



LENT

2019



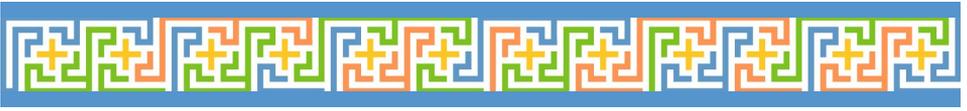


THE SEASON OF LENT

One of the ways that we as a church can participate with the larger Church around the world is to observe certain days and seasons that make up the “church year.” Within the first two centuries of the early Church the idea of focusing on various aspects of Christ’s birth, life, death, and resurrection at different times of the year had already taken hold and have persisted as a tradition to this day. For instance, we observe Advent each year in the weeks leading up to Christmas, which is a time of remembering Christ’s first coming and anticipating his second coming. Another of these times is a season known as Lent, which occurs in the weeks leading up to Easter.

Lent derives its name from an old Saxon word meaning to “to lengthen” and was associated with the season of spring, a time of the year when the days would begin to once again lengthen. Historically Lent has been used to remember Christ’s sufferings on our behalf and to intentionally examine our own lives for places that certain sins may have crept in. The spiritual discipline of fasting is often utilized during Lent as a way to heighten one’s spiritual sensitivity to certain sins that may be present in one’s life. As we identify with Christ’s suffering through the confession of sin, we also identify with him in his resurrection as we experience new life through his forgiveness and grace.

Throughout the history of the Church various readings from the Bible have been offered as a roadmap through Lent. Using some of these ancient lists as our guide, we have selected a set of daily



readings to help you walk through the season of Lent. One set is from the Old Testament and is based on the Psalms, and the other set is from the New Testament and is based on the Gospel of Matthew. There are Daily Questions intended to help you interact with each passage, as well as a set of Weekly Examen Questions for reflection at the end of each week. Our hope is that this simple tool will help you to prepare your heart more fully for the highest day of the church year, Easter Sunday, a day when Christ's triumph over sin and death was displayed to all creation and made available to all who place their faith in him.





WEEKLY EXAMEN

(for use on Saturdays)

- ◆ Begin by asking the Lord to make you aware of His presence with you. You might want to place your hands, palms up, as a sign of invitation. Sit quietly until you are settled and aware of His nearness.
- ◆ As you think back over this week, thank God for some of the blessings, big and small, that you have experienced this week. How did receiving these blessings make you feel? Did any of them seem extravagant or costly?
- ◆ Reflect on ways you have experienced the Lord this past week or places you have seen Him at work. Replay in your mind events, conversations with others, times in God's Word, or other experiences. As images come to mind, ask yourself, "Where was Christ in this moment? How did He come to me? What caused me to notice His presence? What sort of response did I have toward Him?"
- ◆ Speak to the Lord about your relationship with Him. If you sense a need for more spiritual sight, ask Him to bring you more awareness of His presence. If you experienced a deeper awareness of His nearness this week, tell Him how that made you feel. Ask Him to reveal anything about your relationship that He wants you to know.
- ◆ Look to tomorrow. Think of how you need Christ to be present to you in the coming day or days. Do you need him to be teacher? Friend? Savior? Comforter? Bringer of hope? Tell Christ what you need or desire from Him and invite Him to lead you.

Week One



Ash Wednesday, March 6:

Psalm 95, 32
Matthew 1

Thursday, March 7:

Psalm 37
Matthew 2

Friday, March 8:

Psalm 31, 35
Matthew 3

Saturday, March 9:

Weekly Examen (refer to page 5)

Daily Questions:

For each reading consider these

1. How does God want me to understand him and relate to him?
2. How does God want me to understand others and relate to them?
3. What is one specific way I can apply a truth from these passages to my life today?

Week Two



Monday, March 11:

Psalm 41
Matthew 4

Tuesday, March 12:

Psalm 47, 48
Matthew 5

Wednesday, March 13:

Psalm 119:49-72
Matthew 6

Thursday, March 14:

Psalm 50
Matthew 7

Friday, March 15:

Psalm 51
Matthew 8

Saturday, March 16:

Weekly Examen (refer to page 5)

Daily Questions:

For each reading consider these

1. How does God want me to understand him and relate to him?
2. How does God want me to understand others and relate to them?
3. What is one specific way I can apply a truth from these passages to my life today?

Week Three



Monday, March 18:

Psalm 56, 57
Matthew 9

Tuesday, March 19:

Psalm 61, 62
Matthew 10

Wednesday, March 20:

Psalm 119:73-96
Matthew 11

Thursday, March 21:

Psalm 70, 71
Matthew 12

Friday, March 22:

Psalm 73
Matthew 13

Saturday, March 23:

Weekly Examen (refer to page 5)

Daily Questions:

For each reading consider these

1. How does God want me to understand him and relate to him?
2. How does God want me to understand others and relate to them?
3. What is one specific way I can apply a truth from these passages to my life today?

Week Four



Monday, March 25:

Psalm 80
Matthew 14

Tuesday, March 26:

Psalm 78:1-39
Matthew 15

Wednesday, March 27:

Psalm 119:97-120
Matthew 16

Thursday, March 28:

Psalm 42, 43
Matthew 17

Friday, March 29:

Psalm 91
Matthew 18

Saturday, March 30:

Weekly Examen (refer to page 5)

Daily Questions:

For each reading consider these

1. How does God want me to understand him and relate to him?
2. How does God want me to understand others and relate to them?
3. What is one specific way I can apply a truth from these passages to my life today?

Week Five



Monday, April 1:

Psalm 66, 67
Matthew 19

Tuesday, April 2:

Psalm 97
Matthew 20

Wednesday, April 3:

Psalm 119:121-144
Matthew 21

Thursday, April 4:

Psalm 69
Matthew 22

Friday, April 5:

Psalm 107:1-32
Matthew 23

Saturday, April 6:

Weekly Examen (refer to page 5)

Daily Questions:

For each reading consider these

1. How does God want me to understand him and relate to him?
2. How does God want me to understand others and relate to them?
3. What is one specific way I can apply a truth from these passages to my life today?

Week Six



Monday, April 8:

Psalm 31
Matthew 24

Tuesday, April 9:

Psalm 121, 122, 123
Matthew 25

Wednesday, April 10:

Psalm 128, 129, 130
Matthew 26

Thursday, April 11:

Psalm 131, 132, 133
Matthew 27

Friday, April 12:

Psalm 22
Matthew 28

Saturday, April 13:

Weekly Examen (refer to page 5)

Daily Questions:

For each reading consider these

1. How does God want me to understand him and relate to him?
2. How does God want me to understand others and relate to them?
3. What is one specific way I can apply a truth from these passages to my life today?

