

### Lord, Who Throughout These Forty Days

A Hymn for Lent

Lord, who throughout these forty days, For us did fast and pray, Teach us with Thee to mourn our sins, And close by Thee to stay.

As Thou with Satan did contend, And did the vict'ry win, O give us strength in Thee to fight, In Thee to conquer sin.

As Thou didst hunger and didst thirst, So teach us, gracious Lord, To die to self, and only live By Thy most holy word.

And through these days of penitence, And through Thy Passion-tide, For evermore, in life and death, Jesus, with us abide.

Abide with us, that so, this life Of suffering overpast, An Easter of unending joy We may attain at last!

lyrics: Claudia Frances Hernaman (1873)



## Welcome to Lent, Together

Dear Brothers and Sisters,

Jesus' temptation in the wilderness, affords us an opportunity to enact spiritual disciplines for our long-term growth, so that we might "be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God" (Colossians 1:9-10).

Journeying through Lent is not a solo endeavor. It is a season the entire church walks through together. This year I am calling us to Lent Together.

There are three vital components of Lent Together.

1. The Lent Together booklet. You will find daily Family Prayer (from the BCP), along with Scripture readings encompassing all five weeks of Lent. Each week has a specific focus (i.e., confession, simplicity, fasting, etc.).

- It also contains a weekly "Lenten Challenge" based on the week's theme. *Commit to praying.*
- **2. Times of teaching.** We have secured Sunday school and Wednesday night Lenten Suppers as times of teaching that will align with each week's Lenten theme. *Commit to attending.*
- **3. Shared Lenten disciplines** based on the traditional Lenten disciplines of Prayer, Fasting, and Alms-Giving as found in Jesus' Sermon on the Mount (Matt 6:5-24). *Commit to giving.*

As we commit to these three ways of practicing Lent Together, I pray that these will not become "laws" by which we try to add to the finished work of Jesus. "For Christ is the end of the law for righteousness to everyone who believes" (Romans 10:4). Rather, as St. Peter writes, "For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love."

ay The LORD help us keep a holy Lent Together.

In Jesus' Love,

Michael+ Lent 2024



## The Parish Commitment

From Ash Wednesday until the Easter Vigil, we commit to practicing these three central spiritual disciplines:

# 1) Pray

as a household every evening (use this prayer guide!)

# 2) Fast

on Fridays (from sundown Thursday to sundown Friday, *or* from one meal on Friday, *or* from meat), and use meal-time for prayer to the Lord

# 3) Give Alms

by abstaining from some purchases (buying coffee, Amazon items, etc.) in order to give to (at least) one of the missions Christ the King supports: Brother Bryan Mission,

The Foundry, Red Mountain Grace

Each week of Lent, we'll also undertake specific challenges, for our spiritual good, *together*.

## Ash Wednesday to Week 1 | Penitence

FEBRUARY 14-17, 2024

Ash Wednesday   Wednesday, Feb 14	Sunday School   Sunday, Feb 18, 8:45am
Ash Wednesday Services:	Confession of Sin:
8:30am   noon   6:30pm	The Biblical Reason Why

### Ash Wednesday Challenge

Ash Wednesday is one of the two main fast days of the Christian year (along with Good Friday). You can undertake the fast in a few ways:

- 1) Fast from all food until sundown.
- **2)** Fast from one meal.
- **3)** Fast from meat.

Spend the time you would otherwise spend eating in prayer and Scripture reading.

#### OPENING SENTENCE OF SCRIPTURE

Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy.

Psalm 103:2-4

#### CONFESSION OF SIN

The officiant says

Let us humbly confess our sins to Almighty God.

Silence may follow. The Officiant and People together, all kneeling, pray

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, through 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.

Reader Lord, have mercy upon us:

People For we have sinned against you.

#### All then pray

Show favor to your people, O Lord, who turn to you in weeping, fasting, and prayer. For you are a merciful God, full of compassion, long-suffering, and abounding in steadfast love. You spare when we deserve punishment, and in your wrath you remember mercy. Spare your people, good Lord, spare us; in the multitude of your mercies, look upon us and forgive us; through the merits and mediation of your blessed Son Jesus Christ our Lord. Amen.

#### A READING FROM HOLY SCRIPTURE

Sunday	Monday	Tuesday	Wednesday Ash Wednesday	Thursday	Friday	Saturday
			Psalm 51	Genesis 9:8-17	1 Peter 3:18-22	Mark 1:9-13

A period of silence may follow.

#### KYRIE PANTOKRATOR

A Song of Penitence

O Lord and Ruler of the hosts of heaven,\*

God of Abraham, Isaac, and Jacob, and of all their righteous offspring: You made the heavens and the earth, \*

with all their vast array.

All things quake with fear at your presence; \*

they tremble because of your power.

But your merciful promise is beyond all measure; \* it surpasses all that our minds can fathom.

O Lord, you are full of compassion, \*

long-suffering, and abounding in mercy.

You hold back your hand; \*

you do not punish as we deserve.

In your great goodness, Lord, you have promised forgiveness to sinners, \* that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, \*

and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, \*

and I know my wickedness only too well.

Therefore I make this prayer to you: \*

Forgive me, Lord, forgive me.

Do not let me perish in my sin, \*

nor condemn me to the depths of the earth.

For you, O Lord, are the God of those who repent, \* and in me you will show forth your goodness.

Unworthy as I am, you will save me, in accordance with your great mercy, \* and I will praise you without ceasing all the days of my life.

For all the powers of heaven sing your praises, \* and yours is the glory to ages of ages. Amen.

PRAYER OF MANASSEH, 1-2, 4, 6-7, 11-15

Prayers may be offered for ourselves and others.

#### THE APOSTLES' CREED

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the Holy Spirit and born of the Virgin Mary.

He suffered under Pontius Pilate,

was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,

and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

#### THE LORD'S PRAYER

#### THE COLLECT FOR ASH WEDNESDAY

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

#### FOR A HOLY LENT

O Lord our God, grant us grace to desire you with our whole heart: that desiring you, we may seek you; and that seeking you, we may find you; and that finding you, we may love you; and that loving you, we may hate those sins from which you have delivered us; through Jesus Christ our Lord. **Amen.** 

## Week 1 | Confession

FEBRUARY 18-24, 2024

Sunday School   Sunday, Feb 18	Lenten Supper   Wednesday, Feb 21
Confession of Sin: The Biblical Reason Why	Confessing Sins as a Gift from God

### Week 1 Challenge

Schedule a time of confession with Fr Michael or Fr Zack for sometime during Lent

and/or

Pray the Great Litany (pg. 91 of the BCP) individually this week.

#### OPENING SENTENCE OF SCRIPTURE

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 JOHN 1:8-9

PHOS HILARON

O Gladsome Light

Sunday	Monday	Tuesday	Wednesday Ember Day	Thursday	Friday Ember Day	Saturday St Matthias
Psalm	Genesis	Psalm	Romans	Psalm	Philippians	Mark
25	22:1-14	16	8:31-39	27	3:17-4:1	8:31-38

A period of silence may follow.

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A Song of Penitence

O Lord and Ruler of the hosts of heaven,\*

God of Abraham, Isaac, and Jacob, and of all their righteous offspring:

You made the heavens and the earth, \*

with all their vast array.

All things quake with fear at your presence; \*

they tremble because of your power.

But your merciful promise is beyond all measure; \* it surpasses all that our minds can fathom.

O Lord, you are full of compassion, \*

long-suffering, and abounding in mercy.

You hold back your hand; \*

vou do not punish as we deserve.

In your great goodness, Lord, you have promised forgiveness to sinners, \* that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, \*

and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, \*

and I know my wickedness only too well.

Therefore I make this prayer to you: \*

Forgive me, Lord, forgive me.

Do not let me perish in my sin, \*

nor condemn me to the depths of the earth.

For you, O Lord, are the God of those who repent, \*

and in me you will show forth your goodness.

Unworthy as I am, you will save me, in accordance with your great mercy, \* and I will praise you without ceasing all the days of my life.

For all the powers of heaven sing your praises, \*

and yours is the glory to ages of ages. Amen.

PRAYER OF MANASSEH, 1-2, 4, 6-7, 11-15

#### THE APOSTLES' CREED

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#### THE LORD'S PRAYER

### THE COLLECT | THE FIRST SUNDAY IN LENT

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**.

#### AT NIGHT

O Lord, support us all the day long through this trouble-filled life, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in your mercy grant us a safe lodging, and a holy rest, and peace at the last. **Amen.** 

## Week 2 | Fasting

FEBRUARY 25-MARCH 2, 2024

Sunday School   Sunday, Feb 25	Lenter Supper   Wednesday, Feb 28
Blessed are the Hungry:	Empty Stomachs, Full Hearts, Can't Lose:
Why Jesus Gives Us the Gift of Fasting	What to Do When Fasting is Hard

### Week 2 Challenge

Choose one *(or more!)* of the following fasts to keep all week (Monday-Saturday):

- 1) from all screen-entertainment (including your phone!)
- 2) from all "treats" (sweets, drinks, etc.)
- **3)** from meat.

Whenever you experience "hunger pangs," reflect on which things in life you find yourself most hungry for.

#### OPENING SENTENCE OF SCRIPTURE

If anyone would come after me, let him deny himself and take up his cross and follow me.

Mark 8:34

PHOS HILARON

O Gladsome Light

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cor.	Matthew	Psalm	Exodus	Psalm	Romans	John
10:1-13	6:16-18	95	20:1-21	19	7:12-25	2:13-22

A period of silence may follow.

#### QUAERITE DOMINUM

Seek the Lord while he wills to be found

Seek the LORD while he wills to be found; \* call upon him when he draws near.

Let the wicked forsake their ways \* and the evil ones their thoughts;

And let them turn to the LORD, and he will have compassion, \* and to our God, for he will richly pardon.

For my thoughts are not your thoughts, \* nor your ways my ways, says the LORD.

For as the heavens are higher than the earth, \* so are my ways higher than your ways, and my thoughts than your thoughts.

For as rain and snow fall from the heavens \* and return not again, but water the earth,

Bringing forth life and giving growth, \* seed for sowing and bread for eating,

So is my word that goes forth from my mouth; \* it will not return to me empty;

But it will accomplish that which I have purposed, \* and prosper in that for which I sent it.

Glory be to the Father, and to the Son, and to the Holy Spirit; \* as it was in the beginning, is now, and ever shall be, world without end. Amen.

ISAIAH 55:6-11

Prayers may be offered for ourselves and others.

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the resurrection of the body, and the life everlasting. Amen.

#### THE LORD'S PRAYER

### THE COLLECT | THE SECOND SUNDAY IN LENT

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

## FOR DAILY GROWTH from Richard of Chichester

Thanks be to thee, my Lord Jesus Christ, for all the pains and insults thou hast borne for me, and all the benefits thou hast given me. O most merciful Redeemer, Friend, and Brother: Grant that I may see thee more clearly, love thee more dearly, and follow thee more nearly, day by day. **Amen.** 

## Week 3 | Simplicity

MARCH 3-9, 2024

Sunday School   Sunday, March 3	Lenten Supper   Wednesday, March 6
The Biblical Basis for Living Simply, or, Why Our (Love of) Stuff Inhibits Our Spiritual Growth	The Simple Life: How to Live More Simply

### Week 3 Challenge

Go through your clothes, tools, electronics, etc and donate the things you don't use or have multiple of. Practice this with your kids too.

#### and/or

Do not purchase anything from Amazon Prime or other "delivery services."

#### and/or

Commit to cooking only the food in your pantry.

#### OPENING SENTENCE OF SCRIPTURE

For I acknowledge my faults, and my sin is ever before me.

PSALM 51:3

PHOS HILARON
O Gladsome Light

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Psalm	Matthew	Psalm	2 Chron	Psalm	Ephesians	John
34	13:44-46	23	36:14-23	122	2:1-10	6:1-15

A period of silence may follow.

#### QUAERITE DOMINUM

Seek the Lord while he wills to be found

Seek the LORD while he wills to be found; \* call upon him when he draws near.

Let the wicked forsake their ways \* and the evil ones their thoughts;

And let them turn to the LORD, and he will have compassion, \* and to our God, for he will richly pardon.

For my thoughts are not your thoughts, \* nor your ways my ways, says the LORD.

For as the heavens are higher than the earth, \* so are my ways higher than your ways, and my thoughts than your thoughts.

For as rain and snow fall from the heavens \* and return not again, but water the earth,

Bringing forth life and giving growth, \* seed for sowing and bread for eating,

So is my word that goes forth from my mouth; \* it will not return to me empty;

But it will accomplish that which I have purposed, \* and prosper in that for which I sent it.

Glory be to the Father, and to the Son, and to the Holy Spirit; \* as it was in the beginning, is now, and ever shall be, world without end. Amen.

ISAIAH 55:6-11

Prayers may be offered for ourselves and others.

#### THE APOSTLES' CREED

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and the life everlasting. Amen.

#### THE LORD'S PRAYER

### The Collect $\mid$ The Third Sunday in Lent

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heartfelt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**.

## FOR SATISFACTION IN CHRIST from Julian of Norwich

O God, of your goodness, give me yourself, for you are enough for me. I can ask for nothing less that is completely to your honor, and if I do ask anything less, I shall always be in want. Only in you I have all. **Amen.** 

## Week 4 | Hospitality & Evangelism

MARCH 10-16, 2024

Sunday School   Sunday, March 10	Lenten Supper   Wednesday, March 13
The Lord of the Feast:	The Gospel Comes with a House Key:
God's Hospitality and Ours	Why Your Home is the Mission Field

### Week 4 Challenge

Invite a non-church-goer to something.

(A neighbor into your home for dinner. A colleague or a classmate to a lunch and intentional conversation. A stranger to church, to sit with you. Etc.)

OPENING SENTENCE OF SCRIPTURE

Repent, for the kingdom of heaven is at hand.

MATTHEW 3:2

PHOS HILARON
O Gladsome Light

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Psalm 126	Matthew 28:16-20	Psalm 130	Jeremiah 31:31-34	Psalm 51:10-15	Hebrews 4:14-5:10	John 12:20-36

A period of silence may follow.

#### ECCE, DEUS

Surely, it is God who saves me

Surely, it is God who saves me; \*

I will trust in him and not be afraid.

For the LORD is my stronghold and my sure defense, \* and he will be my Savior.

Therefore you shall draw water with rejoicing \* from the springs of salvation.

And on that day you shall say, \*

Give thanks to the LORD and call upon his Name;

Make his deeds known among the peoples; \*

see that they remember that his Name is exalted.

Sing the praises of the LORD, for he has done great things, \* and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy, \* for the great one in the midst of you is the Holy One of Israel.

Glory be to the Father, and to the Son, and to the Holy Spirit; \* as it was in the beginning, is now, and ever shall be, world without end. Amen.

ISAIAH 12:2-6

Prayers may be offered for ourselves and others.

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He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

#### THE LORD'S PRAYER

#### THE COLLECT | THE FOURTH SUNDAY IN LENT

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

#### FOR THE UNREPENTANT

Merciful God, you desire not the death of sinners, but rather that they should turn to you and live; and through your only Son you have revealed yourself as the God who pardons iniquity. Have mercy on the unrepentant and those who do not believe [especially \_\_\_\_\_]. Awaken in them, by your Word and Holy Spirit, a deep sense of their sinfulness and peril. Take from them all ignorance, hardness of heart, and contempt of your Word. Grant them to know and feel that there is no other Name under heaven given among men by which they must be saved, but only the Name of the Lord Jesus Christ. And so bring them home and number them among your children, that they may be yours for ever; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, world without end. Amen.

## Week 5 | Alms-Giving

MARCH 17-23, 2024

Sunday School   Sunday, March 17	Lenten Supper   Wednesday, March 20
Where Your Treasure Is: God's Generosity and Ours	Breaking the Boundaries of Your Bank Account: How to Think About "Your" Money

### Week 5 Challenge

Give money to The Foundry, Brother Bryan, or Red Mountain Grace.







Donate to The Foundry

Donate to Brother Bryan

Donate to Red Mountain Grace

#### OPENING SENTENCE OF SCRIPTURE

To the Lord our God belong mercy and forgiveness, for we have rebelled against him.

Daniel 9:9

PHOS HILARON
O Gladsome Light

Sunday	Monday	Tuesday Feast of Joseph	Wednesday	Thursday	Friday	Saturday
Psalm	Mark	Luke	Isaiah	Psalm	Philippians	Mark
96	10:17-27	2:41-52	52:13-53:12	118:19-29	2:5-11	11:1-11

A period of silence may follow.

#### **DEUS MISEREATUR**

God be merciful

May God be merciful unto us, and bless us, \* and show us the light of his countenance, and be merciful unto us.

Let your way be known upon earth, \* your saving health among all nations.

Let the peoples praise you, O God; \* indeed, let all the peoples praise you.

O let the nations rejoice and be glad, \*
for you shall judge the peoples righteously, and govern the nations
upon earth.

Let the peoples praise you, O God; \* let all the peoples praise you.

Then shall the earth bring forth her increase, \* and God, even our own God, shall give us his blessing.

God shall bless us, \*

and all the ends of the world shall fear him.

PSALM 67

Prayers may be offered for ourselves and others.

#### THE APOSTLES' CREED

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

#### THE LORD'S PRAYER

#### THE COLLECT | THE FIFTH SUNDAY IN LENT

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

#### IN TIME OF SCARCITY AND FAMINE

O God, our heavenly Father, whose blessed Son has taught us to seek our daily bread from you: Behold the affliction of your people, and send us swift aid in our time of need. Increase the fruits of the earth by your heavenly benediction; and grant that we, receiving your gifts with thankful hearts, may use them to your glory, for the relief of those in need, and for our own health; through Jesus Christ our Lord. **Amen.** 

## Holy Week | Worship

MARCH 24-31, 2024

Sunday School   Sunday, March 24	
No Sunday school on Palm Sunday	

### Holy Week Challenge

Attend the Holy Week services at Christ the King:

Palm Sunday | Palm Sunday Procession & Service | 10:00am
(bonus! Tuesday, March 26, a screening of A Hidden Life 6:30pm)

Maundy Thursday | Thursday, March 28 | 6:30pm

Good Friday | Stations of the Cross NOON | Good Friday Service 6:30pm

Easter Vigil | Saturday, March 30 | 7pm-10pm

Easter Sunday | Sunday, March 31st | 10am

#### OPENING SENTENCE OF SCRIPTURE

All we like sheep have gone astray; we have turned every one to his own way; and the LORD has laid on him the iniquity of us all.

Isaiah 53:6

PHOS HILARON
O Gladsome Light

Palm Sunday	Monday	Tuesday	Wednesday	Maundy Thursday	Good Friday	Holy Saturday
Mark	Mark	Mark	Matthew	Luke	John	Matthew 27:27-66
14:32-15:47	14:3-9	11:15-19	26:1-25	22:14-30	18:1-19:37	

A period of silence may follow.

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Let the peoples praise you, O God; \* indeed, let all the peoples praise you.

O let the nations rejoice and be glad, \*
for you shall judge the peoples righteously, and govern the nations
upon earth.

Let the peoples praise you, O God; \* let all the peoples praise you.

Then shall the earth bring forth her increase, \* and God, even our own God, shall give us his blessing.

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He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

#### THE LORD'S PRAYER

Prayers the Collect for the proper day of Holy Week

#### PALM SUNDAY

Almighty and everlasting God, in your tender love for us you sent your Son our Savior Jesus Christ to take upon himself 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 come to 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 most 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 our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.** 

#### TUESDAY OF HOLY WEEK

O Lord our God, whose blessed Son gave his back to be whipped and did not hide his face from shame and spitting: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.** 

#### WEDNESDAY OF HOLY WEEK

Assist us mercifully with your grace, Lord God of our salvation, that we may enter with joy upon the meditation of those mighty acts by which you have promised us life and immortality; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.** 

#### MAUNDY THURSDAY

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

#### **GOOD FRIDAY**

Almighty God, we beseech 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; through Jesus Christ our Lord. **Amen.** 

#### EASTER EVE

O God, you made this most holy night to shine with the glory of the Lord's resurrection: Stir up in your Church that Spirit of adoption which is given to us in Baptism, that we, being renewed both in body and mind, may worship you in sincerity and truth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.** 

## **Notes:**



