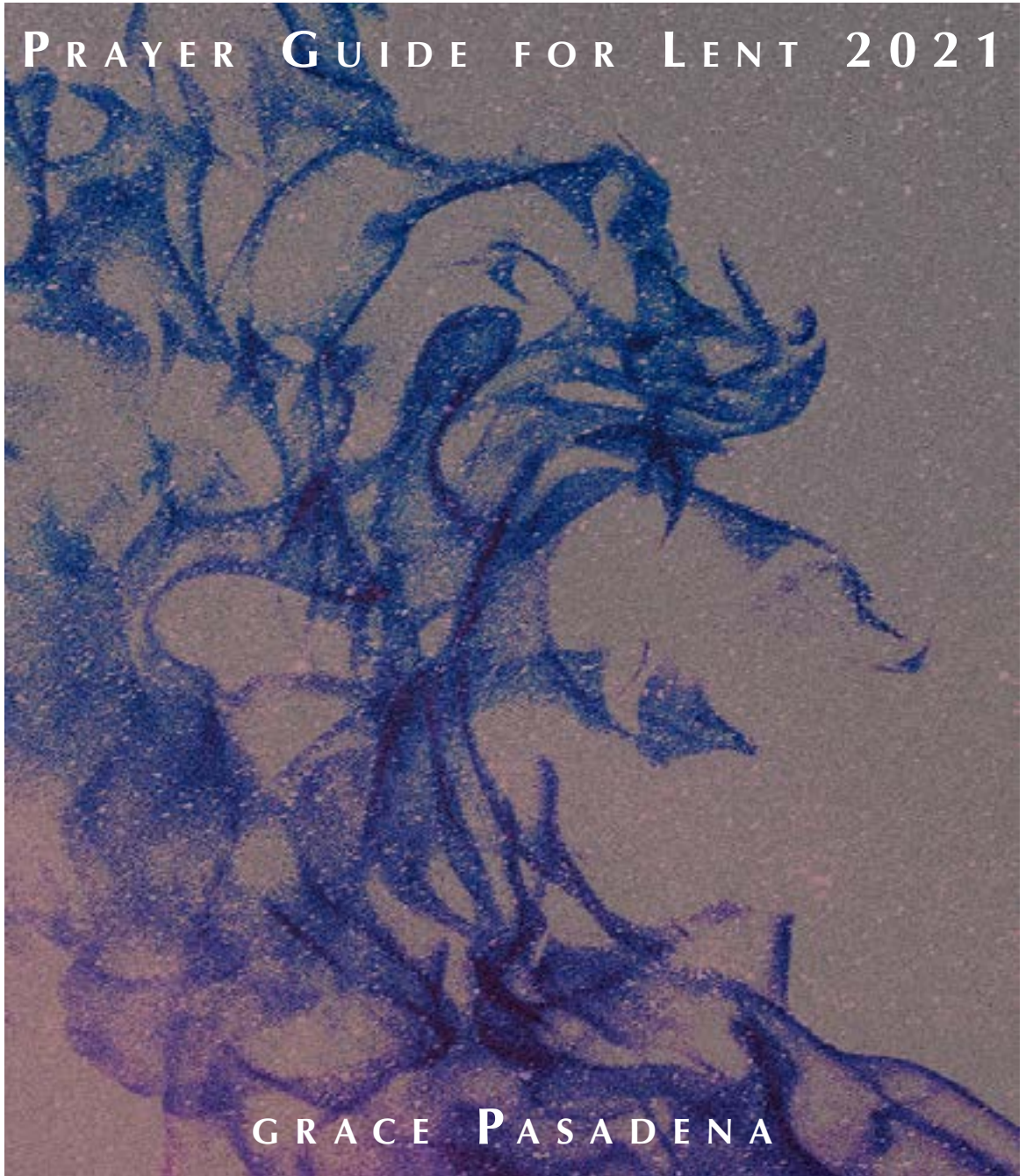


PRAYER GUIDE FOR LENT 2021



GRACE PASADENA



TABLE OF CONTENTS

—

Introduction 1

Ash Wednesday to 2/20 6

Sundays of Lent 8

Mondays in Lent 10

Tuesdays in Lent 12

Wednesdays in Lent 16

Thursdays in Lent 18

Fridays in Lent 20

Saturdays in Lent 22

Noon Liturgy + Holy Week Collects 24

“[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 [the Easter mystery].”

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. Given the limited space of this guide, there isn’t enough room for a detailed explanation of Lent. If you’re curious about the origins of Lent and the benefits of keeping Lent, please see the handout “*On Keeping a Holy Lent*” by Craig Higgins. (A PDF is available on our website.)

For the purposes of this guide, it’s sufficient to say that Lent calls us to prepare for Easter

through 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

"For most of the history of the church, hospitality was understood to encompass physical, social, and spiritual dimensions of human existence and relationships.

CHRISTINE POHL

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-orientes 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 it’s 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 (Rom. 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.

A NOTE ABOUT LENT AND THE PANDEMIC

The pandemic has forced us into a Lenten-like experience for the last number of months. For the sake of loving and protecting our neighbors, we have had to isolate, give up travel, forgo school, cancel celebrations, and sacrifice other little and big joys. The idea of observing Lent

and adding yet more fasting can be unwelcome and feel too burdensome.

These are legitimate thoughts and feelings. Life with Christ and the season of Lent allows us to name these experiences and bring them to the feet of our Lord. Remember, Jesus knows our sorrows. He became one of us and experienced the full gamut of our losses. We have God who empathizes deeply and more than we can imagine.

So as Lent starts, take the time to name your losses and sorrows. Name the fasting that’s been thrust upon you because of the pandemic. Once you’ve listened to yourself and offered them to Jesus, take the time to name the joys of the season and how God has met you. Let this remind you of the lesson of Lent: God meets us in the wilderness and turns our lives towards his goodness. Our God is with us now.

FINAL WORDS

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 us experience and extend the riches of God’s grace in Jesus Christ.

With much love for you all,

The Pastors and Staff of Grace Pasadena.

Mornings — Ash Wednesday to Saturday (2/20)

Ash Wednesday
Psalms 95, 32, 143
Heb. 12:1-14
Luk 18:9-14

February 18
Psalm 37:1-18
Titus 1:1-16
John 1:29-34

February 19
Psalm 95, 31
Titus 2:1-15
John 1:35-42

February 20
Psalm 30:32
Titus 3:1-15
John 1:43-51

Opening Prayer

God of love, we long for your Spirit to both comfort and challenge us, that we may become more holy and more loving. In a world that does not understand repentance, we pray for new understanding; we pray for humility, patience, and discipline that will help us die to sin and live for Jesus. *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 / from the Book of Common Prayer

Most holy and merciful Father: We confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone. We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven. We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit. Have mercy on us, Lord.

Silence for reflection and response.

Restore us and accomplish in us the work of your salvation. **Amen.**

Listening to Words of Love

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

Abiding in Love

- Listen to the passage again. What feels most alive to you?
- Do you hear any words of invitation for this season? How might the Holy Spirit be preparing you for the season ahead?

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.**

Make time for Noon Prayer (pg. 24)

Evenings — Ash Wednesday to Saturday (2/20)

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 / from Psalm 51

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Deliver me and fill my mouth with songs of praise. **Amen.**

Silence for reflection and response.

Listening to Words of Love

Read the OT passage or continue to dwell on the Psalm.

Abiding in Love

- How do the evening scriptures invite you to rest?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.**

Ash Wednesday
Psalms 102, 130
Jonah 3:1-4; 11

February 18
Ps. 37:19-42
Deut. 7:6-11

February 19
Psalm 35
Deut. 7:12-16

February 20
Psalm 42, 43
Deut. 7:17-26

Sunday Mornings in Lent

2/21 - 1st Sun. in Lent
Ps. 63:1-11, 87
1 Cor. 1:17031
Mark 2:18-22

2/28 - 2nd Sun. in Lent
Ps. 24, 29
1 Cor. 3:11-23
Mark 3:31-4:9

3/7 - 3rd Sun. in Lent
Ps. 93, 96
1 Cor. 6:12-20
Mark 5:1-20

3/14 - 4th Sun. in Lent
Psalm 66, 67
Gal. 4:21-5:1
Mark 8:11-21

3/21 - 5th Sun. in Lent
Ps. 118
1 Cor. 9:19-27
Mark 8:11-21

3/28 - Palm Sunday,
start of Holy Week
Ps. 24, 29
1 Tim. 6:12-16
Matt. 21:12-17

The Invitation / *Psalm 6:4*
Turn, O Lord, deliver my life; save me for the sake of your steadfast love.

As you experience God’s turning, how can you turn towards God?

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 / *from St. Augustine*
O Lord, the house of my soul is narrow; enlarge it that you may enter in. It is ruinous, O repair it! It displeases Your sight. I confess it, I know. But who shall cleanse it, to whom shall I cry but to you? Cleanse me from my secret faults, O Lord, and spare Your servant from strange sins. **Amen.**

Silence for reflection and response.

Listening to Words of Love
Read the Gospel or Epistle for the morning, 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 for you?

Giving Thanks

- Give thanks for Sunday worship and your church community.
- Give thanks for the week of ahead.

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 prayer adapted from the ICEL:

Father in Heaven, the light of your truth bestows sight to the darkness of sinful eyes. May this season of repentance bring us the blessing of Your forgiveness and the gift of Your light. Grant this through Christ our Lord. **Amen.**

For Holy Week, starting 3/28, pray the appropriate collect on page 25.

Make time for Noon Prayer (pg. 24)

Sunday Evenings in Lent

The Invitation
As our evening prayer rises before you, O God, so may your mercy come down upon us to cleanse our hearts and set us free to sing your praise now and for ever. **Amen.**

Where in your heart do you feel stuck or imprisoned? Name it and remember the Good News that Jesus comes to us to set us free.

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
Jesus Christ, our sin imprisons us and keeps us from your love. Speak your word and set us free. **Amen.**

Silence for reflection and response.

Listening to Words of Love
Read the OT passage or continue to dwell on the Psalm.

Abiding in Love

- How do the evening scriptures speak to the day behind you?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.**

2/21 - 1st Sun. in Lent
Ps. 103
Deut. 8:1-10

2/28 - 2nd Sun. in Lent
Ps. 8, 84
Jer. 1:1-10

3/7 - 3rd Sun. in Lent
Ps. 34
Jer. 6:9-15

3/14 - 4th Sun. in Lent
Psalm 19, 46
Jer. 14:1-9, 17-22

3/21 - 5th Sun. in Lent
Psalm 145
Jer. 23:16-32

3/28 - Palm Sunday,
start of Holy Week
Psalm 103
Zech. 9:9-12; 12:9-11

Monday Mornings of Lent

February 22
Ps. 41, 52
Heb. 2:11-18
Jn 2:1-12

March 1
Ps. 56, 57, 58
Rom. 1:1-15
John 4:27-42

March 8
Ps. 80
Rom. 4:1-12
John 7:14-36

March 15
Psalm 89:1-18
Rom. 7:1-12
John 6:1-15

March 22
Ps. 31
Rom. 9:19-33
John 9:1-17

March 29 - Monday of Holy Week
Ps. 51:1-20
Phil. 3:1-14
John 12:9-19

The Invitation / *Jeremiah 15:19a*
Therefore thus says the Lord: “If you return, I will restore you, and you shall stand before me.”

As the week starts, consider what is pulling you away from God. How might you return? How is the Spirit helping 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 / *from St. Ambrose*
O Lord, who hast mercy upon all, take away from me my sins, and mercifully kindle in me the fire of thy Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore Thee, a heart to delight in Thee, to follow and enjoy Thee, for Christ’s sake, **Amen.**

Silence for reflection and response.

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

Abiding in Love

- How do today’s words invite you to fast, or self-sacrifice?
- What words of hope for yourself and the world do you hear?

Giving Thanks

- Give thanks for an act of kindness you received.

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 for the following prayer adapted from an anonymous author:

Jesus, you have known us from the beginning of time, you have known us in the depths of our dreams and in the darkness of our shame, you know us as your beloved. Help us to own that core identity more and more in this season of repentance and mercy. As we receive our belovedness, may we, by your Spirit, affirm the belovedness of our neighbor. **Amen.**

For the Monday of Holy Week, 3/29, pray the appropriate collect on page 25.

Make time for Noon Prayer (pg. 24)

Monday Evenings of Lent

The Invitation / *Psalm 40:17*
As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

Dwell on the phrase “the Lord takes thought of me”.

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
Jesus Christ, I am poor and needy. You take thought of me, but I seek love elsewhere. Forgive me. You are my help and deliverer. Come quickly with your grace, and let me be quick to receive it. **Amen.**

Silence for reflection and response.

Listening to Words of Love
Read the OT passage or continue to dwell on the Psalm.

Abiding in Love

- How do the evening scriptures speak to the day behind you?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.**

February 22
Ps. 44
Deut. 8

March 1
Ps. 64, 65
Jer. 1:11-19

March 8
Psalm 77, 79
Jer. 7:1-15

March 15
Ps. 89:19-52
Jer. 16:10-21

March 22
Ps. 35
Jer. 24.1-10

March 29 - Monday of Holy Week
Psalm 69:1-23
Jer. 12:1-16

Tuesday Mornings of Lent

February 23
Ps. 45
Heb. 3:1-11
John 2:13-22

March 2
Ps. 61, 62
Rom. 1:16-25
John 4:43-54

March 9
Psalm 78:40-72
Rom. 4:13-25
John 7:37-52

March 16
Psalm 97, 99, 100
Rom. 7:13-25
John 6:16-27

March 23
Psalm 124, 125
Rom. 10:1-13
John 9:18-41

March 30 - Tuesday of Holy Week
Psalm 6, 12
Phil. 3:15-21
John 12:20-26

Opening Prayer / *Isaiah 45:22*
“Turn to me and be saved, all the ends of the earth! For I am God, and there is no other.”

Dwell on the opening prayer from Isaiah. What invitation do you sense?

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
Lord, have mercy.
Christ, have mercy.
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

- How do today’s words invite you to hospitality, or self-giving?
- In what creative ways can you extend hospitality today?

Giving Thanks

- Give thanks for an experience of deep welcome.

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 for the following prayer adapted from Dimitrii of Rostov

Come, my Light, and illumine my darkness. Come, my Life, and revive me from death. Come, my Physician, and heal my wounds. Come, Flame of divine love, and burn up the thorns of my sins, kindling my heart with the flame of thy love. **Amen.**

For the Tuesday of Holy Week, 3/30, pray the appropriate collect on page 25.

Make time for Noon Prayer (pg. 24)

Tuesday Evenings of Lent

The Invitation / *Exodus 13:21*
And the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night.

Dwell on the image of the pillar of fire. Christ is our light in darkness.

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
Jesus Christ, you are the light of the world, but we have not followed you. We have been bewitched by false lights and false promises. Forgive us and open our eyes again to the light of your love this night. **Amen.**

Silence for reflection and response.

Listening to Words of Love
Read the OT passage or continue to dwell on the Psalm.

Abiding in Love

- How do the evening scriptures speak to the day behind you?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.**

February 23
Psalms 47, 48
Deut. 9:4-12

March 2
Ps. 68
Jer. 2:1-13

March 9
Ps. 78:40-72
Jer. 7:21-34

March 16
Ps. 94, 95
Jer. 17:19-27

March 23
Ps. 124, 125
Jer. 25:8-17

March 30 - Tuesday of Holy Week
Ps. 94
Jer. 15:10-21

Wednesday Mornings of Lent

February 24
Ps. 119:49-72
Heb. 3:12-19
John 2:23-3:15

March 3
Ps. 119:73-96
Rom. 1:28-2:11
John 5:1-18

March 10
Ps. 119:97-120
Rom. 5:1-11
John 8:12-20

March 17
Ps. 101, 109:1-30
Jer. 18:1-11
John 6:27-49

March 24
Psalm 119:145-176
Rom. 10:14-21
John 10:1-18

March 31 - Wednesday of Holy Week
Ps. 55
Phil. 4:1-13
John 12:27-36

Opening Prayer / *Psalm 42:1*
As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God.

What thirst do you bring today? In what ways do you see your neighbor and the world thirsting?

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 / *from St. Augustine*
God of mercy, you sent Jesus Christ to seek and to save the lost. We confess that we have strayed from you and turned aside from your way. We are misled by pride, for we see ourselves pure when we are stained, and great when we are small. We have failed in love, neglected injustice, and ignored your truth. Have mercy on us, O God, and forgive our sin. Return us to paths of righteousness through Jesus Christ, our Savior. **Amen.**

Silence for reflection and response.

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

Abiding in Love

- How might today’s words help you turn to your neighbor or to extend compassion to our city and world?

Giving Thanks

- Give thanks for an experience of vulnerability, of being known.

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 for the following prayer:

Lord, grant us simplicity of faith and a generosity of service that gives without counting cost. A life overflowing with Grace poured out from the One who gave everything, that we might show the power of love to a broken world, and share the truth from a living Word. Lord, grant us simplicity of faith, and a yearning to share it. **Amen.**

For the Wednesday of Holy Week, 3/31, pray the appropriate collect on page 25.

Wednesday Evenings of Lent

The Invitation / *Psalm 42:8*
By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

What songs are you singing this night?

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
Jesus Christ, we are slow to praise your name and give you thanks because we are too occupied with ourselves. Let us taste the sweetness of your forgiveness; fill our mouths with songs of praise. **Amen.**

Silence for reflection and response.

Listening to Words of Love
Read the OT passage or continue to dwell on the Psalm.

Abiding in Love

- How do the evening scriptures speak to the day behind you?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.**

February 24
Psalms 49, 53
Deut. 9:13-21

March 3
Ps. 119:73-96
Jer. 3:6-18

March 10
Psalm 81, 82
Jer. 8:18-9:6

March 17
Psalm 119:121-144
Jer. 18:1-11

March 24
Psalm 128, 129, 130
Jer. 25:30-38

March 31 - Wednesday of Holy Week
Psalm 74
Jer. 17:5-10

Midweek Reflections

Use this space for notes, thoughts and responses, or use this space to dwell on the story of God's grace unfolding in your life in the present moment. Remember well and give thanks.

Thursday Mornings of Lent

February 25
Ps. 50
Heb. 4:1-10
John 3:16-21

March 4
Ps. 70, 71
Rom. 2:12-24
John 5:19-29

March 11
Psalm 42; 43
Rom. 5:12-21
John 8:21-32

March 18
Ps. 69
Rom. 8:12-27
John 6:41-51

March 25
Ps. 131, 132, 133
Rom. 11:1-12
John 10:19-42

April 1 - Maundy Thursday
Ps. 102
1 Cor. 10:14-17
John 17:1-26

The Invitation / *Psalm 121:6*
The sun shall not strike you by day, nor the moon by night.
What anxieties do you bring into this time? Dwell on the verse.

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
Forgive those things we have done which have caused you sadness, and those things we should have done that would have brought you joy. In both we have failed ourselves, and you. Bring us back to that place where our journey began, when we said that we would follow the way that you first trod. Lead us to the Cross and meet us there. **Amen.**
Silence for reflection and response.

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

Abiding in Love

- Do you feel any resistance to the words of scripture? Why?
- Are you fasting? How might today’s words encourage you in your fast?

Giving Thanks

- Give thanks for a good report or piece of good news.

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 for the following 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.**

For Maundy Thursday, 4/1, pray the appropriate collect on page 25, and look for the liturgy for home worship on the website.

Make time for Noon Prayer (pg. 24)

Thursday Evenings of Lent

The Invitation / *Psalm 40:17*
As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!
Dwell on the phrase “the Lord takes thought of me”.

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
Jesus Christ, I am poor and needy. You take thought of me, but I seek love elsewhere. Forgive me. You are my help and deliverer. Come quickly with your grace, and let me be quick to receive it. **Amen.**
Silence for reflection and response.

Abiding in Love

- How do the evening scriptures speak to the day behind you?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.**

February 25
Ps. 19; 46
Deut. 9:23-10:5

March 4
Ps. 74
Jer. 4:9-10

March 11
Ps. 85, 86
Jer. 10:11-24

March 18
Ps. 73
Jer. 22:13-23

March 25
Ps. 140, 142
Jer. 26:1-16

April 1 - Maundy Thursday
Ps. 142, 143
Jer. 20:7-11

Friday Mornings of Lent

February 26
Ps. 95
Heb. 4:11-16
John 3:22-36

March 5
Ps. 69
Rom. 2:25-3:18
John 5:30-47

March 12
Ps. 88
Rom. 6:1-11
John8:33-47

March 19
Psalm 102
Rom. 8:28-39
John 6:52-59

March 26
Psalm 93, 96
Heb. 12:1-6
John 7:37-46

April 3 - Good Friday
Psalm 95, 22
1 Pet. 1:10-20
Jn. 13:36-38; 19:38-42

The Invitation / *Psalm 121:6*
Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might.

Ask the Holy Spirit to renew your heart, soul and body in this time.

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
Holy God, in your presence we confess our sinfulness, our shortcomings, and our offenses against you. You alone know how often we have sinned in wandering from your ways, in wasting your gifts, in forgetting your love. Have mercy on us, O Lord, for we are ashamed. Forgive our sins, and help us to live in the light of your love. **Amen.**

Silence for reflection and response.

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

Abiding in Love

- What words reveal the depth of God’s love for you? How might you invite others to experience that love?

Giving Thanks

- Give thanks for a simple joy you’ve experienced recently, like a good meal, a moving song, a beautiful piece of art.

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 for the following 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.**

For Good Friday, 4/2, pray the appropriate collect on page 25 and consider joining your Grace Family for the Good Friday service.

Friday Evenings of Lent

The Invitation / *Exodus 13:21*
And the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night.

Dwell on the image of the pillar of fire. Jesus is the light in darkness.

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
Jesus Christ, you are the light of the world, but we have not followed you. We have been bewitched by false lights and false promises. Forgive us and open our eyes again to the light of your love this night. **Amen.**

Silence for reflection and response.

Listening to Words of Love
Read the OT passage or continue to dwell on the Psalm.

Abiding in Love

- How do the evening scriptures speak to the day behind you?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.**

February 26
Ps. 51
Deut. 10:12-22

March 5
Ps. 73
Jer. 5:1-9

March 12
Ps. 91, 92
Jer. 11:1-20

March 19
Ps. 24, 29
Heb. 11:8-16
John 7:14-31

March 26
Ps. 107:1-32
Jer. 23:1-8

April 3 - Good Friday
Ps. 40, 54
Gen. 22:1-14

Saturday Mornings of Lent

February 27
Psalms 55
Heb. 5:1-10
Jn 4:1-26

March 6
Ps. 75, 76
Rom. 3:19-21
John 7:1-13

March 13
Ps. 136
Rom. 6:12-23
John 8:47-49

March 20
Ps. 107:33-43; 108:1-6
Rom. 9:1-18
John 6:60-71

March 27
Ps. 137:1-9, 144
Rom. 11:25-36
John 11:28-44

April 3 - Holy Saturday/The Easter Vigil
Psalm 88
Heb. 4:1-16
Rom. 8:1-11

The Invitation / *Psalm 62:7*
On God rests my salvation and my glory; my mighty rock, my refuge is God.

Take a deep breath. What is making you feel unsettled right now? Remember: the Lord is your mighty rock and refuge.

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 / *from Psalm 139:23-24*
Search me, O God, and know my heart; try me and know my thoughts.
See if there is any wicked way in me, and lead me in the way everlasting.
Amen.

Silence for reflection and response.

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

Abiding in Love

- What hope do you hear for your neighbor, city and world?

Giving Thanks

- Give thanks for the work of your hands.

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 for the following prayer:

Journey with us, O holy God, as we continue our way to the cross.
Sharpen our focus, that our attention may center more on you than ourselves. Lead us through the shadows of darkness and prepare our hearts, that we might be a people of prayer, ready to perceive and respond to your Son and our Savior, Jesus Christ. In his name we pray. **Amen.**

For Holy Saturday/the Easter Vigil, 4/3, pray the appropriate collect on page 25.

Make time for Noon Prayer (pg. 24)

Saturday Evenings of Lent

The Invitation / *Psalm 42:8*
By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

What songs are you singing this night?

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
Jesus Christ, we are slow to praise your name and give you thanks because we are too occupied with ourselves. Let us taste the sweetness of your forgiveness and fill our mouths with songs of praise. **Amen.**

Silence for reflection and response.

Listening to Words of Love
Read the OT passage or continue to dwell on the Psalm.

Abiding in Love

- How do the evening scriptures speak to the day behind you?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

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.

February 27
Ps. 138, 139
Heb. 5:1-10

March 6
Ps. 23, 27
Jer. 5:20-31

March 13
Ps. 136
Jer. 13:1-11

March 20
Ps. 33
Jer. 23:9-15

March 27
Psalm 42, 43
Jer. 31:27-34

April 3 - Holy Saturday/The Easter Vigil
Psalm 27
Job. 4:1-16

A Short Noonday Liturgy - Pausing to be Refreshed

OPENING	I lift up my eyes to the hills From where does my help come? My help comes from the Lord, who made heaven and earth. (From Psalm 121)
SCRIPTURE	<i>Re-visit one of the passages from this morning. Savor a few verses that grip your heart and imaginations.</i>
CLOSING	<i>Conclude with one of the following prayers:</i> Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. Amen. Or Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. Amen. Or Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. Amen. Or Lord Jesus Christ, you said to your apostles, "Peace I give to you; my peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and for ever. Amen.

Holy Week Collects

Monday in 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 in 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 in 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 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.

