

## 40 DAYS WITH JESUS



LENT 2023

Our journey through Lent this year will be simple and deep. We will walk with Jesus through the last week of his life, as portrayed in Luke 20-23 and relevant companion readings.

week  
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- ✦ We are each encouraged to fast in one way or another.
- ✦ We are each invited to take five minutes of silence to start each day, inviting the Lord to speak to us.
- ✦ We are each invited to read the day's scripture and reflect on it by journaling, discussion and/or meditation. Think about the meaning and intent of the passage. Think about its implications for you and others. (Free Bibles are available at the church.)

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### Monday, March 27

read Luke 23:26-31

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### Tuesday, March 28

read Luke 23:32-34

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### Wednesday, March 29

read Luke 23:35-38

Art: CC Eric Gill 1926.

Scripture: unless noted, is from the New International Version. 2011 Biblica, Inc.® when quoted

Fasting: During Lent, millions of Christians are fasting from something. Fasting often involves not eating food in some way. Sometimes, that can be a total abstention, a "water fast." We don't recommend these at any length beyond a couple of days unless you have a good deal of experience fasting and are under a doctor's supervision. And we also don't recommend water fasts if you've ever suffered from an eating disorder. Other fasts involve not eating a certain kind of food, tv or social media—anything that feels costly to give up for a bit while you focus on being close to God.

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## Thursday, March 30

Luke 23:39-43

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## Friday, March 31

read Luke 23:44-49

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## Saturday, April 1

read Luke 23:50-56

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## Sunday, April 2

On Sundays we remember Christ's resurrection by breaking our fast.

