to be still. Is there anything from the passages that become louder, more important to you?
- How might you carry this stillness with you today and bless others with it?

**Closing Prayers**  
*Offer prayers for yourself, neighbor and world; the day and its tasks; the life of Grace Pasadena. Conclude with the Lord’s Prayer or the following prayer:*

Lord, Jesus, I am stressed. Help me to accept your invitation to come and receive the rest I need. Help me to release willingly my fear, my worries, my agenda and my to-do list. Ease the tension and replenish my body. Silence the voices of doubt and speak your words of truth. Remove the heaviness of my day and pour out abundantly into my life. Fill me with your peace, joy and love. Fill me until all is consumed by your grace and my life reflects the beauty of resting in you. **Amen.**

Wednesday Evenings of Lent

**Opening Prayer**  
I remember your name in the night, O Lord, and keep your law.  
— *Psalm 119:55*

*Take a moment to remember the name of the Lord. What is stirred in you?*

**The Song of Response**  
*Lift up your hearts through the morning Psalm (or Psalms).  
Pray the whole Psalm or focus on a part.*

**The Confession**  
Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen. **Amen.**

*Silence for reflection and response.*

**Listening to Words of Love**  
*Re-visit one of the scripture lessons from the morning.*

**Abiding in Love**

- Think back on the day: What are your joys? What are your sorrows?
- How is God inviting you to rest?
- What might you renounce tomorrow so you can say “yes” to God more fully?

**Closing Prayers**  
*Entrust yourself and the world to God’s care and receive the rest he gives. Conclude with the following:*

We bring to God someone whom we have met or remembered today, and for whom we want to pray.  
*(say the name/s of those who come to mind)*

We bring to God a troubled situation in the world tonight.  
*(offer up the situations pressing heavily on you)*

We bring to God, someone whom we find hard to forgive or trust.  
*(ask God for his peace, mercy and grace)*

We bring to God those who must labor through the night.  
*(remember first responders, healthcare workers, and others)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

## Mornings - Week of March 17

**March 17**  
Psalm 40  
Exod. 24  
Matt. 22:34-23:12

**March 18**  
Psalms 42, 43  
Exod. 25  
Matt. 23:13-end

**March 19**  
Psalm 45  
Exod. 26  
Matt 24:1-28

**March 20**  
Psalms 47, 48  
Exod. 27  
Matt 24:29-end  
*(Don't forget the midweek practice on pg. 16!)*

**March 21**  
Psalms 50  
Exod. 28  
Matt. 25

**March 22**  
Psalms 52, 53, 54  
Exod. 29  
Matt. 26

**March 23**  
Psalms 56, 57  
Exod. 30  
Matt. 27

### **The Invitation** / *Psalm 119:28*

“My soul melts away for sorrow; strengthen me according to your word!”

*What sorrows do you carry with you today? As you enter this time, imagine God holding all your sorrows and weeping with you.*

### **The Song of Response**

*Lift up your hearts through the morning Psalm (or Psalms).*

*Pray the whole Psalm or focus on a part.*

### **The Confession**

God of compassion, in Jesus Christ you did not disdain the company of sinners but welcomed them with love. Look upon us in mercy, we pray. Our sins are more than we can bear; our pasts enslave us; our misdeeds are beyond correcting. Forgive the wrongs we cannot undo; free us from a past we cannot change; heal what we can no longer fix. Grace our lives with your love and turn the tears of our past into the joys of new life with you. **Amen.**

*Silence for reflection and response.*

### **Listening to Words of Love**

*Read the Gospel or Epistle for the morning, or both.*

### **Abiding in Love**

- Consider your sorrows again. Do you hear any new words of hope, healing, or release in today's passages?
- How might you weep with those who weep today?
- Are you fasting? How might today's words encourage you in your fast?

### **Closing Prayers**

*Offer prayers for yourself, neighbor and world; the day and its tasks; the life of Grace Pasadena. Conclude with the Lord's Prayer or the following prayer:*

Lord God, heavenly Father, in your fatherly grace you did not spare you only Son but gave him up to death on the cross. Pour your Holy Spirit into our hearts that we may find our highest comfort in your grace. Protect us from temptations to sin more, and help us patiently bear whatever hardships may come, so that through him we may have eternal life. **Amen.**

## Thursday Evenings of Lent

### **Opening Prayer**

I remember your name in the night, O Lord, and keep your law.

— *Psalm 119:55*

*Take a moment to remember the name of the Lord. What is stirred in you?*

### **The Song of Response**

*Lift up your hearts through the morning Psalm (or Psalms).*

*Pray the whole Psalm or focus on a part.*

### **The Confession**

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen. **Amen.**

*Silence for reflection and response.*

### **Listening to Words of Love**

*Re-visit one of the scripture lessons from the morning.*

### **Abiding in Love**

- Think back on the day: What are your joys? What are your sorrows?
- How is God inviting you to rest?
- What might you renounce tomorrow so you can say “yes” to God more fully?

### **Closing Prayers**

*Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:*

We bring to God someone whom we have met or remembered today, and for whom we want to pray.

*(say the name/s of those who come to mind)*

We bring to God a troubled situation in the world tonight.

*(offer up the situations pressing heavily on you)*

We bring to God, someone whom we find hard to forgive or trust.

*(ask God for his peace, mercy and grace)*

We bring to God those who must labor through the night.

*(remember first responders, healthcare workers, and others)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

**March 24 - Palm Sunday**  
Psalm 59  
Exod. 31  
Mark 11:1-14

**March 25**  
Psalms 113, 138  
Exod. 32  
Mark 11:15-end

**March 26**  
Psalms 61, 62  
Exod. 33  
Mark 12:1-34

**March 27**  
Psalm 68:1-18  
Exod. 34  
Mark 12:35-end

**March 28 - Maundy Thursday**  
Psalm 69:1-18  
Exod. 35  
Mark 13

**March 29 - Good Friday**  
Psalm 66  
Exod. 36  
Mark 14

**March 30 - Easter Vigil**  
Psalms 95, 22  
Exod. 37  
Mark 15

**The Invitation** / 1 Peter 2:24  
“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.”  
*Take a few deep breaths and let the words wash over you; settle into a posture that helps you stay rooted in the grace Jesus gives freely.*

**The Song of Response**  
*Lift up your hearts through the morning/evening Psalm (or Psalms). Pray the whole Psalm or focus on a part.*

**The Confession**  
O God, you know my foolishness and my sins are not hidden from you: Lord, have mercy. Let not the flood overwhelm me nor the depths swallow me up; let not the pit shut its mouth upon me: Christ, have mercy. Hear me, O Lord, as your loving kindness is good; turn to me as your compassion is great: Lord, have mercy. **Amen.**

*Silence for reflection and response.*

**Listening to Words of Love**  
*Read the Gospel or Epistle for the morning, or both.*

**Abiding in Love**

- Focus on the Gospel reading and pay attention to Jesus’s words and interactions with the people around him. What do you notice? What do you see about Jesus in a fresh way?
- As the week unfolds, what do you notice stirring in you? Where do sense new openness to God? Where do you feel resistant?
- Each day this week, look back on the last few weeks. What have you learned about yourself and God this season?

*(Evening Prayer is on pg. 22)*

**Closing Prayers**  
*Offer prayers for yourself, neighbor and world; the day and its tasks; the life of Grace Pasadena. Conclude with the Lord’s Prayer or the appropriate collect:*

*Palm Sunday*  
Almighty and ever-living 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.**

*Monday of Holy Week*  
Almighty God, whose dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*Tuesday of Holy Week*  
O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*Wednesday of Holy Week*  
Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

*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, one God, for ever and ever. **Amen.**

*Good Friday*  
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.**

*Holy Saturday/Easter Vigil*  
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.**

**Opening Prayer**

Into your hands, O Lord, I commend my spirit.  
For you have redeemed me, Lord God of truth.  
Glory to the Father and to the Son and to the Holy Spirit. **Amen.**

**The Song of Response**

*Lift up your hearts through the morning Psalm (or Psalms).  
Pray the whole Psalm or focus on a part.*

**The Confession**

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen. **Amen.**

*Silence for reflection and response.*

**Listening to Words of Love**

*Re-visit one of the scripture lessons from the morning.*

**Abiding in Love**

- Think back on the day: What are your joys? What are your sorrows?
- How is God inviting you to rest?
- What might you renounce tomorrow so you can say “yes” to God more fully?

**Closing Prayers**

*Entrust yourself and the world to God’s care and receive the rest he gives. Conclude with the following:*

Save us, O Lord, while waking, and guard us while sleeping,  
that awake we may watch with Christ and asleep may rest in peace.  
In peace we will lie down and sleep;  
for you alone, Lord, make us dwell in safety.  
Abide with us, Lord Jesus,  
for the night is at hand and the day is now past.  
As the night watch looks for the morning,  
so do we look for you, O Christ.  
The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace. **Amen.**

