

40 DAYS WITH JESUS



LENT 2023

week
7

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.

- ✦ 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.)

This week we veer a bit from Luke to prepare for the cross and Easter.

Monday, April 3

read Exodus 12:1-13

Tuesday, April 4

read Exodus 12:21-23

Wednesday, April 5

read John 13:1-17

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.

Thursday, April 6

Isaiah 53:1-7

Friday, April 7

read Isaiah 53:8-12

Saturday, April 8

read Luke 24:1-35

Easter Sunday, April 9

Christ is risen! He is risen indeed!!

