

Lent

Journey to Resurrection Sunday



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Sources

The information contained in this booklet was drawn heavily from four sources:

1. *Calendar: Christ's Time for the Church* by Laurence Hull Stookey
2. *The Anglican Family Prayer Book* by Anne E. Kitch
3. *Salt of the Earth: A Christian Seasons Calendar* by University Hill Congregation, Vancouver, Canada
4. *A Journey Worth Considering (article)* by Brandon Eggar

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.

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.

Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.

Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.

Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.

Let me hear joy and gladness;
let the bones that you have broken rejoice.

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

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

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

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

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

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

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

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

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

Do good to Zion in your good pleasure;
build up the walls of Jerusalem;

then will you delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

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What is Lent?

Though the specific details surrounding the origin of Lent are unknown, the observation of the season was firmly established in the Church by the 4th century. The intention was always that Lent be seen as a journey beckoning the traveler to the destination of Easter, the day Jesus, our King, defeated death and secured life for us. Easter is the time we celebrate life – life in its fullness – and are reminded of the truth that, if we belong to Jesus, we too have died to sin and been raised to new life in him (Rom. 6.3-4). Easter then, is the celebration of the reality of our new identity – the day we confess loudly and joyfully that ‘if anyone is in Christ, new creation! The old has passed away, behold the new has come!’ (2 Cor. 5.17). So understood rightly, Lent is our preparation for this celebration, a preparation that takes the form of repentance. Put another way, Easter is when we feast upon the truth of Jesus’ victory of life for us, while Lent is a time of considering and repenting of all the ways we’ve betrayed or forgotten this new life Jesus has given to us.

Keeping with the metaphor, Lent is a journey of rediscovery and recovery of who we are as followers of Jesus with its grand destination being the celebration of Easter. It’s a journey of turning away from those idolatries that have captured our hearts and a turning back to the One who came to captivate our hearts with his life and joy. **(It is important to note at this point that Lent is not the only time we are to focus on repentance. Repentance is not a one-time activity for the Christian but rather an ongoing, daily activity. But just as we should always thank God for the birth of Jesus, we still observe an annual reminder of The Incarnation, Christmas, to focus on its implications and celebrate it more fully. So it is with the observance of Lent and Easter).**

Lent then is about the heart. It is about asking ourselves what is our greatest treasure. For as Jesus told us, “Where your treasure is, there will your heart be also” (Matt. 6.18). The Lenten Journey is a time when we are to become more intentional, with the Lord’s help, about inquiring as to where our hearts are and what they are seeking, i.e. are they seeking after the treasure of God’s kingdom (Matt. 6.33)?

Be Thou My Vision

Be Thou my vision, O Lord of my heart;
naught be all else to me, save that thou art -
thou my best thought, by day or by night,
waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true word;
I ever with thee and thou with me, Lord;
thou my great Father, I thy true son;
thou in me dwelling, and I with thee one.

Be thou my battle shield, sword for my fight;
be thou my dignity, thou my delight,
thou my soul's shelter, thou my high tow'r;
raise thou me heav'n-ward, O Pow'r of my pow'r.

Riches I heed not, nor man's empty praise,
thou mine inheritance, now and always:
thou and thou only, first in my heart,
High King of Heaven, my treasure thou art.

High King of heaven, my victory won,
may I reach heaven's joys, O bright heav'n's Sun!
Heart of my own heart, whatever befall,
still be my vision, O Ruler of all.

Come Ye Sinners

Come ye sinners, poor and needy	Let not conscience make you linger
Weak and wounded, sick and sore;	Nor of fitness fondly dream;
Jesus ready stands to save you,	All the fitness He requireth
Full of pity, love, and pow'r.	Is to feel your need of Him.

Come, ye thirsty, come and welcome,	View him prostrate in the garden
God's free bounty glorify;	On the ground your Maker lies
True belief and true repentance,	On the bloody tree behold him
Ev'ry grace that brings you nigh	Sinner, will this not suffice?

Come ye weary, heavy laden,	Lo, the incarnate God ascended
Lost and ruined by the fall;	Pleads the merit of his blood
If you tarry till you're better,	Venture on him, venture wholly
You will never come at all.	Let no other trust intrude.

Chorus: I will arise and go to Jesus, He will embrace me in His arms.
In the arms of my dear Savior, Oh, there are ten thousand charms.

Trisagion

Holy God,
Holy and Mighty,
Holy, Immortal One,
Have mercy, Have mercy, on us.

God Be Merciful To Me

God be merciful to me, on Thy grace I rest my plea,
Plenteous in compassion Thou, blot out my transgressions now;
Wash me make me pure within, cleanse, O cleanse me from my sin.

My transgressions, I confess, grief and guilt, my soul oppress.
I have sinned against thy grace, and provoked Thee to thy face
I confess Thy judgement just, speechless, I Thy mercy trust.

I am evil, born in sin, Thou desirest truth within.
Thou alone my Savior art, teach Thy wisdom to my heart.
Make me pure, Thy grace bestow, wash me whiter than the snow.

Broken, humbled to the dust, by Thy wrath and judgement just,
Let my contrite heart rejoice, and in gladness hear Thy voice;
From my sins, O hide Thy face, blot them out in boundless grace.

Gracious God, my heart renew, make my spirit right and true.
Cast me not away from Thee, let Thy Spirit dwell in me;
Thy salvation's joy impart, steadfast make my willing heart.

Sinner's then shall learn from me, and return O God, to Thee,
Savior all my guilt remove, and my tongue shall sing Thy love
Touch my silent lips, O Lord, and my mouth shall praise accord.

I Will Praise Him Still

When the morning falls on the farthest hill,
I will sing His name, I will praise Him still.
When dark trials come and my heart is filled
with the weight of doubt, I will praise Him still.

For the Lord our God, is strong to save,
from the arms of death, from the deepest grave.
And He gave us life, in His perfect will,
and by His good grace, I will praise Him still.

Sundays in Lent

The Lenten Journey is 40 days beginning on Ash Wednesday and extending through the Saturday before Easter, also known as Holy Saturday. If you count this on the calendar, you will quickly see that makes 46, not 40 days. This is because, according to Church tradition, Sundays are never fast days, but always a day for feasting or celebration since Christ rose from the dead on a Sunday.

Throughout the Gospels as well as the letters of the New Testament, we see that the original disciples noted Christ's Resurrection as a brand new period in the life of God's People. Each Sunday then, became a day to celebrate and rejoice that Jesus had risen from the dead and is therefore who he claimed to be – the Son of God. Fasting of any kind would be forbidden on such a day. The 40 days of Lent represent Jesus' fasting in the desert for 40 days before beginning his public ministry. For us, this means that Lent, in the broad sense, is a time of discipline and self-restraint but Sundays are never to be viewed that way. Therefore, there is no such thing as a Sunday *of* Lent but only a Sunday *in* Lent.

The climax or highlight of the Lenten Journey takes place during Holy Week, the Week just before Easter. During Holy Week, the Church observes daily services as well as Maundy Thursday (the institution of Communion) and Good Friday (the remembrance of Christ's death on the cross). Holy Week, along with all of Lent, arrives at its destination with the dawn of Resurrection Sunday which is the first day of the Easter Season. The Easter Celebration is not one day but a season that lasts for 50 days.

Where Do I begin?

If this is your first time to observe Lent, you might feel a bit overwhelmed and wonder where to begin. Here are a few suggestions to help you get started:

- **Stay Focused:** While Lent does involve abstaining from things, remember that the point of abstaining is repentance of our misuse of God's good gifts. Don't become so focused on saying "no" that you miss the joy of receiving God's grace.
- **Keep it simple:** Lent comes around every year. If the observance is new to you, don't try to "jump in the deep end" this year. Find one or two points that resonate with you and can be easily implemented in the life of your household. Just like everything else in life, your observance of Lent will change and grow over the years.
- **Don't reinvent the wheel:** In this day and age, there are suggestions everywhere for how to make things cute and fun and... complicated! But we have a history and a large Church family who have been observing Lent for a long, long time. Look to the Church for ideas and wisdom, not the world.

Songs & Creeds of Lent

Apostles Creed

I believe in God, The Father Almighty, creator of heaven and earth and 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 into hell. On the third day, he rose again from the dead. He ascended into the heavens and is seated at the right hand of God the Father. From there He shall come 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.

St. Patrick's Breastplate

I bind unto myself today the power of God to hold and lead,
His eye to watch, His might to stay, His ear to hearken to my need.
The wisdom of my God to teach, His hand to guide,
His shield to ward, the word of God to give me speech,
His heavenly host to be my guard.
Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.
I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in Three,
Of Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.

Daily Lenten Prayers

Leader: In the name of the Father, and of the Son, and of the Holy Spirit,

All: Glory to you, our God, glory to You!

Leader: To you, O Lord belongs righteousness, but to us open shame; for we have sinned against you our God. Forgive us and make your face shine upon us.

All: Lord have mercy. Christ have mercy. Lord have mercy.

Quote Daily Psalm together followed by The Lord's Prayer:

Morning: I lay down and slept; I awoke again, for the Lord sustained me. *(Psalm 3:5)*

Evening: In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. *(Psalm 4:8)*

Daily Scripture Reading: *(choose one from current week on pg.7)*

All: St. Patrick's Breastplate *(printed on page 9)*

All: Lord have mercy. Christ have mercy. Lord have mercy. (3x)

Leader: O Lord and Master of my life, take from me the spirit of sloth, faintheartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience and love to your servant. Yes, O Lord and King, grant me to see my own sins and not to judge my brother, for You are blessed unto ages of ages. O God, be gracious to me, a sinner. Amen.

-Prayer of St. Ephrem

Schedule for Lent

Wed., March 2	Ash Wednesday Service @ noon-12:30pm
Sunday Evenings	Prayer services 5-5:30pm
Palm Sunday, April 10	Service at 6pm
Monday, April 11	Holy Week Service: 6-6:30pm; light dinner served
Tuesday, April 12	Holy Week Service: 6-6:30pm; light dinner served
Wednesday, April 13	Holy Week Service: 6-6:30pm; light dinner served
Thursday, April 14	Maundy Thursday Service @ 6pm
Friday, April 15	Good Friday Service @ 6pm
Easter Sunday, April 17	Sunrise Celebration 6am followed by Potluck breakfast Worship Service @ 10:00am

Ash Wednesday Prayers

Leader: In the name of the Father, and of the Son, and of the Holy Spirit,

All: Glory to you, our God, glory to You!

Leader: To you, O Lord belongs righteousness, but to us open shame; for we have sinned against you our God. Forgive us and make your face shine upon us.

All: Lord have mercy. Christ have mercy. Lord have mercy.

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Morning: I lay down and slept; I awoke again, for the Lord sustained me. (<i>Psalm 3:5</i>)	Evening: In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. (<i>Psalm 4:8</i>)
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Time of asking for and granting forgiveness of one another:
"I have sinned against you, will you forgive me?"

Scripture Reading: Psalm 51:1-17

All: Apostles' Creed (*printed on page 9*)

All: Lord have mercy. Christ have mercy. Lord have mercy.

Leader: O Lord and Master of my life, take from me the spirit of sloth, faintheartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience and love to your servant. Yes, O Lord and King, grant me to see my own sins and not to judge my brother, for You are blessed unto ages of ages. O God, be gracious to me, a sinner. Amen.

-Prayer of St. Ephrem

Weekly Scripture Readings

Week 1 Ash Wednesday – Sat., Mar. 5	Isaiah 58:1-12 Psalm 51 2 Corinthians 5:20-6:10 Matthew 6:1-6; 16-21
Week 2 Sunday, Mar. 6 – Sat., Mar. 12	Genesis 15:1-12 Psalm 27 Philippians 3:17-4:1 Luke 13:31-35
Week 3 Sunday, Mar. 13 – Sat., Mar. 19	Isaiah 55:1-9 Psalm 63 1 Corinthians 10:1-13 Luke 13:1-9
Week 4 Sunday, Mar. 20 – Sat., Mar. 26	Joshua 5:9-12 Psalm 32 2 Corinthians 5:16-21 Luke 15:1-3, 11b-32
Week 5 Sunday, Mar. 27 – Sat., Apr. 2	Isaiah 43:16-21 Psalm 126 Philippians 3:4b-14 John 12:1-8
Week 6 Sunday, Apr. 3 – Sat., Apr. 9	Isaiah 50:4-9a Psalm 31 Philippians 2:5-11 Luke 22:14-23:56
Holy Week Sunday, Apr. 10 – Sat., Apr. 16	Isaiah 52:13-53:12 Psalm 22 John 18:1-19:42 1 Corinthians 1:18-31