



LIKE NONE  
OTHER

DEVOTIONS FOR LENT



# LIKE NONE OTHER

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# INTRODUCTION TO LENT

Lent comes from an Old English word which means “to lengthen.” It’s a reference to the time of year as spring approaches and the days grow longer. Just as the light shines longer and plant life is renewed, so also is it time for the Christian to focus on our Light, Christ, and to be renewed spiritually.

Lent is a period of 40 days, not counting Sundays, between Ash Wednesday and Easter. There are five Sundays of Lent, which are celebrated as mini-Easters, leading up to Holy Week. Holy Week opens with Palm Sunday and is capped with the Triduum: Maundy Thursday, Good Friday, and Easter.

March 10	–	<i>Lent 1</i>
March 17	–	<i>Lent 2</i>
March 24	–	<i>Lent 3</i>
March 31	–	<i>Lent 4</i>
April 7	–	<i>Lent 5</i>
April 14	–	<i>Palm Sunday</i>
April 18	–	<i>Maundy Thursday</i>
April 10	–	<i>Good Friday</i>
April 21	–	<i>Easter Sunday</i>

# LENT & FASTING

Lent is a 40 day period (excluding Sundays) between Ash Wednesday and Easter. Historically, Lent was marked as a period of prayer, fasting, and almsgiving. In the early Christian church, celebration of Easter began with 40 hours of fasting. However, sometime after AD 325 this period of fasting was expanded to 40 days. The number 40 is not an arbitrary choice. 40 frequently appears in Scripture: the flood from which God saved Noah and his family lasted 40 days (Genesis 7:4, 12, 17) and the Israelites wandered in the wilderness for 40 years (Exodus 16:35). Furthermore, Moses fasted two different times for 40 days. Once he fasted when he was on Mount Sinai (Exodus 34:28) and then again after the Israelites created the golden calf (Deuteronomy 9:18). Jesus too, fasted for 40 days when he was tempted in the wilderness (Matthew 4:2).

In the present day, Lent is known less as a time of fasting and more as a time of giving something up—like sweets or Netflix. Whether you take time to fast or give something up, Lent certainly is about giving something up. But if Lent is just about giving up food, chocolate, or alcohol then Lent is a shallow exercise.

Certainly giving up some external things can prove to be beneficial. Giving up these external things helps us focus on internal things. Things like the inclination of our hearts. Things like our secret thoughts and attitudes which often manifest themselves in words and actions. These are the things which God wants us to give up.

After committing adultery with Bathsheba and killing her husband as a cover up, King David wrote Psalm 51. In this Psalm he confronted the internal things in his heart which manifested themselves as external actions. Praying to God he wrote, “Yet you desired faithfulness even in the womb” (Psalm 51:6). God wants us to give up sin because he demands faithfulness. He demands perfection from us. But that’s the problem, isn’t it? We aren’t faithful. We aren’t perfect. Not even deep down inside.

Later in the Psalm David wrote, “My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise” (Psalm 51:17). God will not despise a broken heart. He will not despise a contrite spirit. If there is anything we can give up to God it is our sin, and more than just behavior modification we can give up our guilt.

As much as Lent is about giving up as it is more so about returning to God.

If we just remain in a pit of contrition and repentance that will do no good. Contrition and repentance without listening to God's promise is just one more way that our sinful nature likes to pile up some good works which make us feel better.

The Prophet Joel called on the nation of Israel to fast, but for one particular purpose—to return to the Lord. “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning” (Joel 2:12). The fast was meant to allow the people to take time to focus on their own hearts. The fast was meant to prompt them to return to God.

They could return to God with confidence of what they would receive from him. They would not receive what the people would deserve rather, as Joel said, “Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.”

That is God's eternal promise in the season of Lent. Lent is a time to remind ourselves of why we need to return to God. We need to return precisely because he is gracious, compassionate, slow to anger, and abounding in love. He does not deal with us as our sins deserve. Instead, he dealt with his only Son as our sins deserve.

These are the days of the church year that our Savior draws ever closer to his cross. As he draws closer to the cross, he draws closer to winning us our salvation. On the cross is where God placed our sin. On the cross is where God placed our guilt. On the cross Christ faced the calamity of the guilt of our sin. And our sins and guilt died with Christ there. Because our guilt died on Golgotha we have the promise of grace and compassion from our God.

Lent is a time of both giving up and return. It is a time to focus on our hearts and turn our sin over to God, but it is also a time to return to him as our gracious and compassionate God.

# A TIME OF REPENTANCE

Repentance is not just feeling sorry from sin and beating yourself up for your missteps. Repentance leads us to a longing for the salvation of our God. The concept of repentance has two main parts. First is sorrow over sin because our consciences have been terrorized by the realization of sin. Second is faith which clings to the promise that in Christ our sins are forgiven and so the terrors of conscience are silenced.

In order to gain further clarity it may be helpful to further break down these two main parts. Repentance may practically look like this:

CONTRITION

1. Acknowledge sin.

2. Confess sin to God.



FAITH

3. Trust in God's forgiveness

4. Make a 180 degree turn from sin.

# HOW TO USE THIS PLAN

The reading guide begins on Ash Wednesday and is intended to help guide you through the subsequent weeks of Lent. Each week (including the half week of Ash Wednesday) includes a primary reading from one of the Gospels, two supplementary readings, a song to listen to, as well as a prayer.

Begin your readings on Monday of each week. Read through the provided Gospel passage and begin to consider the passage as it pertains to your life. Use the passage to guide your prayers. On the opposite page of each passage is space for you to journal thoughts and prayers or to just jot down notes. As you consider each reading ask yourself the following questions:

1. What does this teach me... about God, about our sin, about salvation?
2. What does this show me about God for which I can praise him?
3. What does this show me about myself for which I can repent?
4. What does this lead me to pray?

A model plan for each week might look like this:

## **MONDAY**

Gospel reading. Journal thoughts as you read. Listen to song. Condense down to one main take away. Read the prayer. Consider the takeaway throughout your day.

## **TUESDAY**

First supplementary reading. Journal thoughts as you read. Listen to song. Condense down to one main take away. Reread the prayer. Consider the takeaway throughout your day.

## **WEDNESDAY**

Second supplementary reading. Journal thoughts as you read. Listen to song. Condense thoughts down to one main take away. Reread prayer. Consider the takeaway throughout your day. Turn thoughts into a prayer.

## **THURSDAY**

Third supplementary reading. Journal thoughts as you read. Listen to song. Condense thoughts down to one main take away. Reread prayer. Consider the takeaway throughout your day. Turn thoughts into a prayer.

## **FRIDAY**

Reread your notes from the supplementary readings. Consider again the main take aways. Turn your thoughts into your own prayer.

Beware of placing confidence in your contrition or of ascribing the forgiveness of sins to your own sorrow. For God does not favorably regard you because of contrition or sorrow but because of the faith with which you have believed His threatenings and promises and which worked such sorrow in you. Therefore we owe whatever good there may be in our penitence not to the conscientious enumeration of sins but to the truth of God and to our faith.

– *Martin Luther*

## LUKE 18:9-14

To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: <sup>10</sup> “Two men went up to the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup> The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. <sup>12</sup> I fast twice a week and give a tenth of all I get.’

<sup>13</sup> “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’

<sup>14</sup> “I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

## LISTEN

*Miserere Nostri · Thomas Tallis*

*Access our Spotify playlist [nnyredemption](#). The playlist is called *Lent 2019*.*

## PRAYER

Take out of our hearts, O Lord God, all self-assertion and boasting, all high and vain thoughts, all desire to excuse ourselves proudly with others, and grant us rather to take as master and king him who chose to be crowned with thorns and to die in shame for others and for us all, your Son, our Savior, Jesus Christ. Amen.

*– Charles John Vaughan*

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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2. *What does this show me about God's character for which I can praise him?*

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3. *What does this teach me... about God, about our sin, about salvation?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Isaiah 59:12-20; 2 Corinthians 5:20b-6:2; Psalm 51

## LUKE 4:1-13

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, <sup>2</sup> where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

<sup>3</sup> The devil said to him, “If you are the Son of God, tell this stone to become bread.”

<sup>4</sup> Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

<sup>5</sup> The devil led him up to a high place and showed him in an instant all the kingdoms of the world. <sup>6</sup> And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. <sup>7</sup> If you worship me, it will all be yours.”

<sup>8</sup> Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

<sup>9</sup> The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. <sup>10</sup> For it is written:

“He will command his angels concerning you  
to guard you carefully;

<sup>11</sup> they will lift you up in their hands,  
so that you will not strike your foot against a stone.”

<sup>12</sup> Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”

<sup>13</sup> When the devil had finished all this tempting, he left him until an opportune time.

## LISTEN

*How Long? · Bitfrost Arts*

*Access our Spotify playlist [myredemption](#). The playlist is called *Lent 2019*.*

## PRAYER

You know, O Lord, how fiercely Satan pursues me. You know how he preys on my weakness. You know how he twists your word of truth. You know how he makes what is bad look good. You know, because you experienced his torments. Daily I succumb to his temptations, but you, O Lord, overcame his temptations. Forgive me and do not abandon me. Rather, stand before me and fight the tempter so that I may stand before you. Amen.

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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2. *What does this show me about God for which I can praise him?*

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3. *What does this show me about myself for which I can repent?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Deuteronomy 26:5-10; Romans 10:8b-13; Psalm 91

**JOHN 2:13-25**

When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. <sup>14</sup> In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. <sup>15</sup> So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. <sup>16</sup> To those who sold doves he said, “Get these out of here! Stop turning my Father’s house into a market!” <sup>17</sup> His disciples remembered that it is written: “Zeal for your house will consume me.”

<sup>18</sup> The Jews then responded to him, “What sign can you show us to prove your authority to do all this?”

<sup>19</sup> Jesus answered them, “Destroy this temple, and I will raise it again in three days.”

<sup>20</sup> They replied, “It has taken forty-six years to build this temple, and you are going to raise it in three days?” <sup>21</sup> But the temple he had spoken of was his body. <sup>22</sup> After he was raised from the dead, his disciples recalled what he had said. Then they believed the scripture and the words that Jesus had spoken.

<sup>23</sup> Now while he was in Jerusalem at the Passover Festival, many people saw the signs he was performing and believed in his name. <sup>24</sup> But Jesus would not entrust himself to them, for he knew all people. <sup>25</sup> He did not need any testimony about mankind, for he knew what was in each person.

**LISTEN**

*I Called to God · Cardiphonia Music*

*Access our Spotify playlist [nnyredemption](#). The playlist is called *Lent 2019*.*

**PRAYER**

We pray, Lord, that we who have been adopted as your children by grace, being dead to sin, may live to righteousness, and being buried with Christ in his death, may put to death our old self and destroy our sinful nature. Let us who share in the death of your Son share also in his resurrection. Through Jesus Christ our Lord. Amen.

– *Book of Common Prayer, 1549*

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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2. *What does this show me about God for which I can praise him?*

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3. *What does this show me about myself for which I can repent?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Jeremiah 26:8-15; Philippians 3:17-4:1; Psalm 42

**JOHN 4:1-26**

Now Jesus learned that the Pharisees had heard that he was gaining and baptizing more disciples than John—<sup>2</sup> although in fact it was not Jesus who baptized, but his disciples. <sup>3</sup> So he left Judea and went back once more to Galilee.

<sup>4</sup> Now he had to go through Samaria. <sup>5</sup> So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. <sup>6</sup> Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

<sup>7</sup> When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" <sup>8</sup> (His disciples had gone into the town to buy food.)

<sup>9</sup> The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.)

<sup>10</sup> Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

<sup>11</sup> "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water?" <sup>12</sup> Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"

<sup>13</sup> Jesus answered, "Everyone who drinks this water will be thirsty again, <sup>14</sup> but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

<sup>15</sup> The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

<sup>16</sup> He told her, "Go, call your husband and come back."

<sup>17</sup> "I have no husband," she replied.

Jesus said to her, "You are right when you say you have no husband. <sup>18</sup> The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

<sup>19</sup> "Sir," the woman said, "I can see that you are a prophet. <sup>20</sup> Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem."

<sup>21</sup> “Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup> You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. <sup>23</sup> Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. <sup>24</sup> God is spirit, and his worshipers must worship in the Spirit and in truth.”

<sup>25</sup> The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.”

<sup>26</sup> Then Jesus declared, “I, the one speaking to you—I am he.”

## **LISTEN**

*Lord’s Prayer (Lenten) · Liturgical Folk*

*Access our Spotify playlist [myredemption](#). The playlist is called *Lent 2019*.*

## **PRAYER**

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit that we may perfectly love you and worthily praise your holy name, through your Son, Jesus Christ our Lord. Amen.

*– Leofric Missal*

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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2. *What does this show me about God for which I can praise him?*

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3. *What does this show me about myself for which I can repent?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Exodus 3:1-15; 1 Corinthians 10:1-13; Psalm 38

**LUKE 7:18-28**

John's disciples told him about all these things. Calling two of them,<sup>19</sup> he sent them to the Lord to ask, "Are you the one who is to come, or should we expect someone else?"

<sup>20</sup> When the men came to Jesus, they said, "John the Baptist sent us to you to ask, 'Are you the one who is to come, or should we expect someone else?'"

<sup>21</sup> At that very time Jesus cured many who had diseases, sicknesses and evil spirits, and gave sight to many who were blind. <sup>22</sup> So he replied to the messengers, "Go back and report to John what you have seen and heard: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. <sup>23</sup> Blessed is anyone who does not stumble on account of me."

<sup>24</sup> After John's messengers left, Jesus began to speak to the crowd about John: "What did you go out into the wilderness to see? A reed swayed by the wind? <sup>25</sup> If not, what did you go out to see? A man dressed in fine clothes? No, those who wear expensive clothes and indulge in luxury are in palaces. <sup>26</sup> But what did you go out to see? A prophet? Yes, I tell you, and more than a prophet. <sup>27</sup> This is the one about whom it is written:

"I will send my messenger ahead of you,  
who will prepare your way before you."

<sup>28</sup> I tell you, among those born of women there is no one greater than John; yet the one who is least in the kingdom of God is greater than he."

**LISTEN**

*One Thing I Have Asked · Nathan Partain*

*Access our Spotify playlist [myredemption](#). The playlist is called *Lent 2019*.*

**PRAYER**

O Lamb of God, who takes away the sin of the world, look upon us and have mercy upon us; you are yourself both Victim and Priest, yourself both Reward and Redeemer, keep safe from all evils those whom you have redeemed, O Savior of the world. Amen.

– Irenaeus of Lyons

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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2. *What does this show me about God for which I can praise him?*

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3. *What does this show me about myself for which I can repent?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Isaiah 12:1-6; 1 Corinthians 1:18-25; Psalm 32

**JOHN 12:1-8**

Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. <sup>2</sup> Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. <sup>3</sup> Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

<sup>4</sup> But one of his disciples, Judas Iscariot, who was later to betray him, objected, <sup>5</sup> "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." <sup>6</sup> He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.

<sup>7</sup> "Leave her alone," Jesus replied. "It was intended that she should save this perfume for the day of my burial. <sup>8</sup> You will always have the poor among you, but you will not always have me."

**LISTEN**

*You Heard Me · Loud Harp*

*Access our Spotify playlist [mnyredemption](#). The playlist is called Lent 2019.*

**PRAYER**

Let your name be praised, not mine; let your work be magnified, not mine. Let your holy name be blessed, but to me let no part of men's praises be given. You are my glory, you are the joy of my heart. In you will I glory and rejoice all the day, but for myself, I will not glory, but in my infirmities. Let others seek honor from one another, I will seek that which comes from God alone. For all human glory, all temporal honor, all worldly highness, compared to your eternal glory, is vanity and folly. O my God, my Truth, and my Mercy, O Blessed Trinity, to you alone be praise, honor, power, and glory forever and ever. Amen.

*– Thomas à Kempis*

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Isaiah 43:16-21; Philippians 3:8-14; Psalm 73

But it is in this hour of despair that God catches up with the fleeing soul. It is in the hour that I see myself as lost, it is then that I find meaning in the promise that it is the lost whom the Son of God came into this world to save... Here lies the value of contrition, not that it makes us better and more worthy of love in the sight of God, but that it makes us understand that we are evil, that we have need of grace, that we must be saved by what might be called, in modern terms, an act of charity on God's part, that we have need of a Savior from sin and death and hell. When our contrition has taught us that, it has done all that it can do. It is only the afflicted that can be comforted.

– Siegbert Becker

## LUKE 19:28-40

After Jesus had said this, he went on ahead, going up to Jerusalem.<sup>29</sup> As he approached Bethphage and Bethany at the hill called the Mount of Olives, he sent two of his disciples, saying to them,<sup>30</sup> “Go to the village ahead of you, and as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here.”<sup>31</sup> If anyone asks you, “Why are you untying it?” say, “The Lord needs it.”

<sup>32</sup> Those who were sent ahead went and found it just as he had told them.

<sup>33</sup> As they were untying the colt, its owners asked them, “Why are you untying the colt?”

<sup>34</sup> They replied, “The Lord needs it.”

<sup>35</sup> They brought it to Jesus, threw their cloaks on the colt and put Jesus on it.<sup>36</sup> As he went along, people spread their cloaks on the road.

<sup>37</sup> When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen:

<sup>38</sup> “Blessed is the king who comes in the name of the Lord!”

“Peace in heaven and glory in the highest!”

<sup>39</sup> Some of the Pharisees in the crowd said to Jesus, “Teacher, rebuke your disciples!”

<sup>40</sup> “I tell you,” he replied, “if they keep quiet, the stones will cry out.”

**LISTEN**      *Jesus! What a Friend for Sinners · Ordinary Time*  
*Access our Spotify playlist myredemption. The playlist is called Lent 2019.*

## PRAYER

Indeed, Lord Jesus Christ, you are wonderful, you are “The Wonderful” foretold by the Prophet. No man’s reason can comprehend you. But shine in my heart by means of your Word: by means your Gospel cast your image into my soul, glorify yourself within my heart and soul through your Holy Spirit, that I may believe in you, true God and man. You are my only and dearly beloved Savior, blessed forever! Amen.

– C.M. Zorn

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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2. *What does this show me about God for which I can praise him?*

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3. *What does this show me about myself for which I can repent?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Zechariah 9:9-10; Philippians 2:5-11; Psalm 24

**LUKE 22:7-20**

Then came the day of Unleavened Bread on which the Passover lamb had to be sacrificed. <sup>8</sup> Jesus sent Peter and John, saying, “Go and make preparations for us to eat the Passover.”

<sup>9</sup> “Where do you want us to prepare for it?” they asked.

<sup>10</sup> He replied, “As you enter the city, a man carrying a jar of water will meet you. Follow him to the house that he enters, <sup>11</sup> and say to the owner of the house, ‘The Teacher asks: Where is the guest room, where I may eat the Passover with my disciples?’” <sup>12</sup> He will show you a large room upstairs, all furnished. Make preparations there.”

<sup>13</sup> They left and found things just as Jesus had told them. So they prepared the Passover.

<sup>14</sup> When the hour came, Jesus and his apostles reclined at the table.

<sup>15</sup> And he said to them, “I have eagerly desired to eat this Passover with you before I suffer. <sup>16</sup> For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God.”

<sup>17</sup> After taking the cup, he gave thanks and said, “Take this and divide it among you. <sup>18</sup> For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes.”

<sup>19</sup> And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.”

<sup>20</sup> In the same way, after the supper he took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.”

**LISTEN**

*Lamb of God · The Welcome Wagon*

*Access our Spotify playlist [myredemption](#). The playlist is called *Lent 2019*.*

**PRAYER**

I love the LORD, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live. The LORD is gracious and righteous; our God is full of compassion. The LORD protects the unwary; when I was brought low, he saved me. Return to your rest, my soul, for the LORD has been good to you. For you, LORD, have delivered me from death, my eyes from tears, my feet from stumbling, that I may walk before the LORD in the land of the living.

– Psalm 116 selected verses

# MEDITATION

1. *What does this teach me... about God, about our sin, about salvation?*

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2. *What does this show me about God for which I can praise him?*

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3. *What does this show me about myself for which I can repent?*

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4. *What does this lead me to pray?*

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## Supplementary Readings

Exodus 12:1-14; Hebrews 10:15-25; Psalm 116

## LUKE 23:35-49

The people stood watching, and the rulers even sneered at him. They said, “He saved others; let him save himself if he is God’s Messiah, the Chosen One.”

<sup>36</sup> The soldiers also came up and mocked him. They offered him wine vinegar <sup>37</sup> and said, “If you are the king of the Jews, save yourself!”

<sup>38</sup> There was a written notice above him, which read: THIS IS THE KING OF THE JEWS.

<sup>39</sup> One of the criminals who hung there hurled insults at him: “Aren’t you the Messiah? Save yourself and us!”

<sup>40</sup> But the other criminal rebuked him. “Don’t you fear God,” he said, “since you are under the same sentence? <sup>41</sup> We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.”

<sup>42</sup> Then he said, “Jesus, remember me when you come into your kingdom.”

<sup>43</sup> Jesus answered him, “Truly I tell you, today you will be with me in paradise.”

<sup>44</sup> It was now about noon, and darkness came over the whole land until three in the afternoon, <sup>45</sup> for the sun stopped shining. And the curtain of the temple was torn in two. <sup>46</sup> Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last.

<sup>47</sup> The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.”

<sup>48</sup> When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away. <sup>49</sup> But all those who knew him, including the women who had followed him from Galilee, stood at a distance, watching these things.

## **LISTEN**

*O Sacred Head · Tova Johnson*

*Access our Spotify playlist myredemption. The playlist is called Lent 2019.*

## **PRAYER**

Only the innocent suffering and death of Jesus Christ, the Lamb without spot or blemish, is the true offering for our iniquities. His blood, shed for the remission of our sins, is the cleansing and purification of our souls. In such confidence and hope I ask you: forgive the transgressions of your people. Cover our sins. Cleanse me from secret fault. Let my sorrowing soul and my afflicted bones again rejoice, for with you there is mercy and plenteous redemption. Amen.

*– Johann Habermann*

# MEDITATION

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## Supplementary Readings

Isaiah 52:13-53:12; Hebrews 4:14-16, 5:7-9; Psalm 22

## JOHN 20:11-19

Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb <sup>12</sup> and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

<sup>13</sup> They asked her, "Woman, why are you crying?"

"They have taken my Lord away," she said, "and I don't know where they have put him." <sup>14</sup> At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

<sup>15</sup> He asked her, "Woman, why are you crying? Who is it you are looking for?"

Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

<sup>16</sup> Jesus said to her, "Mary."

She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

<sup>17</sup> Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'"

<sup>18</sup> Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

<sup>19</sup> On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!"

## LISTEN

*The Strife is Over · Citizens*

*Access our Spotify playlist [myredemption](#). The playlist is called *Lent 2019*.*

## PRAYER

The foe in triumph shouted when Christ lay in the tomb. But lo, he now is routed; his boast is turned to gloom. For Christ again is free; in glorious victory he who is strong to save has triumphed o'er the grave. This is a sight that gladdens—what paece it does impart! Now nothign ever saddens the joy within my heart. No gloom shall ever shake, no foe shall ever take the hope which God's own Son in love for me has won. Amen.

— Paul Gerhardt

# MEDITATION

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4. *What does this lead me to pray?*

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## Supplementary Readings

Exodus 15:1-11; 1 Corinthians 15:1-11; Psalm 118

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