

Liturgical Calendar 2024 Watermark

Lent

Opening Prayer: *O Lord, let my soul rise up to meet you as the day rises to meet the Sun. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.*

<p>First Week of Lent, February 18: Desiring Power</p> <p>#1 Liturgy of the week: Leader: 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. Give me the joy of your saving help again and sustain me with your bountiful spirit. Ps. 51:11-13</p> <p>Response: <i>Blessed be God, who has not rejected my prayer, nor withheld his love from me. Ps. 66:18</i></p> <p>#2 Readings:</p> <ul style="list-style-type: none">• Genesis 9:8-17• Psalm 25:1-10• 1 Peter 3:18-22• Mark 1:9-15 <p>#3-4: See Prayers Below</p>	<p>Fourth Week of Lent, March 10: Eyes for His Mercy</p> <p>#1 Liturgy of the week: Leader: Your righteousness, O God, reaches to the heavens; you have done great things; who is like you, O God? Ps. 71:19</p> <p>Response: <i>Glory in his holy Name; let the hearts of those who seek the Lord rejoice. Ps. 105:3</i></p> <p>#2 Readings:</p> <ul style="list-style-type: none">• Numbers 21:4-9• Psalm 107:1-3, 17-22• Ephesians 2:1-10• John 3:14-21 <p>#3-4: See Prayers Below</p>
<p>Second Week of Lent, February 25: This Life is Not the End</p> <p>#1 Liturgy of the week: Leader: Our homeland is in heaven and it is from there that we are expecting a Savior, the Lord Jesus Christ. Philipians 3:20</p> <p>Response: <i>Happy are they who fear the Lord, and who follow in his ways! Ps. 128:1</i></p> <p>#2 Readings:</p> <ul style="list-style-type: none">• Genesis 17:1-7, 15-16• Psalm 22:23-31• Romans 4:13-25• Mark 8:31-38 <p>#3-4: See Prayers Below</p>	<p>Fifth Week of Lent, March 17: To Follow Jesus is to Live</p> <p>#1 Liturgy of the week: Leader: Yehweh gives death and life, brings down to Sheol and draws up; Yahweh makes poor and rich, he humbles and also exalts. He raises the poor from the dust...; for to Yahweh belong the pillars of the earth, on these he has poised the world. 1 Samuel 2:6-10</p> <p>Response: <i>In righteousness shall he judge the world and the peoples with equity. Ps. 98:10</i></p> <p>#2 Readings:</p> <ul style="list-style-type: none">• Jeremiah 31:31-34• Psalm 51:1-12• Hebrews 5:5-10• John 12:20-33 <p>#3-4: See Prayers Below</p>
<p>Third Week of Lent, March 3: We Have Work to Do in This World</p> <p>#1 Liturgy of the week: Leader: Those who sowed with tears will reap with songs of joy. Those who go out weeping, carrying the seed, will come again with joy, shouldering their sheaves. Ps. 126:6-7</p> <p>Response: <i>In you, O Lord, I take refuge; let me never be ashamed. Ps. 71:1</i></p> <p>#2 Readings:</p> <ul style="list-style-type: none">• Exodus 20:1-17• Psalm 19• 1 Corinthians 1:18-25• John 2:13-22 <p>#3-4: See Prayers Below</p>	<p>Week of the Passion, March 24: Follow Christ in Humility</p> <p>#1 Liturgy of the week: Leader: God is the Lord; he has shined upon us; form a procession with branches up to the horns of the alter. Ps. 118:27</p> <p>Response: <i>You are my God, and I will praise you; you are my God, and I will exalt you. Ps. 118:28</i></p> <p>#2 Readings:</p> <ul style="list-style-type: none">• Isaiah 50:4-9a• Psalm 118:1-2, 19-29• Philipians 2:5-11• Mark 11:1-11 <p>#3-4: See Prayers Below</p>

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3 Personal/Group Prayer Focus: Jesus, your time on earth showed us that you are a different kind of king, one who is willing to act in humility for the sake of generosity. Please give us hearts of compassion like yours so that we see those in need of your transforming love.

Take a minute to pray for those you need to forgive or for a relationship in which you need forgiveness. Ask the lord to show you ways to walk humbly with him in your neighborhood in order to bring about curiosity that leads to new relationships.

#4 Lenten Collect Prayer: Come, my Light, and illumine my darkness. Come, my Life, and revive me from death. Come, my Physician, and heal my wounds. Come, Flame of divine love, and burn up the thorns of my sins, kindling my heart with the flame of thy love. - *Dimitrii of Rostov*

Spiritual Discipline of Focus: Solitude and Fasting

Suggested practices:

- Take a few minutes to practice being in solitude as Jesus was in the desert. Take a minute to ask yourself how and when you resist or avoid being alone? What troubles you at the thought of spending time alone? Take a few minutes every week or day to talk to God about your discomfort with spending time alone.
- Consider fasting from something that you heavily rely on for internal relief. It may be food, sweets, coffee, alcohol or other substances; you may rely on time on your phone, tablet or TV or spend excess time in work communication after hours; it could be shopping for pleasure, or many other things.
- Ask yourself if there is one obligation you could give up for the next six weeks to make room for rest. Perhaps there is a lunch break where you nap in your car instead of eating with a colleague, an optional class or activity that your family takes a break from in order to spend more time sitting around at the dinner table.
- For Families: Consider committing some time as a family to unplugging during this season. Whether that is setting aside daily hours to unplug/put away all devices or maybe setting aside one full day during this season to take time together without interruption.

Parting Quote:

"Fasting is an opportunity to lay down and appetite – an appetite for food, for media, for shopping. Fasting exposes how we try to keep empty hunger at bay and gain a sense of well-being by devouring creature comforts. Through self-denial we recognize what controls us." - Adele Calhoun