Renew

LENT

Seek, Sacrifice, Surrender

Prayer, Fasting, and P.R.A.Y. Scripture Guide
**Introduction to RENEW Lent: Seek, Sacrifice, and Surrender**

This year as we prepare for Easter we are calling our church family to a time of heart preparation and repentance for renewal. During Lent we will be seeking, sacrificing, and surrendering our lives to Jesus through prayer, fasting and meditating on Jesus journey to the cross. Our reading, praying, fasting, and weekly sermons will focus on Jesus last week of life leading up to Easter Sunday.

The practice of a forty-day preparation period began in the Christian church during the third and fourth centuries. The number forty carries biblical significance based on the forty years Israel spent in the wilderness and Jesus’ forty-day fast in the wilderness. The forty days of Lent begin on Ash Wednesday and continue through holy week, not counting Sundays (which are reserved for celebratory worship).

As a period of preparation, Lent has historically included the instruction of persons for baptism and profession of faith on Easter Sunday; the calling back of those who have become estranged from the church; and efforts by all Christians to deepen their piety, devotion, and readiness to mark the death and resurrection of their Savior.

Just as we carefully prepare for big events in our personal lives, such as a wedding or commencement, Lent invites us to prepare our hearts for remembering Jesus’ suffering and celebrating Jesus’ resurrection. Let’s make this time of preparation, repentance, and renewal as a church a priority in our lives.

**How To Use This RENEW Lent Guide**

This Lent guide begins the week of Sunday, March 10 after Ash Wednesday, March 6. We will SEEK the Lord with P.R.A.Y. Scripture passages and additional readings from Jesus’ life for each of his last seven days leading up to Easter Sunday. We will also SACRIFICE something in our lives by fasting. A different fasting suggestion is included for each week. Finally, we will SURRENDER ourselves to God in contemplative prayers of repentance for spiritual renewal.

**SEEK**

Begin each week by reading the P.R.A.Y. Scripture passage and committing yourself to what you will fast for the week. Set aside time each day for reading the additional passages, journaling, and praying. Here are a few questions to prompt your meditation and response:

1. What do these passages reveal about the nature and character of Christ?
2. What do these passages reveal about your own heart and life?
3. How is the Holy Spirit prompting you to respond?

An additional P.R.A.Y. Scripture resource for each week is included that paraphrases the Scripture passage and includes sensory questions that prompt your sacred imagination. This helps create an openness to receive what Jesus wants to speak to you through His
Word. It is also helpful for doing P.R.A.Y. Scripture together as a family with children and teens.

**SACRIFICE**
Each week, we have suggested an area of fasting to apply to our lives. Far from a mere responsibility, these weekly fasts give us opportunities to pursue greater communion with Christ. By emptying our lives of commotion, media, and familiar comforts, we hope to find greater room for Him to speak through His Word.

Some of the suggestions for fasting are traditional (food, caffeine, sweets), while others may be novel for many of us (media, sleep, shopping). Pray and ask God in what kind of fast you should participate as you seek to surrender more of your life to Him.

If you are unfamiliar with the discipline of prayer with fasting check out Campus Crusade’s website for help suggestions on fasting.

As you choose ways to sacrifice in fasting and prayer each week consider adding to your routine new or additional elements of contemplative prayer, musical worship, exercise, healthy eating, etc.

**Weekly Fast Suggestions:**
- **Week 1:** Food (food item, meal or meals of your choosing)
- **Week 2:** Entertainment: TV, Video Games, YouTube, Cable News, Talk Radio, etc.
- **Week 3:** Shopping or browsing for Non-Essentials
- **Week 4:** Caffeine and Sweets (or item of your choosing)
- **Week 5:** Sleep (get up one hour earlier or stay up later for time with Jesus)
- **Week 6:** Social Media (Facebook, Twitter, Instagram, Snapchat, etc.)

Weeks 1 and 7 are not expected to be absolute fasts.
- **Week 1** involves a fast from food. You may choose to fast from one meal a day; others will do an entire day; others still might choose a fast of multiple days.
- **Week 7** involves a fast from sleep. You are neither expected nor encouraged to abstain from sleep for the entire week. However, the hope is that we might set our alarms an hour or two earlier or stay up an hour or two later and devote one entire evening or morning to prayer.

**SURRENDER**
The purpose of these Lent practices is to bring us all into new dimensions of surrender to Jesus. As we continue to be transformed in repentance and renewal we will be ready for all God desires to do through us in our homes and in our world. Be sure to write down what God speaks to you and your yielded responses to him in a journal or in this guide for future reflection.
**Week 1 – Beginning Sunday, March 10 – Sunday of Jesus’ Last Week on Earth**

**Weekly Fast:** Food (food item, meal or meals of your choosing)

**P.R.A.Y. Scripture:** Luke 19:28-44
Jesus’ triumphal entry into Jerusalem

“P.” – **Pray** for God to speak to you through His Word. Prepare your heart in whatever ways help you to be responsive. Suggestion: Listen to this song...
“Breathe” Influence Music (YouTube)

“R.” – **Read** the passage 2-3 times in different translations, slowly. Use your sacred imagination to place yourself in the room. What do you see, hear, smell, feel?

“A.” – **Ask** questions about the passage and note any observations you have. Write down your thoughts in a journal. Optional: Take the time to look up other passages from footnotes for additional study.

****Be silent. Ask God to speak personally, giving you His thoughts.

“Y.” – **Yield** by writing a 2-3 sentence prayer of response in a journal or below based on the the Holy Spirit’s revelation to you. Consider starting the prayer by saying, “Yes, Lord ______________________________.”

**Notes:**

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**Additional Passages from Sunday of Jesus Last Week:**
John 11:45-57 Jews plot to kill Jesus after Lazarus is raised
Luke 19:28-44 Jesus enters and weeps over Jerusalem

**Prayer of Repentance for Renewal**
O Lord, The house of my soul is narrow;
Enlarge it that you may enter in.
It is ruinous, O repair it!
It displeases Your sight.
I confess it, I know.
But who shall cleanse it, to whom shall I cry but to you?
Cleanse me from my secret faults, O Lord,
and spare Your servant from strange sins.
St. Augustine of Hippo (AD 354-430)
Week 1 - PRAV Scripture for Families
The Triumphant Entry
Luke 19:28-44 TPT (The Passion Translation)

Instructions
The PRAY Scripture stories included in this booklet are written to invoke your imagination, which helps the story come alive. Always read the passage slowly in a different translation than the one listed above. Then go back and read this story slowly, taking time for the sensory and feeling questions to sink in. If you are doing this with children or teens you can read it straight through or take time to let them answer the questions as you go. After a time of reflection (the amount of time will depend on the age of your child) have your children write what stood out to them and what Jesus might be saying to them or have them draw or paint a picture.

Story
The story of Jesus’ arrival to Jerusalem begins with Jesus and those following him from Galilee coming into the village of Bethphage on the Mount of Olives. From this high place Jesus could see the whole city of Jerusalem. Take a moment to imagine the scene. Is it a sunny or dreary day? Is it humid or is the air crisp and clear? What is the road like that they are walking on? Is it wide or narrow? Is it dusty or well packed down by travelers?

Jesus sends two of his disciples with these instructions, “Go to the village ahead of you, and you will find a donkey tied there. Untie it and bring it to me. If anyone says anything to you, say that the Lord needs them, and he will send them right away.” Why do you think Jesus chooses to enter Jerusalem on a donkey and not a stallion like a military leader?

So the disciples went and found the donkey and brought it to Jesus. They laid their cloaks on it for Jesus to sit on and a very large crowd began to gather. Imagine what this parade looked like! What sounds would you hear? Then the people began to lay their coats and branches from nearby trees on the road. Why do you suppose they did that? Now they are shouting, “Highest praises to God for the one who comes as King in the name of the Lord! Heaven’s peace and glory from the highest realm now comes to us!” What does the scene look like now? How loud are the people shouting? What would it have felt like to be in the crowd?

Jesus continued on, but before he entered the city he stopped and wept over it and said, “For the day is soon coming when your enemies will surround you, pressing you in on every side, and laying siege to you. They will crush you to pieces, and your children too! And when they leave, your city will be totally destroyed. Since you would not recognize God’s day of visitation, your day of devastation is coming!” This is no longer a celebration for Jesus, but a time of mourning for what he knows will happen to his beloved city Jerusalem. (This eventually happens when Rome conquers Jerusalem in 70 A.D. and destroys the temple). Can you picture the anguish Jesus was feeling as he looked over Jerusalem?
Now quietly reflect on what God might be speaking to you through this story. What stands out to you? How do you feel towards Jesus? Can you think of times when you have joined others in celebrating Jesus? How did you feel? Can you also relate to the great sorrow Jesus felt? Is there one thing you feel Jesus is saying to you through this story?
Week 2 – Beginning Sunday, March 17 – Monday of Jesus’ Last Week

**Weekly Fast:** Form of Entertainment: TV shows, movies, YouTube, etc.

**P.R.A.Y. Scripture:** Matthew 21:12-16
Jesus declares the Son of Man must die but will be lifted up in glory

“P.” – **Pray** for God to speak to you through His Word. Prepare your heart in whatever ways help you to be responsive. Suggestion: Listen to this song...
“Build My Life” Pat Barrett and Chris Tomlin (YouTube)

“R.” – **Read** the passage 2-3 times in different translations, slowly. Use your sacred imagination to place yourself in the room. What do you see, hear, smell, feel?

“A.” – **Ask** questions about the passage and note any observations you have. Write down your thoughts in a journal. Optional: Take the time to look up other passages from footnotes for additional study.

**Be silent. Ask God to speak personally, giving you His thoughts.**

“Y.” – **Yield** by writing a 2-3 sentence prayer of response in a journal or below based on the Holy Spirit’s revelation to you. Consider starting the prayer by saying, “Yes, Lord ______________________________.”

**Notes:**

**Additional Reading Passages:**
- John 12:37-50 Jesus addresses the Jews unbelief
- Mark 11:12-25 Jesus cleanses the Temple and curses the fig tree
- Mark 11:27-33 The authority of Jesus is questioned

**Prayer For the Fire of the Holy Spirit**
O Lord, who hast mercy upon all,
Take away from me my sins,
And mercifully kindle in me
The fire of thy Holy Spirit.
Take away from me the heart of stone,
And give me a heart of flesh,
A heart to love and adore Thee,
A heart to delight in Thee,
To follow and enjoy Thee, for Christ's sake, Amen

*St. Ambrose of Milan (AD 339-397)*
Week 2 - PRAY Scripture for Families
Jesus at the Temple
Matthew 21:12-16 NIV (with references to John 2:13-16)
(If you are not familiar with the Temple courts take a moment to look up a Google image. It will help you imagine the scene more clearly.)

Instructions
The PRAY Scripture stories included in this booklet are written to invoke your imagination, which helps the story come alive. Always read the passage slowly in a different translation than the one listed above. Then go back and read this story slowly, taking time for the sensory and feeling questions to sink in. If you are doing this with children or teens you can read it straight through or take time to let them answer the questions as you go. After a time of reflection (the amount of time will depend on the age of your child) have your children write what stood out to them and what Jesus might be saying to them or have them draw or paint a picture.

Story
Soon after Jesus entered Jerusalem he went to the temple. Instead of finding a place where everyone could enter, and people could ask the rabbis and teachers questions about God, Jesus found the place that was filled with buyers and sellers of cattle, sheep and doves. They were selling these animals for sacrifices to make a profit. Imagine what this must have looked like to Jesus? Since there was livestock in the temple what did he smell? Do you think the buyers and sellers were loud or quiet as they tried to sell? Would it have been a peaceful or chaotic scene?

Jesus was not happy with what he found inside. He threw everyone out who had set up shop. He kicked over the tables of the money changers and those selling doves. He said to them, “It is written, 'My house will be called a house of prayer for all nations,' (Isaiah 56:7) but you are making it a den of robbers.” What must this scene have looked like? Was Jesus angry? Imagine the faces of those who were selling? What about those who were there to worship?

After the court was cleared out, the blind and lame came to Jesus and he healed them. There were also children shouting in the temple area, “Hosanna to the Son of David!” But when the chief priests and teachers saw the wonderful things Jesus was doing and the children shouting they became angry and said, “Do you hear what these children are saying?” Jesus said, “Yes I hear them,” and then quotes from Psalm 8:2, “’From the lips of children and infants you have ordained praise.’” How do you think the teachers reacted to what Jesus said? How does it make you feel that Jesus loved the praises of the children?

Now quietly reflect on what God might be speaking to you through this story. What stands out to you? How do you feel towards Jesus’ How do you feel about those who were buying and selling? What is your attitude when you are coming to church to worship God? Is there one thing you feel Jesus is saying to you through this story?
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3 – Beginning Sunday, March 24 – Tuesday of Jesus’ Last Week
Weekly Fast: Shopping or browsing for Non-Essentials

Jesus commends the widows offering

“P.” – Pray for God to speak to you through His Word. Prepare your heart in whatever ways help you to be responsive. Suggestion: Listen to this song...
“Is He Worthy” Andrew Peterson and Chris Tomlin (YouTube)

“R.” – Read the passage 2-3 times in different translations, slowly. Use your sacred imagination to place yourself in the room. What do you see, hear, smell, feel?

“A.” – Ask questions about the passage and note any observations you have. Write down your thoughts in a journal. Optional: Take the time to look up other passages from footnotes for additional study.

** Be silent. Ask God to speak personally, giving you His thoughts.

“Y.” – Yield by writing a 2-3 sentence prayer of response in a journal based on the Holy Spirit’s revelation to you. Consider starting the prayer by saying, “Yes, Lord ________________________________.”

Notes:

Additional Reading Passages:
Matthew 22:15-22
Mark 12:28-34 Greatest Commandment

Prayer:
Father in Heaven,
The light of your truth bestows sight
To the darkness of sinful eyes.
May this season of repentance
Bring us the blessing of Your forgiveness
And the gift of Your light.
Grant this through Christ our Lord.
International Committee on English in the Liturgy (ICEL)
Week 3 - PRAY Scripture for Families
The Widow's Offering
Luke 20:45-21:4 NIV

(If you are not familiar with the Temple Courts take a moment to look up a Google image. It will help you imagine the scene more clearly.)

Instructions
The PRAY Scripture stories included in this booklet are written to invoke your imagination, which helps the story come alive. Always read the passage slowly in a different translation than the one listed above. Then go back and read this story slowly, taking time for the sensory and feeling questions to sink in. If you are doing this with children or teens you can read it straight through or take time to let them answer the questions as you go. After a time of reflection (the amount of time will depend on the age of your child) have your children write what stood out to them and what Jesus might be saying to them or have them draw or paint a picture.

Story
During Jesus’ last week he continued teaching in the Court of Gentiles at the Temple. Many of the teachers of the law, the Pharisees and Sadducees, also came to listen in hopes of trapping Jesus with questions about the law so they could prove he was not the Messiah. However, Jesus is very clever in how he answers them, but he is also very clear that he is not happy with how these teachers of the law behave.

So, while the crowds were growing around Jesus, he turns to his disciples to give them a very powerful lesson. Just picture in your mind’s eye this large area called Court of Gentiles. Courts made of stone with very tall lamps stood in all four corners. Where do you imagine Jesus stood as he taught? How many people gathered to hear Jesus? Where would the disciples be sitting? With all this going on Jesus delivers a warning to his disciples saying, “Beware of the teachers of the law. They like to walk around in flowing robes and love to be greeted in the marketplaces and have the most important seats in the synagogues and the places of honor at banquets. They devour widows’ houses and for a show make lengthy prayers. Such men will be punished most severely.”

As Jesus was speaking he looked up and saw rich people putting their gifts into the temple offering boxes. Imagine how they looked in their fine clothes. What kind of expressions might be on their faces as they gave large amounts of money? Then Jesus saw a poor widow put in two very small copper coins worth less than our penny. What do you think she looked like? What was the expression on her face as she gave her small amount to the temple? Jesus saw a great difference between the rich and this poor widow. He said, “I tell you the truth, this poor widow has put in more than all the others. All these people gave their gifts out of their abundance but she out of her poverty put in all she had to live on.” Jesus saw the differences in their heart attitudes about money. How does this make you feel?

Now quietly reflect on what God might be speaking to you. What stood out to you in this story. What is your attitude when you give your offering to God? Is there one thing you feel Jesus is saying to you through this story?
Week 4 – Beginning Sunday, March 31 – Wednesday of Jesus’ Last Week

Weekly Fast: Caffeine and Sweets (or item of your choosing)

P.R.A.Y. Scripture: Mark 14:1-11
Sinful woman anoints Jesus with perfume at Simon’s house

“P.” – Pray for God to speak to you through His Word. Prepare your heart in whatever ways help you to be responsive. Suggestion: Listen to this song...
“Goodness of God” Victory Album Bethel Music (YouTube)

“R.” – Read the passage 2-3 times in different translations, slowly. Use your sacred imagination to place yourself in the room. What do you see, hear, smell, feel?

“A.” – Ask questions about the passage and note any observations you have. Write down your thoughts in a journal. Optional: Take the time to look up other passages from footnotes for additional study.

** Be silent. Ask God to speak personally, giving you His thoughts.

“Y.” – Yield by writing a 2-3 sentence prayer of response in a journal based on the Holy Spirit’s revelation to you. Consider starting the prayer by saying, “Yes, Lord ________________________________.”

Notes:

Additional Reading Passages:
Matthew 24:1-14 Signs of the end of ages
Matthew 24:15-28
Matthew 24:29-41
Matthew 25:31-46

Prayer
O Lord and Master of my life,
Give me not the spirit of laziness,
Despair, lust of power, and idle talk.
But give rather the spirit of sobriety,
Humility, patience and love to Thy servant.
Yea, O Lord and King,
Grant me to see my own transgressions
And not to judge my brother,
For blessed art Thou unto ages of ages. Amen
St. Ephraim the Syrian (AD 305-373)
Week 4 – PRAY Scripture for Families
Jesus Anointed at Bethany
Mark 14:1-11 (The Passion Translation)

Story
The religious scholars and priests were so angry over Jesus teaching that they were secretly looking for a way to arrest him and have him killed. However, they knew that they could not carry out this plot during the Passover Week because the people might revolt against them. So they waited for the right opportunity to come. This is the story of when Judas decided to betray Jesus.

Jesus was in the home of Simon, a man Jesus had healed of leprosy. He was reclining at the table with others to share a meal. During Jesus time people ate while in a reclining position on the floor rather than sitting down. Take a moment to imagine this scene. Do you think Simon’s house was large or small? What did dinner smell like? Imagine all the people reclining around a table. Would you like to do that? While they were dining a woman came into the house carrying a valuable bottle with very expensive and fragrant perfume inside. She walked right up to Jesus and poured the entire bottle of precious oil over his head! This surprised everyone and some were very angry about it! How does this make you feel about the woman? Can you imagine what the house smelled like now? Several of the guests complained to one another that this jar of perfume could have been sold for a great amount of money and given to feed the poor. So they scolded her harshly. How do you think she felt when they scolded her?

But Jesus came to her defense and told them to leave her alone. He said, “Why are you so critical of this woman? She has honored me with this beautiful act of kindness. For you will always have the poor, whom you can help whenever you want, but you will not always have me.” He went on to say that by pouring the perfume over him she was preparing his body in advance for burial. This was a common practice after someone died but very unusual before death. However, Jesus knew that in her heart she was doing this to honor him. Imagine his expression as he spoke to those in the house. Do you think he said this passively or passionately?

After this happened Judas went to the chief priests and told them what had happened and that he was willing to betray Jesus. They were delighted to hear this and promised to pay him well. Judas then waited for an opportunity to hand over Jesus. What emotions do you think Judas was feeling? Why was he so angry?
Now quietly reflect on what God might be speaking to you. There was a lot in this story, but what stood out to you the most? How do you feel towards Jesus, towards the woman, and towards Judas? Is there one thing you feel Jesus is saying to you through this story?
**Week 5 – Beginning Sunday, April 7 – Thursday of Jesus’ Last Week**

**Weekly Fast:** Sleep

**P.R.A.Y. Scripture:** Matthew 26:36-46 Gethsemane prayers

“**P.**” – **Pray** for God to speak to you through His Word. Prepare your heart in whatever ways help you to be responsive. Suggestion: Listen to this song...

“*Spirit Lead Me*” Influence Music (YouTube)

“**R.**” – **Read** the passage 2-3 times in different translations, slowly. Use your sacred imagination to place yourself in the room. What do you see, hear, smell, feel?

“**A.**” – **Ask** questions about the passage and note any observations you have. Write down your thoughts in a journal. Optional: Take the time to look up other passages from footnotes for additional study.

**Be silent. Ask God to speak personally, giving you His thoughts.**

“**Y.**” – **Yield** by writing a 2-3 sentence prayer of response in a journal based on the Holy Spirit’s revelation to you. Consider starting the prayer by saying, “Yes, Lord ________________________________.”

Notes:

**Additional Reading Passages:**
- Matthew 26:1-5, 14-16, 21-30 Jesus predicts his betrayer
- John 13:1-17 Jesus washes the disciples feet
- John 13:31-38 New Commandment and prediction of Peter’s denial

**Prayer of Contrition**

Merciful Father, I am guilty of sin  
I confess my sins before you  
and I am sorry for them.  
Your promises are just;  
therefore I trust that you will forgive my sins  
and cleanse me from every stain of sin.  
Jesus himself is the propitiation  
for my sins and the sin of the whole world.  
I put my hope in his atonement.  
May my sins be forgiven through His name  
and in His blood may my soul be made clean.

*New Saint Joseph People’s Prayer Book*
**Week 5 - PRAY Scripture for Families**

**Garden of Gethsemane**

**Matthew 26:36-46 New International Reader's Version (NIRV)**

**Instructions**
During this story try to observe what this time was like for Jesus.

**Story**

Jesus and his disciples have just finished what we call the Last Supper, and they go to a place named Gethsemane, which is a garden of olive trees. Imagine what the evening looked like. Was it dusk or completely dark? Were the stars out or was it cloudy? Was it warm or chilly? What nighttime sounds did they hear? Jesus needed to spend time praying, so he took three of the disciples a little further into the garden. When Jesus spoke to the men he was overwhelmed with sadness because he felt close to death. Can you see this in your mind? What kind of expression was on Jesus’ face? Then he asked the three disciples to stay awake and pray while he went further into the garden to be alone.

He is so overcome with emotion he fell with his face to the hard ground and prayed, “My Father, is it possible for this cup to be taken away? But if I must drink it, may what you want be done.” Can you imagine Jesus in this moment? What was he feeling?

Then he went back to the three disciples and found them sleeping, and he asked them why they couldn’t stay awake for just one hour? At this point do you think Jesus was feeling sad, disappointed, or both? What was his facial expression as he spoke to the disciples?

So Jesus went away to pray for a second time, because he had such heaviness of heart. He prayed again, “Father, is it possible for this cup of suffering to be taken away? But if I must drink it, may what you want be done.” When he went back he found everyone still sleeping. This time he didn’t wake them. Why do you think he didn’t wake them?

Now he went away again for the third time and prayed the same thing. Do you imagine Jesus was feeling weaker each time he prayed or stronger? This time when he went back to the disciples he did wake them and exclaimed that the time had come when he would be handed over to his enemies. He told them to get up as he saw Judas the betrayer coming towards him with soldiers to arrest him.

What a scene! What stands out to you? How do you feel towards Jesus or towards the disciples? What part of the story impacted you the most? Are there things you want to do for Jesus but find yourself failing? How does what Jesus went through help you to love him more? Is there anything you feel Jesus is saying to you through this story?
Week 6 – Beginning Sunday, April 14 – Friday of Jesus’ Last Week
Weekly Fast: Social Media

P.R.A.Y. Scripture: Matthew 26:47-56 Jesus arrested

“P.” – Pray for God to speak to you through His Word. Prepare your heart in whatever ways help you to be responsive. Suggestion: Listen to this song...
“The Wondrous Cross” Chris Tomlin (YouTube)

“R.” – Read the passage 2-3 times in different translations, slowly. Use your sacred imagination to place yourself in the room. What do you see, hear, smell, feel?

“A.” – Ask questions about the passage and note any observations you have. Write down your thoughts in a journal. Optional: Take the time to look up other passages from footnotes for additional study.

** Be silent. Ask God to speak personally, giving you His thoughts.

“Y.” – Yield by writing a 2-3 sentence prayer of response in a journal based on the Holy Spirit’s revelation to you. Consider starting the prayer by saying, “Yes, Lord ________________________________.”

Notes:

Additional Reading Passages:
John 18:15-27 Peter’s denials of Jesus and Caiaphas
John 18:28-40 Jesus’ trial before Pilate
Luke 23:13-16 Jesus’ trial before Herod
Luke 23:32-49 Jesus on the cross between two criminals
Mark 15:16-47 Crucifixion

Prayer of Confession
Most holy and merciful Father,
We confess to you and to one another,
That we have sinned against you
In thought, word and deed, by what we have done,
And by what we have left undone.
We have not loved you with our whole heart and mind and strength.
We have not loved our neighbor as ourselves.
In your mercy forgive what we have been, help us amend what we are,
And direct what we shall be, so that we may delight in your will
And walk in your ways, to the glory of your holy name.
For the sake of Jesus Christ, Amen.
Book of Common Prayer
Story
Remember back to the story of Jesus praying in the Garden of Gethsemane. Remember what the night was like and how the disciples kept falling asleep while Jesus sought God in prayer. At the end of the story Jesus woke his disciples and said that the betrayer was coming. Now we will pick up with what happened next.

While Jesus was talking with his disciples he saw Judas, who had been one of the twelve disciples, coming with a large crowd and they were carrying swords and clubs! They had been sent by the Jewish chief priests and leaders to arrest Jesus! Can you imagine the scene? So many people coming and ready to harm anyone who stood in their way! What sounds would you hear? Would the band of people be shouting or just marching quietly towards Jesus? Judas led the way and told the men that whoever he greeted with a kiss was the one they should arrest. So he went right up to Jesus and said, “Greetings Teacher!” and kissed him on the cheek. Jesus replied, “Friend do what you came to do.” What would that kiss have felt like to Jesus? Would Jesus seem calm or angry? Was this a surprise to Jesus? Why did he call Judas friend? Would you call someone a friend who betrayed you?

As the guards arrested Jesus one of his disciples pulled out a sword and cut off the ear of one of the chief priest’s servants! What did that look like? Would it be scary to see someone’s ear cut off? But Jesus tells him to put the sword away and then says, “All who use the sword will die by the sword.” Jesus said he could ask God to send down legions of angels, but then Scripture would not be fulfilled. Jesus knew that he had to die, but this was hard for his disciples to understand. How would you have reacted?

Then Jesus speaks to the crowd and asks, “Am I leading a band of armed men against you? Do you have to come out with swords and clubs to capture me? Every day I sat in the temple courtyard teaching and you didn't arrest me. But all this has happened so that the words of the prophets would come true.” Then all the disciples left him and ran away. Why did they run? Would you have felt like running too if soldiers and an angry crowd were coming after you with swords and clubs? What did Jesus’ attitude towards these men seem to be? How did his time in the garden of Gethsemane prepare him for this moment?
Now quietly reflect on what God might be speaking to you through this story. What stands out to you? How do you feel towards Jesus, the band of men and the disciples? Do you have enemies in your life, and if so, what attitude of Jesus should we follow towards them? Is there one thing you feel Jesus is saying to you through this story?
Week 7 – Beginning Easter Sunday, April 21 – Sunday of Jesus’ Last Week
Celebrate Resurrection after fasting through Lent

Jesus appears to the disciples on the Emmaus Road

“P.” – Pray for God to speak to you through His Word. Prepare your heart in whatever ways help you to be responsive. Suggestion: Listen to this song...
“Death Was Arrested” Aaron Shust (YouTube)

“R.” – Read the passage 2-3 times in different translations, slowly. Use your sacred imagination to place yourself in the room. What do you see, hear, smell, feel?

“A.” – Ask questions about the passage and note any observations you have. Write down your thoughts in a journal. Optional: Take the time to look up other passages from footnotes for additional study.

** Be silent. Ask God to speak personally, giving you His thoughts.

“Y.” – Yield by writing a 2-3 sentence prayer of response in a journal based on the Holy Spirit’s revelation to you. Consider starting the prayer by saying, “Yes, Lord ____________________________.”

Notes:

Additional Reading Passages:
John 20 – Resurrection appearances
John 21 – Miraculous catch of fish and Jesus reinstates Peter
Matthew 28:11-20 Guards report and Jesus Great Commission

Lord’s Prayer
Our Father, who art in heaven
Hallowed be Thy Name
Thy kingdom come, Thy will be done
On earth as it is in heaven
Give us this day our daily bread
Forgive us our debts as we forgive our debtors
Lead us not into temptation but deliver us from evil
For Thine is the kingdom, and the power,
And the glory forever. Amen
Week 7 – PRAY Scripture for Families
Emmaus Road

Instructions
For this PRAY Scripture place yourself in the story walking along with the disciples on their journey.

Story
Imagine you are walking with the two disciples of Jesus on the road to Emmaus. It is a dusty dirt road and are your feet getting dirty. What else do you see? What does the sky look like? Is it cloudy or sunny? Is the air warm, hot or a little chilly? Are you feeling sad like the other men because Jesus has died? Then a stranger joins all of you and becomes interested in your conversation. He begins to explain that all of the Scripture is about the Christ and all of these things had to happen for God to reveal himself to people.

This is all very exciting, so the men invite this stranger to come in for dinner and spend the night with them even though they still do not know who he was. Imagine yourself at the dinner table with them. Is the room big or small? What foods do you smell?

This stranger takes the bread and breaks it apart and hands each of you a piece. Right then you all become aware that this stranger is actually Jesus! How does that make you feel? Then suddenly Jesus is gone and you say to each other, “Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?” Then you and the disciples leave immediately to go back to Jerusalem and tell the rest of the disciples you have seen Jesus resurrected from the dead.

Now quietly reflect on what God might be speaking to you through this story. What part of the story stands out to you? How do you feel towards Jesus? What did it feel like to be a part of the story? Is there just one thing you feel Jesus is saying to you through this story?