

LENT 2024

*Following Jesus to the cross
through the gospel of John*



What is Lent?

Christians take time seriously. We follow a God who is revealed to us in actual historical events as well as in our own hearts, minds, and spirits. We follow a God who does not require us to strive alone to meet him, but rather one who “in the fullness of time” came to us! Born humbly, Jesus is God-with-us. In Jesus, we know God and are called to follow and become like him.

Early on the church discovered that the lifelong process of being transformed into the ways and likeness of Jesus is not an individual experience; it is a communal reality central to our identity as Christ’s body, the church. Therefore, a common practice of keeping seasons and celebrations developed. These seasons center on the life, death, and resurrection of Jesus, but also look back on the full history of God’s salvation and forward to the culmination of history in Christ.

Within this Christian year, Lent is the season for getting ready for the most precious mystery of Easter. During Lent we remember that we are lost without Jesus. We are rescued by his death and resurrection and brought near by

the power of the Holy Spirit. Our brokenness and sin are washed clean, and we are empowered to live life in the way of Jesus!

Lent is the season in which our intention is to remember, practice and embody these truths. It began as preparation for baptism and grew to be a time for all Christians to confirm and renew their commitment to Jesus. *"Lent is thus not giving up something, but rather taking upon ourselves the intention and the receptivity to God's grace so that we may...participate in the mystery of God-with-us."* (Handbook of the Christian Year by Hickman et al)

Lenten practices and traditions center around, prayer, studying the scriptures, mindful repentance, and generous giving. The 40 days of Lent remind us that we are human, and we are frail. We are in need of God's mercy. We think of Noah, his family and all the animals waiting 40 days and 40 nights for deliverance from the floodwaters, of the 40 years the people of God wandered in the wilderness and of the 40 days Jesus spent in the desert before he began his ministry. Because Sundays are always celebrations of Jesus' resurrection, they are not counted in the 40 days between Ash Wednesday and Easter Sunday. Needed Liturgical year image

Church Liturgical Year



Image via findingfaith.org

Our Lenten Season

** Wednesday February 14*

Regen Ash Wednesday Service, 6:30-7:30 PM
Lent begins

Sunday Week 1: February 18

Sunday Week 2: February 25

** Friday March 1*

Regen Lenten Night of Worship, 6:30-7:30 PM

Sunday Week 3: March 3

Sunday Week 4: March 10

** Saturday March 16*

Regen all-church Family Meeting & Lenten Worship, 10 AM-12 PM

Sunday Week 5: March 17

Sunday Week 6: March 24
Holy Week

** Friday March 29*

Regen Good Friday Service, 6:30-7:30 PM
Jesus is on the cross

** Sunday March 31*

Regen Easter Service & Celebration, 10 AM
He is risen

2nd Sunday of Easter: April 4

3 traditional Lenten practices

This season we'll turn the orientation of our hearts and minds to:

Prayer

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Fasting

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Generous Giving

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Ash Wednesday, February 14

Psalm 51:1-17

To the choirmaster. A Psalm of David, when Nathan the prophet went to him, after he had gone in to Bathsheba.

- ¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
- ² Wash me thoroughly from my iniquity,
and cleanse me from my sin!
- ³ For I know my transgressions,
and my sin is ever before me.
- ⁴ Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.
- ⁵ Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.
- ⁶ Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.
- ⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
- ⁸ Let me hear joy and gladness;

let the bones that you have broken rejoice.

⁹ Hide your face from my sins,
and blot out all my iniquities.

¹⁰ Create in me a clean heart, O God,
and renew a right spirit within me.

¹¹ Cast me not away from your presence,
and take not your Holy Spirit from me.

¹² Restore to me the joy of your salvation,
and uphold me with a willing spirit.

¹³ Then I will teach transgressors your ways,
and sinners will return to you.

¹⁴ Deliver me from bloodguiltiness, O God,
O God of my salvation,
and my tongue will sing aloud of your righteousness.

¹⁵ O Lord, open my lips,
and my mouth will declare your praise.

¹⁶ For you will not delight in sacrifice, or I would give it;
you will not be pleased with a burnt offering.

¹⁷ The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.



Prayer

The two ways of prayer we encourage during this season is *meditation* on Scripture, and *contemplation* on who God is and how God is working in our life.

A daily rhythm of slowly praying over the Lord's Prayer or the Prayer of Examen, perhaps for about 10-15 minutes, can be helpful to quiet ourselves and meet with God.

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The Lord's Prayer (Matthew 6:9-13 KJV)

Our Father which art in heaven

Hallowed be thy name.

Thy kingdom come

Thy will be done in earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

as we forgive our debtors.

And lead us not into temptation,

but deliver us from evil:

*For thine is the kingdom, and the power,
and the glory, for ever. Amen.*

Prayer of Examen

Below are five steps to notice where God is present throughout your day.

1 Give thanksgiving

I begin by giving God thanks for all the things I'm grateful for today. I allow my mind to wander as I reflect on the ways God has blessed me on this particular day. I allow big things and small things to arise—everything from the gift of my faith, to the gift of a kind gesture from someone, to the easy commute to work today.

2 Ask for the Spirit

Next, I want to look at the moments in my day when I did not act so well. However, before doing so, I ask God to fill me with his Spirit so that the Spirit can lead me through this difficult soul-searching. Otherwise, I'm liable to hide in denial, wallow in self-pity, or seethe in self-loathing.

3 Review and recognize failures.

I look back at my day and ask the Lord to point out to me the moments when I have failed in big ways or small. I take a sobering look at the mistakes I've made this day.

4 Ask for forgiveness and healing.

If I have sinned, I ask God to forgive me and set me straight again. If I have not sinned but simply made a mistake, I ask for healing of any harm that might have been done. I ask for help to get over it and move on. I also ask

for wisdom to discern how I might better handle such tricky moments in the future.

5 Pray about the next day.

I ask God to show me how tomorrow might go. I imagine the things I'll be doing, the people I'll see, and the decisions I'll be mulling over. I ask for help with any moments I foresee that might be difficult. I especially ask for help in moments when I might be tempted to fail in the way I did today.

In closing, spend a few more moments with God, listening for Him and finding peace in His presence. Close with an Our Father (Lord's Prayer) and/or the sign of the cross.



Daily replay: 3 minute Prayer of Examen

bit.ly/dailyreplay (Fuller Youth Institute)

Above Prayer of Examen via hallow.com, loyalpress.com



Sunday Week 1: February 18
John 15:18-27

¹⁸ “If the world hates you, know that it has hated me before it hated you. ¹⁹ If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. ²⁰ Remember the word that I said to you: ‘A servant is not greater than his master.’ If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours. ²¹ But all these things they will do to you on account of my name, because they do not know him who sent me. ²² If I had not come and spoken to them, they would not have been guilty of sin, but now they have no excuse for their sin. ²³ Whoever hates me hates my Father also. ²⁴ If I had not done among them the works that no one else did, they would not be guilty of sin, but now they have seen and hated both me and my Father. ²⁵ But the word that is written in their Law must be fulfilled: ‘They hated me without a cause.’

²⁶ “But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about me. ²⁷ And you also will bear witness, because you have been with me from the beginning

Fasting

What are we struggling with and need help to overcome?

Could there be something that God would like us to fast from or set limits on during Lent? (Electronics, social media, caffeine, food, anger or complaining, etc)

As we refrain from something we've come to depend on, may we humbly confess our need and dependence of God. His arms are always open wide to us.



Sunday Week 2: February 25

John 16:1-33

¹“I have said all these things to you to keep you from falling away. ² They will put you out of the synagogues. Indeed, the hour is coming when whoever kills you will think he is offering service to God. ³ And they will do these things because they have not known the Father, nor me. ⁴ But I have said these things to you, that when their hour comes you may remember that I told them to you.

“I did not say these things to you from the beginning, because I was with you. ⁵ But now I am going to him who sent me, and none of you asks me, ‘Where are you going?’ ⁶ But because I have said these things to you, sorrow has filled your heart. ⁷ Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you. ⁸ And when he comes, he will convict the world concerning sin and righteousness and judgment: ⁹ concerning sin, because they do not believe in me; ¹⁰ concerning righteousness, because I go to the Father, and you will see me no longer; ¹¹ concerning judgment, because the ruler of this world is judged.

¹² "I still have many things to say to you, but you cannot bear them now. ¹³ When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. ¹⁴ He will glorify me, for he will take what is mine and declare it to you. ¹⁵ All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.

¹⁶ "A little while, and you will see me no longer; and again a little while, and you will see me." ¹⁷ So some of his disciples said to one another, "What is this that he says to us, 'A little while, and you will not see me, and again a little while, and you will see me'; and, 'because I am going to the Father'?" ¹⁸ So they were saying, "What does he mean by 'a little while'? We do not know what he is talking about." ¹⁹ Jesus knew that they wanted to ask him, so he said to them, "Is this what you are asking yourselves, what I meant by saying, 'A little while and you will not see me, and again a little while and you will see me'? ²⁰ Truly, truly, I say to you, you will weep and lament, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy. ²¹ When a woman is giving birth, she has sorrow because her hour has come, but when she has delivered the baby, she no longer remembers the anguish, for joy that a human being has been born into the world. ²² So also you have sorrow now, but I will see you again, and

your hearts will rejoice, and no one will take your joy from you. ²³ In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you. ²⁴ Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.

²⁵ "I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures of speech but will tell you plainly about the Father. ²⁶ In that day you will ask in my name, and I do not say to you that I will ask the Father on your behalf; ²⁷ for the Father himself loves you, because you have loved me and have believed that I came from God. ²⁸ I came from the Father and have come into the world, and now I am leaving the world and going to the Father."

²⁹ His disciples said, "Ah, now you are speaking plainly and not using figurative speech! ³⁰ Now we know that you know all things and do not need anyone to question you; this is why we believe that you came from God." ³¹ Jesus answered them, "Do you now believe? ³² Behold, the hour is coming, indeed it has come, when you will be scattered, each to his own home, and will leave me alone. Yet I am not alone, for the Father is with me. ³³ I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Generous Giving

Many Christians observe Lent by sacrificing something or withdrawing from some of their normal activities. In our materialistic culture, it is good for Christians to practice self-denial, and fasting is a good way to prepare our hearts to celebrate the resurrection that comes at the end of the observance.

But what if Lent (and our self-denial) were more active this season? What if, instead of withdrawing (as Jesus did to the desert), we went out (as Jesus did during his earthly ministry and his last days on earth).

What if we all went together and tried to live the radically different kind of life Jesus did, engaging with outcasts, touching the untouchable, reaching out to the physically and spiritually weak?

*Via Ncfsgiving.com and the 40acts Lent generosity challenge,
bit.ly/40actslent*



Sunday Week 3: March 3
John 17:1-19

¹When Jesus had spoken these words, he lifted up his eyes to heaven, and said, "Father, the hour has come; glorify your Son that the Son may glorify you, ² since you have given him authority over all flesh, to give eternal life to all whom you have given him. ³ And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. ⁴ I glorified you on earth, having accomplished the work that you gave me to do. ⁵ And now, Father, glorify me in your own presence with the glory that I had with you before the world existed.

⁶"I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word. ⁷ Now they know that everything that you have given me is from you. ⁸ For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me. ⁹ I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours. ¹⁰ All mine are yours, and yours are mine, and I am glorified in them. ¹¹ And I am no longer in the world, but they are in the world, and I am coming to you. Holy

Father, keep them in your name, which you have given me, that they may be one, even as we are one. ¹² While I was with them, I kept them in your name, which you have given me. I have guarded them, and not one of them has been lost except the son of destruction, that the Scripture might be fulfilled. ¹³ But now I am coming to you, and these things I speak in the world, that they may have my joy fulfilled in themselves. ¹⁴ I have given them your word, and the world has hated them because they are not of the world, just as I am not of the world. ¹⁵ I do not ask that you take them out of the world, but that you keep them from the evil one. ¹⁶ They are not of the world, just as I am not of the world. ¹⁷ Sanctify them in the truth; your word is truth. ¹⁸ As you sent me into the world, so I have sent them into the world. ¹⁹ And for their sake I consecrate myself, that they also may be sanctified in truth.



Sunday Week 4: March 10
John 17:20-26

²⁰ “I do not ask for these only, but also for those who will believe in me through their word, ²¹ that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. ²² The glory that you have given me I have given to them, that they may be one even as we are one, ²³ I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me. ²⁴ Father, I desire that they also, whom you have given me, may be with me where I am, to see my glory that you have given me because you loved me before the foundation of the world. ²⁵ O righteous Father, even though the world does not know you, I know you, and these know that you have sent me. ²⁶ I made known to them your name, and I will continue to make it known, that the love with which you have loved me may be in them, and I in them.”



Sunday Week 5: March 17
John 18:1-40

¹When Jesus had spoken these words, he went out with his disciples across the brook Kidron, where there was a garden, which he and his disciples entered. ² Now Judas, who betrayed him, also knew the place, for Jesus often met there with his disciples. ³ So Judas, having procured a band of soldiers and some officers from the chief priests and the Pharisees, went there with lanterns and torches and weapons. ⁴ Then Jesus, knowing all that would happen to him, came forward and said to them, "Whom do you seek?" ⁵ They answered him, "Jesus of Nazareth." Jesus said to them, "I am he." Judas, who betrayed him, was standing with them. ⁶ When Jesus said to them, "I am he," they drew back and fell to the ground. ⁷ So he asked them again, "Whom do you seek?" And they said, "Jesus of Nazareth." ⁸ Jesus answered, "I told you that I am he. So, if you seek me, let these men go." ⁹ This was to fulfill the word that he had spoken: "Of those whom you gave me I have lost not one." ¹⁰ Then Simon Peter, having a sword, drew it and struck the high priest's servant and cut off his right ear. (The servant's name was Malchus.) ¹¹ So Jesus said to Peter, "Put your sword into its sheath; shall I not drink the cup that the Father has given me?"

¹² So the band of soldiers and their captain and the officers of the Jews arrested Jesus and bound him. ¹³ First they led him to Annas, for he was the father-in-law of Caiaphas, who was high priest that year. ¹⁴ It was Caiaphas who had advised the Jews that it would be expedient that one man should die for the people.

¹⁵ Simon Peter followed Jesus, and so did another disciple. Since that disciple was known to the high priest, he entered with Jesus into the courtyard of the high priest, ¹⁶ but Peter stood outside at the door. So the other disciple, who was known to the high priest, went out and spoke to the servant girl who kept watch at the door, and brought Peter in. ¹⁷ The servant girl at the door said to Peter, "You also are not one of this man's disciples, are you?" He said, "I am not." ¹⁸ Now the servants and officers had made a charcoal fire, because it was cold, and they were standing and warming themselves. Peter also was with them, standing and warming himself.

¹⁹ The high priest then questioned Jesus about his disciples and his teaching. ²⁰ Jesus answered him, "I have spoken openly to the world. I have always taught in synagogues and in the temple, where all Jews come together. I have said nothing in secret. ²¹ Why do you ask me? Ask those

who have heard me what I said to them; they know what I said.” ²² When he had said these things, one of the officers standing by struck Jesus with his hand, saying, “Is that how you answer the high priest?” ²³ Jesus answered him, “If what I said is wrong, bear witness about the wrong; but if what I said is right, why do you strike me?” ²⁴ Annas then sent him bound to Caiaphas the high priest.

²⁵ Now Simon Peter was standing and warming himself. So they said to him, “You also are not one of his disciples, are you?” He denied it and said, “I am not.” ²⁶ One of the servants of the high priest, a relative of the man whose ear Peter had cut off, asked, “Did I not see you in the garden with him?” ²⁷ Peter again denied it, and at once a rooster crowed.

²⁸ Then they led Jesus from the house of Caiaphas to the governor’s headquarters. It was early morning. They themselves did not enter the governor’s headquarters, so that they would not be defiled, but could eat the Passover. ²⁹ So Pilate went outside to them and said, “What accusation do you bring against this man?” ³⁰ They answered him, “If this man were not doing evil, we would not have delivered him over to you.” ³¹ Pilate said to them, “Take him yourselves and judge him by your own law.” The Jews said to him, “It is not lawful for us to put anyone to

death.” ³² This was to fulfill the word that Jesus had spoken to show by what kind of death he was going to die.

³³ So Pilate entered his headquarters again and called Jesus and said to him, “Are you the King of the Jews?”

³⁴ Jesus answered, “Do you say this of your own accord, or did others say it to you about me?” ³⁵ Pilate answered, “Am I a Jew? Your own nation and the chief priests have delivered you over to me. What have you done?” ³⁶ Jesus answered, “My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world.” ³⁷ Then Pilate said to him, “So you are a king?” Jesus answered, “You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice.” ³⁸ Pilate said to him, “What is truth?”

After he had said this, he went back outside to the Jews and told them, “I find no guilt in him. ³⁹ But you have a custom that I should release one man for you at the Passover. So do you want me to release to you the King of the Jews?” ⁴⁰ They cried out again, “Not this man, but Barabbas!” Now Barabbas was a robber.



Sunday Week 6: March 24
John 19:1-42

¹ Then Pilate took Jesus and flogged him. ² And the soldiers twisted together a crown of thorns and put it on his head and arrayed him in a purple robe. ³ They came up to him, saying, "Hail, King of the Jews!" and struck him with their hands. ⁴ Pilate went out again and said to them, "See, I am bringing him out to you that you may know that I find no guilt in him." ⁵ So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, "Behold the man!" ⁶ When the chief priests and the officers saw him, they cried out, "Crucify him, crucify him!" Pilate said to them, "Take him yourselves and crucify him, for I find no guilt in him." ⁷ The Jews answered him, "We have a law, and according to that law he ought to die because he has made himself the Son of God." ⁸ When Pilate heard this statement, he was even more afraid. ⁹ He entered his headquarters again and said to Jesus, "Where are you from?" But Jesus gave him no answer. ¹⁰ So Pilate said to him, "You will not speak to me? Do you not know that I have authority to release you and authority to crucify you?" ¹¹ Jesus answered him, "You would have no authority over me at all unless it had been given you from above. Therefore he who delivered me over to you has the greater sin."

¹² From then on Pilate sought to release him, but the Jews cried out, "If you release this man, you are not Caesar's friend. Everyone who makes himself a king opposes Caesar." ¹³ So when Pilate heard these words, he brought Jesus out and sat down on the judgment seat at a place called The Stone Pavement, and in Aramaic Gabbatha. ¹⁴ Now it was the day of Preparation of the Passover. It was about the sixth hour. He said to the Jews, "Behold your King!" ¹⁵ They cried out, "Away with him, away with him, crucify him!" Pilate said to them, "Shall I crucify your King?" The chief priests answered, "We have no king but Caesar." ¹⁶ So he delivered him over to them to be crucified.

So they took Jesus, ¹⁷ and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha. ¹⁸ There they crucified him, and with him two others, one on either side, and Jesus between them. ¹⁹ Pilate also wrote an inscription and put it on the cross. It read, "Jesus of Nazareth, the King of the Jews." ²⁰ Many of the Jews read this inscription, for the place where Jesus was crucified was near the city, and it was written in Aramaic, in Latin, and in Greek. ²¹ So the chief priests of the Jews said to Pilate, "Do not write, 'The King of the Jews,' but rather, 'This man said, I am King of the Jews.'" ²² Pilate answered, "What I have written I have written."

²³ When the soldiers had crucified Jesus, they took his garments and divided them into four parts, one part for each soldier; also his tunic. But the tunic was seamless, woven in one piece from top to bottom, ²⁴ so they said to one another, "Let us not tear it, but cast lots for it to see whose it shall be." This was to fulfill the Scripture which says,

"They divided my garments among them,
and for my clothing they cast lots."

So the soldiers did these things, ²⁵ but standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, "Woman, behold, your son!" ²⁷ Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home.

²⁸ After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst." ²⁹ A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth. ³⁰ When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit.

³¹ Since it was the day of Preparation, and so that the

bodies would not remain on the cross on the Sabbath (for that Sabbath was a high day), the Jews asked Pilate that their legs might be broken and that they might be taken away. ³² So the soldiers came and broke the legs of the first, and of the other who had been crucified with him.

³³ But when they came to Jesus and saw that he was already dead, they did not break his legs. ³⁴ But one of the soldiers pierced his side with a spear, and at once there came out blood and water. ³⁵ He who saw it has borne witness—his testimony is true, and he knows that he is telling the truth—that you also may believe. ³⁶ For these things took place that the Scripture might be fulfilled: “Not one of his bones will be broken.” ³⁷ And again another Scripture says, “They will look on him whom they have pierced.”

³⁸ After these things Joseph of Arimathea, who was a disciple of Jesus, but secretly for fear of the Jews, asked Pilate that he might take away the body of Jesus, and Pilate gave him permission. So he came and took away his body. ³⁹ Nicodemus also, who earlier had come to Jesus by night, came bringing a mixture of myrrh and aloes, about seventy-five pounds in weight. ⁴⁰ So they took the body of Jesus and bound it in linen cloths with the spices, as is the burial custom of the Jews. ⁴¹ Now in the place where he was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid. So because of the Jewish day of Preparation, since the tomb was close at hand, they laid Jesus there.



Easter Sunday: March 31

John 20:1-31

¹ Now on the first day of the week Mary Magdalene came to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. ² So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." ³ So Peter went out with the other disciple, and they were going toward the tomb. ⁴ Both of them were running together, but the other disciple outran Peter and reached the tomb first. ⁵ And stooping to look in, he saw the linen cloths lying there, but he did not go in. ⁶ Then Simon Peter came, following him, and went into the tomb. He saw the linen cloths lying there, ⁷ and the face cloth, which had been on Jesus' head, not lying with the linen cloths but folded up in a place by itself. ⁸ Then the other disciple, who had reached the tomb first, also went in, and he saw and believed; ⁹ for as yet they did not understand the Scripture, that he must rise from the dead. ¹⁰ Then the disciples went back to their homes.

¹¹ But Mary stood weeping outside the tomb, and as she wept she stooped to look into the tomb. ¹² And she saw two angels in white, sitting where the body of Jesus had

lain, one at the head and one at the feet. ¹³ They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." ¹⁴ Having said this, she turned around and saw Jesus standing, but she did not know that it was Jesus. ¹⁵ Jesus said to her, "Woman, why are you weeping? Whom are you seeking?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." ¹⁶ Jesus said to her, "Mary." She turned and said to him in Aramaic, "Rabboni!" (which means Teacher). ¹⁷ Jesus said to her, "Do not cling to me, for I have not yet ascended to the Father; but go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'" ¹⁸ Mary Magdalene went and announced to the disciples, "I have seen the Lord"—and that he had said these things to her.

¹⁹ On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." ²⁰ When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. ²¹ Jesus said to them again, "Peace be with you. As the Father has sent me, even so I am sending you." ²² And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. ²³ If you forgive the sins of any, they are forgiven

them; if you withhold forgiveness from any, it is withheld."

²⁴ Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe."

²⁶ Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, "Peace be with you." ²⁷ Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe."

²⁸ Thomas answered him, "My Lord and my God!" ²⁹ Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."

³⁰ Now Jesus did many other signs in the presence of the disciples, which are not written in this book; ³¹ but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.



2nd Sunday of Easter: April 4
John 21:1-25

¹ After this Jesus revealed himself again to the disciples by the Sea of Tiberias, and he revealed himself in this way.

² Simon Peter, Thomas (called the Twin), Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. ³ Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing.

⁴ Just as day was breaking, Jesus stood on the shore; yet the disciples did not know that it was Jesus. ⁵ Jesus said to them, "Children, do you have any fish?" They answered him, "No." ⁶ He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in, because of the quantity of fish. ⁷ That disciple whom Jesus loved therefore said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on his outer garment, for he was stripped for work, and threw himself into the sea. ⁸ The other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off.

⁹ When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread. ¹⁰ Jesus said to them, "Bring some of the fish that you have just caught."

¹¹ So Simon Peter went aboard and hauled the net ashore, full of large fish, 153 of them. And although there were so many, the net was not torn. ¹² Jesus said to them, "Come and have breakfast." Now none of the disciples dared ask him, "Who are you?" They knew it was the Lord. ¹³ Jesus came and took the bread and gave it to them, and so with the fish. ¹⁴ This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

¹⁵ When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." ¹⁶ He said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." ¹⁷ He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" and he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep.

¹⁸ Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and

another will dress you and carry you where you do not want to go.” ¹⁹ (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.”

²⁰ Peter turned and saw the disciple whom Jesus loved following them, the one who also had leaned back against him during the supper and had said, “Lord, who is it that is going to betray you?” ²¹ When Peter saw him, he said to Jesus, “Lord, what about this man?” ²² Jesus said to him, “If it is my will that he remain until I come, what is that to you? You follow me!” ²³ So the saying spread abroad among the brothers that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, “If it is my will that he remain until I come, what is that to you?”

²⁴ This is the disciple who is bearing witness about these things, and who has written these things, and we know that his testimony is true.

Notes, meditations, prayers, gratitude, images...

