



SACRED ORDINARY DAYS

LENT + HOLY WEEK 2020



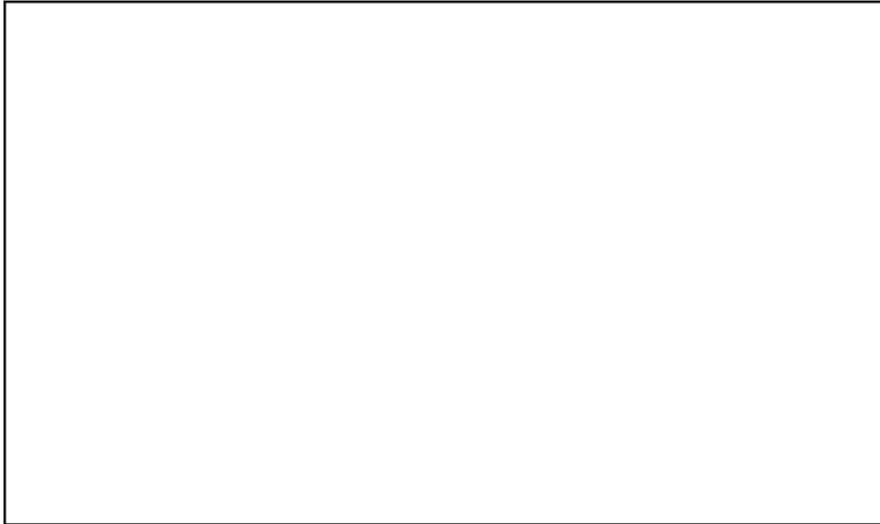




SABBATH

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“ Oh, what a good friend you make, my Lord! How you bear us  
and comfort us. You patiently wait for us to rise to our true nature,  
and in the meantime, you accept us as we are.  
—Teresa of Ávila



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EASTER SUNDAY

SUNDAY, April 12, 2020

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from *COMMON PRAYER*

Just when I thought I was lost : my dungeon shook and the chains fell off.

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DAILY OFFICE

Psalm 148, 149, 150



Exodus 12:1-14

John 1:1-18



Psalm 113, 114, or 118

Isaiah 51:9-11

Luke 24:13-35 or John 20:19-23

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PRIORITIES

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SACRED  
ORDINARY  
DAYS

LITURGICAL PLANNER

LITURGICAL YEAR A: LENT–HOLY WEEK

FEBRUARY 26–APRIL 12, 2020

WEEKLY EXAMEN

USE THE PRAYER OF EXAMEN  
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE RESURRECTION OF THE LORD

Acts 10:34–43 or Jeremiah 31:1–6

Psalm 118:1–2, 14–24

Colossians 3:1–4 or Acts 10:34–43

John 20:1–18 or Matthew 28:1–10

LECTIONARY FOR EASTER EVENING

Isaiah 25:6–9

Psalm 114

1 Corinthians 5:6b–8

Luke 24:13–49

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No matter what you choose, we hope it helps you develop sustainable rhythms for prayer, work, and rest.

**Dear Print Shop,  
You have my written permission to print the following pages,  
per your client's instructions. Thank you!  
-Jenn Giles Kemper, creator**

Sacred Ordinary Days, a liturgical planner  
Jenn Giles Kemper  
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All daily prayers are taken from Common Prayer: A Liturgy for Ordinary Radicals.  
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Consultation on Hebrew and Greek provided by  
Dr. Ralph J Brabban and Dr. Keith A. Reich.

Created and written by Jenn Giles Kemper of Sacred Ordinary Days.  
Art created by Chelsea Pennington of Sacred Ordinary Days.

I began dreaming of spending my morning with a liturgical planner in one hand and a cup of Earl Grey in the other when I first read *Girl Meets God* almost fifteen years ago. Lauren Winner’s memoir is structured according to the liturgical year, and reading along felt like being invited into a new ordering of time.

That’s what I hope this planner offers you. I hope it invites you into reordered time based on the life of Christ and the life of the church—a life of reading Scripture and praying alongside one another around the world, across denominations, and over many generations.

At Sacred Ordinary Days, we aim to help the church become who she was created and called to be, and we do that by helping you become who you were created and called to be. “Becoming” happens in the quiet cultivation of prayer, work, and rest. We’ve found it helps to have some guidance and companionship as you discover the rhythms that are effective, joyful, and sustainable. I believe that’s what this planner, and the community of people using it around the world, will provide.

We created this planner to help share a few time-honored tools for Christian spiritual formation—the lectionary, the liturgical year, and the prayer of examen—so that they might be used regularly by more of us. While we hope the design, layout, and voice feel fresh, these are tools and practices the church has tested and proved over time.

While the practices themselves are simple, incorporating them into our lives can be quite challenging. Our hope is to give you a single, simple solution so that you can focus on learning, practicing, and connecting. Using this planner through the seasons of Lent and Easter can get you going in the right direction. To see sustainable change, you’ll need to work with the planner for a while. Formation happens slowly, but that is the hidden grace.

For this Lent + Holy Week edition of the planner, we’ve included new artwork for seasonal introductions and holy days. These beautifully designed, meticulously researched images take their inspiration from early Christian art and architecture such as mosaics, stained glass, icons, and other sacred works. Rich with symbolism, the images offer a series of invitations through imagery to guide your work and prayer throughout the forty days of Lent.

May these invitations and practices enfold and beckon you deeper into the faithful living of your sacred, ordinary days.

Alongside you,

  
Jenn Giles Kemper

PS: To learn how to use the features of this planner, turn the page. We’ve included a “how to” guide for you.

## EASTER EXAMEN

### USE THE PRAYER OF EXAMEN TO REFLECT ON LAST EASTER AND RESET FOR THIS EASTER

Before the season begins, use the first column to reflect on your experience of the season in the past. Then reset for how you’d like to approach the season this year. Incorporate what you’ve learned, ponder the questions, consider a practice, and note how the holy days fit in. Envision ways to embody the season in the seven areas of your life. Look for opportunities to engage multiple senses. Consider your rule of life, values, and other practices and priorities.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

# EASTER

50 DAYS, ENDING ON THE DAY OF PENTECOST // APRIL 12–MAY 31, 2020

Easter is the pinnacle of the liturgical year. On this day, we celebrate the resurrection of Christ from the grave. This event that forms the foundation of our faith invites us to deepen our belief in the mysterious paradox that life follows death. In theological terms, this is called the paschal mystery.

The broader season of Easter, or Eastertide, lasts fifty days. During that time, we also observe Jesus' ascension into heaven and the giving of the Holy Spirit to the church on the Day of Pentecost, which marks the end of the season.

## THE SEASON IN SCRIPTURE

Matthew 28:1–20    Luke 24:1–53  
John 12:24–25; 20:1–29; 21:1–14    Acts 1:6–11; 2:1–4

## QUESTIONS TO PONDER

- What could it mean to practice resurrection in my life?
- How have I witnessed new life flow forth from death?
- How do I experience the Holy Spirit's gifts?

## PRACTICES TO CONSIDER

- Pay attention to evidence of new life, whether in nature, relationships, people, or situations
- Keep a gratitude journal, adding to it at the beginning or end of each day
- Take up a fifty-day practice, in contrast to the forty-day fast of Lent, that promotes joy, freedom, and celebration
- Pray for “resurrection eyes” that allow you to see where God is wanting to do something new
- Wear new clothes—an outward sign of the new, inner person—in white and gold or bright, spring colors
- Decorate Easter eggs throughout the season with images that represent the themes of this season

## INVITATION THROUGH IMAGERY

The butterfly is a long-held symbol of resurrection and new life. It perches atop a hyacinth, mythic herald of spring and rebirth which also symbolizes a massive heavenly triumphal concert proclaiming the arrival of the Resurrected King of Creation. The sunrise represents a new beginning in Jesus' redemption of mankind. Its seven rays stand for completeness, perfection, and unity. The outer ring is comprised of eight sections, a reminder that a new beginning in Christ is beyond completion, beyond perfection, even more than whole. The Greek *egerthe* is the traditional Easter greeting, “He is Risen.” Throughout the Easter season we surrender to Jesus' lordship, proclaim the fullness of his perfection, and accept the invitation to join him in abundant new life.

## HOW TO USE YOUR EXAMEN PAGES

### 1 WEEKLY EXAMEN

#### USE THE PRAYER OF EXAMEN TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

	REFLECT	RESET
2		
3	SPIRIT	
4	BODY	
5	MIND	
6	RELATIONSHIPS	
7	HOME	
8	WORK	
9	RESOURCES	

### 10 LECTONARY FOR THE FIRST SUNDAY IN LENT

Genesis 2:15–17; 3:1–7  
Romans 5:12–19

Psalms 32  
Matthew 4:1–11

11 [sacredordinarydays.com/examen](http://sacredordinarydays.com/examen)

### 1 EXAMEN PAGES

The examen is a centuries-old practice in the church that invites us to prayerfully reflect on our days in the presence of God. We built a weekly examen page into the planner to give you an opportunity to regularly pause and evaluate your life in the context of seven key areas: spirit, body, mind, relationships, home, work, and resources. This same rhythm of reflecting and resetting is at the beginning and end of the planner itself, so as to mindfully consider your yearly goals and progress, and at the beginning of each liturgical season, so as to enter into those seasons with intention.

### 2 REFLECT & RESET

Use these two columns to examine the seven key areas of your life. In the first column, reflect on each area in the context of the previous period of time. How did you attend to that area of your life? What movement happened? What challenges did you face? In the second column, consider how you'd like to tend to that area in the coming period of time.

### 3 SPIRIT

How are you tending to your soul? How are you and God connecting? What words would you use to describe the way your spirit feels?

### 4 BODY

What habits are you keeping with your body? What new habits would you like to cultivate? How does your physical body feel these days? How is your energy level?

### 5 MIND

What are you learning? What would you like to learn? What has been occupying your thoughts? How is the quality of your focus and presence?

### 6 RELATIONSHIPS

What's going well in your relationships? How are you treating the people around you? What relationships need tending? How can you build into the lives of those who matter to you?

### 7 HOME

What do you love about your home life? How does it support and comfort you in your current season of life? What needs attention?

### 8 WORK

How is your work energizing you? How is it draining you? What words would describe your posture toward your work right now? Where do you see God moving in your workplace?

### 9 RESOURCES

How are you stewarding what has been given to you—your time, money, energy, possessions, education, or experience?

### 10 REVISED COMMON LECTIONARY

The lectionary is a three-year cycle used in corporate worship across the world and throughout centuries that guides churches through the Christian Scriptures. Many versions of the lectionary exist, and our planner draws from the Revised Common Lectionary (RCL), a widely used ecumenical resource. The weekly lectionary rhythm includes four texts: one each from the Old Testament, the Psalms, an epistle, and the Gospels. Some feast days carry their own lectionary passages, and these are noted in the planner on the appropriate days.

### 11 LEARN MORE

Find additional resources at [sacredordinarydays.com/examen](https://sacredordinarydays.com/examen).

## EASTER





**1 SABBATH PAGE**

We've included a Sabbath page each week to help you notice and cultivate this practice in your life. Intentional spaces of rest help quiet the mind, heart, spirit, and body. They restore and rejuvenate us. Most of all, they remind us that our humanity is a gift given to us by God. A regular practice of Sabbath honors our limits and allows space for a deepening experience of trust in God. When we willingly release control, our inclination toward self-sufficiency is gently removed. With unclenched fists, our own striving and tending fades. As we open our hands, we entrust our lives and our world to God again each week.

**2 SABBATH QUOTE**

Each Sabbath page features a quote that is meant to engage your emotions, thoughts, and actions. The quotes are drawn from primarily Judeo-Christian voices in a variety of texts, hymns, songs, and chants. You may connect with some quotes more than others. Consider the invitation each might extend to you.

**3 WHITE SPACE**

Use this space to journal, jot down your reflections on the lectionary passages, draw, doodle, or simply be reminded of the importance of incorporating lots of "white space" into your life through a practice of Sabbath-keeping.

**4 from COMMON PRAYER**

This prayer is taken from *Common Prayer: A Liturgy for Ordinary Radicals*, written by Shane Claiborne, Jonathan Wilson-Hartgrove, and Enuma Okoro, a favorite and oft-recommended resource for sharing prayer time with family members, housemates, neighbors, churches, or small groups.

**5 DAILY OFFICE**

The Daily Office Lectionary is a two-year cycle of texts for personal devotional reading from the Book of Common Prayer. Year One begins at Advent preceding odd number years. Year Two begins at Advent preceding even numbered years. So, we begin with Year Two readings this Advent. Most days include five readings, a morning and evening Psalm, an Old Testament, an Epistle, and a Gospel reading. The latter three can be read together or broken up and read with the morning and evening Psalms. Occasionally, special Holy Days will supersede the regular readings. The name of these Holy Days will be listed in the date line. The Daily Office readings are to be a helpful tool not a strict rule. Feel free to read more or less, and in whatever order or time works best for your situation.

**6 PRIORITIES**

Choose three priorities for the day. Check the boxes when you're done.

**7 JOURNAL or TO-DO LIST**

This lined section of the Sabbath page can be used for journaling, a to-do list, or writing out a Scripture passage. It was designed for flexibility.

**8 LEARN MORE**

Find additional resources at [sacredordinarydays.com/sabbath](http://sacredordinarydays.com/sabbath).

**HOLY SATURDAY**



Holy Saturday commemorates the day Jesus' body lay in the tomb. It is the last day of Holy Week and is a day of mourning.

**LECTIONARY FOR HOLY SATURDAY**

Job 14:1–14 or Lamentations 3:1–9, 19–24

Psalm 31:1–4, 15–16

1 Peter 4:1–8

Matthew 27:57–66 or John 19:38–42

**PRACTICES TO CONSIDER**

- Practice solitude, stillness, and silence on Holy Saturday, allowing yourself to truly experience darkness
- Participate in an Easter Vigil or Tenebrae service
- Do without any fire or flame through Easter morning, including hot showers and warm food; rejoice in rekindling the flame on Easter Sunday

**INVITATION THROUGH IMAGERY**

Holy Saturday is intentionally stark. The chrysalis represents Jesus in the tomb and brings to mind his body wrapped in burial shroud as well as the caterpillar awaiting second birth. It is comprised of eight pieces, foreshadowing a new beginning—resurrection to abundant, eternal life. Three concentric circles ring the image to remind us of the three days Jesus spent in the tomb. The Greek is *grygoréite*, a call to watch and pray through the darkness.



**1 DATE & HOLY DAY or LITURGICAL SEASON**

The top outside corner of each page shows the day and date. The top inside corner of the page notes any specific holidays or holy days that fall on the date. (While many holy days fall on Sundays, some fall on weekdays.) You can use the white space between the two notations to write in your own celebrations and days of remembrance. These might include birthdays, anniversaries, holidays, milestone moments, or other important events.

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**4 PRIORITIES**

Though your day may ask more of you, naming your top three priorities gives the day shape. What are the most important projects or tasks to get done today? Write them down here, and then check the boxes when they're done. Resist the urge to add more upon completion; instead rest, knowing your day was well spent.

**5 CUE**

Identifying a cue for each priority helps you plan your days with more intentionality. Will you begin working on that priority at a specific time of day? After you receive certain information? Name what will serve as the catalyst for beginning your work on each specific priority.

**6 REST | REWARD**

The alternating rhythm of work followed by rest or reward further trains us toward the practice of Sabbath and keeps our work sustainable. Name what you will do as a rest or reward for completing a given priority.

**7 JOURNAL or TO-DO LIST**

This lined section of the daily page can be used for journaling, a to-do list, or writing out a Scripture passage. It was designed for flexibility.

**8 SCHEDULE**

Use this section to note the day's appointments or to record how you spent your time.

**9 WHITE SPACE**

Use this space to make notes, keep track of habits, doodle, draw, or be reminded of the importance of incorporating "white space" into your life.

**GOOD FRIDAY**



Good Friday is a day of fasting in which we observe the crucifixion of Jesus.

**LECTIONARY FOR GOOD FRIDAY**

Isaiah 52:13–53:12	Psalm 22
Hebrews 10:16–25 or Hebrews 4:14–16; 5:7–9	John 18:1–19:42

**PRACTICES TO CONSIDER**

- Attend a Good Friday service wearing black
- Walk the stations of the cross at a local church or retreat center
- Observe a period of silent contemplation, if even for an hour
- Step into the shoes of the disciples, who did not know Jesus would rise from the dead, and imagine your world without the resurrection

**INVITATION THROUGH IMAGERY**

Today, we remember the passion of Jesus, culminating in his crucifixion. Three crosses sit upon the barren hill of Calvary, surrounded by a crown of thorns. The Hebrew is *Eli Eli lama azabtani*, Jesus' lament "My God, My God, why have you forsaken me?" We mourn Jesus' willing sacrifice, the beatings, mockery, and betrayal he suffered, and grieve over our guilt and complicity in them.

**MAUNDY THURSDAY**

THURSDAY, April 9, 2020

from *COMMON PRAYER*

Will you let me be your servant? : let me be as Christ to you?

**DAILY OFFICE**



Psalm 102



Psalm 142, 143

Lamentations 2:10-18

1 Corinthians 10:14-17; 11:27-32

Mark 14:12-25

**PRIORITIES**

**CUE**

**REST or REWARD**

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_____	:	_____
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**FEBRUARY 2020**

S	M	T	W
2	3	4	5
<b>4TH SUNDAY AFTER THE EPIPHANY</b> <b>PRESENTATION OF THE LORD</b>			
9	10	11	12
<b>5TH SUNDAY AFTER THE EPIPHANY</b>			
16	17	18	19
<b>6TH SUNDAY AFTER THE EPIPHANY</b> PRESIDENTS' DAY (US)			
23	24	25	26
<b>TRANSFIGURATION SUNDAY</b>			<b>ASH WEDNESDAY</b>

TH	F	S
		1
6	7	8
13	14	15
20	21	22
27	28	29

**JANUARY 2020**

**S M T W R F S**

1 2 3 4  
 5 6 7 8 9 10 11  
 12 13 14 15 16 17 18  
 19 20 21 22 23 24 25  
 26 27 28 29 30 31

**MARCH 2020**

**S M T W R F S**

1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

**MAUNDY THURSDAY**



Maundy Thursday memorializes the Last Supper of Jesus. It is the day in which he washed his disciples' feet and invited Peter, James, and John to pray with him in the Garden of Gethsemane before his arrest.

**LECTIONARY FOR MAUNDY THURSDAY**

Exodus 12:1-4, (5-10), 11-14

Psalms 116:1-2, 12-19

1 Corinthians 11:23-26

John 13:1-17, 31b-35

**PRACTICES TO CONSIDER**

- Wash the feet of another person or receive communion
- Pray for an hour with Jesus in the middle of the night
- Learn about the rich history and tradition of the Jewish celebration of Passover and Seder meal

**INVITATION THROUGH IMAGERY**

The loaf and chalice symbolize the bread and wine of holy communion while the basin, ewer, and towel symbolize the washing of feet. The Greek word *agapate* is Jesus' mandate to the disciples to love one another. Thirteen poppies symbolize remembrance and represent the thirteen figures present at the Last Supper. We are spurred to contemplate our own practices of love and service to others, as well as our unity as members of one body in Christ.

**MARCH 2020**

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S	M	T	W
1  <b>1ST SUNDAY IN LENT</b>	2	3	4
8  <b>2ND SUNDAY IN LENT</b> DAYLIGHT SAVING TIME BEGINS	9	10	11
15  <b>3RD SUNDAY IN LENT</b>	16	17	18
22  <b>4TH SUNDAY IN LENT</b>	23	24	25  <b>FEAST OF THE ANNUNCIATION</b>
29  <b>5TH SUNDAY IN LENT</b>	30	31	

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TH	F	S	
5	6	7	
12	13	14	
19	20	21	
26	27	28	
			<b>FEBRUARY 2020</b> <b>S M T W R F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29
			<b>APRIL 2020</b> <b>S M T W R F S</b> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

WEDNESDAY, April 8, 2020

WEDNESDAY OF HOLY WEEK

from *COMMON PRAYER*

In your great mercy, O God : answer me with your unfailing help.

DAILY OFFICE



Psalm 55



Psalm 74

Lamentations 2:1-9

2 Corinthians 1:23-2:11

Mark 12:1-11

PRIORITIES

CUE

REST or REWARD

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By Wednesday, the religious leaders were conspiring to kill Jesus, and Judas began striking his deal of betrayal.

LECTIONARY FOR WEDNESDAY OF HOLY WEEK

Isaiah 50:4-9a

Psalm 70

Hebrews 12:1-3

John 13:21-32



TH	F	S	
2	3	4	
9	10	11	
MAUNDY THURSDAY	GOOD FRIDAY	HOLY SATURDAY	
16	17	18	
23	24	25	
30			

**MARCH 2020**  
**S M T W R F S**  
 1 2 3 4 5 6 7  
 8 9 10 11 12 13 14  
 15 16 17 18 19 20 21  
 22 23 24 25 26 27 28  
 29 30 31

**MAY 2020**  
**S M T W R F S**  
 1 2  
 3 4 5 6 7 8 9  
 10 11 12 13 14 15 16  
 17 18 19 20 21 22 23  
 24 25 26 27 28 29 30  
 31

MONDAY, April 6, 2020

MONDAY OF HOLY WEEK

from **COMMON PRAYER**

With you, O Lord, is the well of life : and in your light we see light.

DAILY OFFICE



Psalm 51:1-18, (19-20)



Psalm 69:1-23

Lamentations 1:1-2, 6-12

2 Corinthians 1:1-7

Mark 11:12-25

PRIORITIES

CUE

REST or REWARD

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On this day, Jesus cleansed the Temple and cursed a fig tree for not bearing fruit. That evening, Mary anointed Jesus' feet with expensive oil and her tears.

LECTIONARY FOR MONDAY OF HOLY WEEK

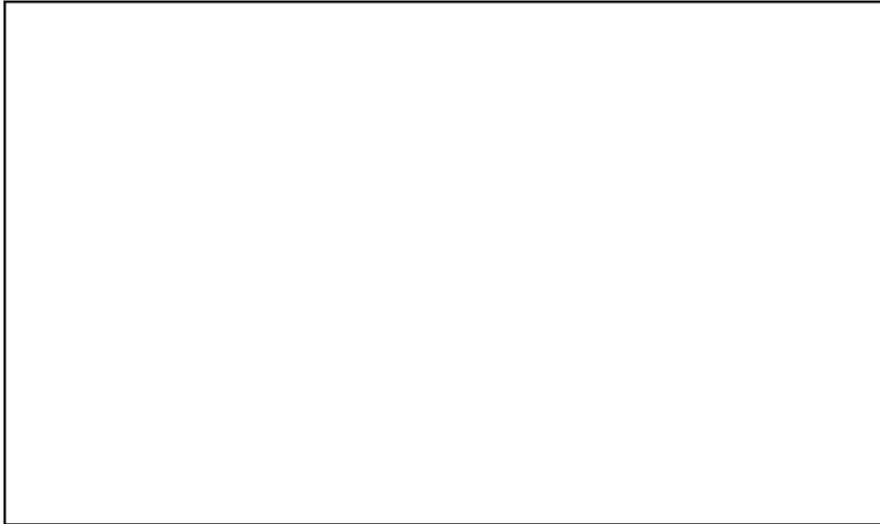
Isaiah 42:1-9

Psalm 36:5-11

Hebrews 9:11-15

John 12:1-11

“Man is not a beast of burden, and the Sabbath is not for the purpose of enhancing the efficiency of his work.  
—Abraham Joshua Heschel



PALM SUNDAY

SUNDAY, April 5, 2020

from COMMON PRAYER

Lest a rock cry out in my place : I lift my whole life in praise.

DAILY OFFICE

Psalm 24, 29

 Zechariah 9:9-12

1 Timothy 6:12-16

Psalm 103

 Zechariah 12:9-11, 13:1, 7-9

Luke 19:41-48

PRIORITIES

- \_\_\_\_\_
- \_\_\_\_\_ ①
- \_\_\_\_\_
- \_\_\_\_\_ ②
- \_\_\_\_\_
- \_\_\_\_\_ ③
- \_\_\_\_\_

LENT



# LENT

40 DAYS BEFORE EASTER, EXCLUDING SUNDAYS // FEBRUARY 26–APRIL 11, 2020

In the season of Lent, we enter into the forty-day fast that Jesus undertook in the wilderness. Through this dedicated period of self-examination, we allow God to further shape us into the image of Jesus. We also align our hearts with the suffering of Jesus as we move ever closer toward Holy Week and the event of the crucifixion.

The season begins with Ash Wednesday, in which we receive the imposition of ashes and are reminded we are but dust and to dust we shall return. During this season, we observe chosen forms of fasting, prayer, and service or charity for forty days but break the fast on Sundays, which are considered feast days of celebration throughout the church year.

## THE SEASON IN SCRIPTURE

Genesis 3:19    Psalm 51    Isaiah 58:6–12    Joel 2:12–13  
Matthew 4:1–11    Matthew 6:1–18

## QUESTIONS TO PONDER

- What role has self-examination played in my spiritual life?
- How open am I to this season of penitence, fasting, and prayer?
- How might I serve others through this time of sacrifice?

## PRACTICES TO CONSIDER

- Observe a Lenten fast for forty days, sacrificially abstaining from a habit or usual food or activity
- Commit to a particular prayer practice for forty days, deepening your connection to God
- Find an avenue for almsgiving and charity, serving your fellow neighbor in love
- Celebrate the Sunday feast days during Lent, setting aside your fast to embrace the right-now reality of the resurrection

## INVITATION THROUGH IMAGERY

The practices of prayer, fasting, and almsgiving are considered the three pillars of Lent. They are represented here by a fish for fasting, a money bag for almsgiving, and a pair of hands clasped in prayer. Tradition tells us that prayer is for the good of our souls, fasting for the good of our bodies, and almsgiving for the good of our neighbor. The triadic nature of the three pillars echoes the triune nature of God as Father, Son, and Holy Spirit. These three pillars are encircled first by a braided border which calls to mind the pretzel, a simple bread made without fat, eggs, sugar, or milk, which was originally created to be eaten during Lent and whose shape is reminiscent of arms crossed in prayer. Forty barren stones form the outer border and represent the forty days Jesus spent in the desert and the forty days of the Lenten season. Allow these symbols to urge and inspire you as you adopt and engage with your own Lenten practices.

# PALM SUNDAY



Palm Sunday, also known as Passion Sunday, is a feast day that commemorates Jesus' triumphal entry into Jerusalem. It falls on the Sunday before Easter, marking the beginning of Holy Week, the final week of Lent.

## LECTIONARY FOR THE LITURGY OF THE PALMS

Psalm 118:1–2, 19–29

Matthew 21:1–11

## LECTIONARY FOR THE LITURGY OF THE PASSION

Isaiah 50:4–9a

Psalm 31:9–16

Philippians 2:5–11

Matthew 26:14–27:66 or Matthew 27:11–54

## PRACTICES TO CONSIDER

- Participate in the procession of palms
- Make a cross from palm leaves
- Have your own Palm Sunday procession at home

## INVITATION THROUGH IMAGERY

The Palm frond, a Hebrew symbol of triumph and victory, is crossed with the scepter to symbolize Jesus' kingship. The Hebrew is *hosheah na* which means “save us” or “rescue us.” The angles and arches encircling them bring to mind Jesus' kingship, and also foreshadow the crown of thorns, reminding us as we join the chorus that the same crowd shouting “Hosanna” will later raise their voices to chant, “Crucify him!”

**HOLY WEEK EXAMEN**

**USE THE PRAYER OF EXAMEN**

**TO REFLECT ON LAST HOLY WEEK AND RESET FOR THIS HOLY WEEK**

Before the season begins, use the first column to reflect on your experience of the season in the past. Then reset for how you'd like to approach the season this year. Incorporate what you've learned, ponder the questions, consider a practice, and note how the holy days fit in. Envision ways to embody the season in the seven areas of your life. Look for opportunities to engage multiple senses. Consider your rule of life, values, and other practices and priorities.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

**LENT EXAMEN**

**USE THE PRAYER OF EXAMEN  
TO REFLECT ON LAST LENT AND RESET FOR THIS LENT**

Before the season begins, use the first column to reflect on your experience of the season in the past. Then reset for how you'd like to approach the season this year. Incorporate what you've learned, ponder the questions, consider a practice, and note how the holy days fit in. Envision ways to embody the season in the seven areas of your life. Look for opportunities to engage multiple senses. Consider your rule of life, values, and other practices and priorities.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		



from COMMON PRAYER

In our lives this day, O Lord : may we love you among the least.

DAILY OFFICE



Psalm 137:1-6, (7-9), 144



Psalm 42, 43

Exodus 10:21-11:8

2 Corinthians 4:13-18

Mark 10:46-52

PRIORITIES

CUE

REST or REWARD

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ASH WEDNESDAY



Ash Wednesday marks the first day of Lent and is a day of fasting.

LECTIONARY FOR ASH WEDNESDAY

Joel 2:1-2, 12-17 or Isaiah 58:1-12

Psalm 51:1-17

2 Corinthians 5:20b-6:10

Matthew 6:1-6, 16-21

PRACTICES TO CONSIDER

- Attend an Ash Wednesday service to receive the imposition of ashes
- Choose a resurrection word to focus on during Lent, naming what you hope will be resurrected come Easter
- Remove colorful decorations from central spaces; use bare branches or simple stones to create a focal point instead

INVITATION THROUGH IMAGERY

A palm frond set inside a stylized flame symbolizes the ashes, made from the burnt remains of last Palm Sunday's splendor, which will mark the sign of the cross on our bodies. The image is encompassed by the Latin phrase "Remember man, you are dust, and to dust you shall return." These words and symbols invite us to engage with our own mortality and sorrow over sin as we begin our Lenten journey.



THURSDAY, April 2, 2020

from COMMON PRAYER

Awake, O sleeper, rise from the dead : and Christ will shine on you.

DAILY OFFICE



Psalm 131, 132, [133]



Psalm 140, 142

Exodus 7:25—8:19

2 Corinthians 3:7-18

Mark 10:17-31

PRIORITIES

CUE

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THURSDAY, February 27, 2020

from COMMON PRAYER

You take dry bones and clothe them with bodies : create a church from those who are dead.

DAILY OFFICE



Psalm 37:1-18



Psalm 37:19-42

Habakkuk 3:1-10, (11-15), 16-18

Philippians 3:12-21

John 17:1-8

PRIORITIES

CUE

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TUESDAY, March 31, 2020

from COMMON PRAYER

Worship the Lord, O Jerusalem : praise your God, O Zion.

DAILY OFFICE



Psalm [120], 121, 122, 123

Psalm 124, 125, 126, [127]

Exodus 5:1—6:1

1 Corinthians 14:20–33a, 39–40

Mark 9:42–50

PRIORITIES

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SATURDAY, February 29, 2020

from COMMON PRAYER

Whisper to us when we feel alone : sweet songs from around your throne.

DAILY OFFICE



Psalm 30, 32

Psalm 42, 43

Ezekiel 39:21–29

Philippians 4:10–20

John 17:20–26

PRIORITIES

CUE

REST or REWARD

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MONDAY, March 30, 2020

from *COMMON PRAYER*

In you alone we put our trust : let us not be put to shame.

DAILY OFFICE



Psalm 31



Psalm 35

Exodus 4:10-20, (21-26), 27-31

1 Corinthians 14:1-19

Mark 9:30-41

PRIORITIES

CUE

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SABBATH

“Stillness is not about focusing on nothingness; it’s about creating a clearing. It’s opening up an emotionally clutter-free space and allowing ourselves to feel and think and dream and question. —Brené Brown

SUNDAY, March 29, 2020

from COMMON PRAYER

Receive, Lord, the offering of our lives : that every breath might be holy to you.

DAILY OFFICE



Psalm 118

Exodus 3:16—4:12



Psalm 145

Romans 12:1-21

John 8:46-59

PRIORITIES

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WEEKLY EXAMEN

USE THE PRAYER OF EXAMEN  
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

- 1. Draw near to God. Become present. Rest your mind and heart.
- 2. Reflect on the previous week with a posture of humility and gratitude.
- 3. Note what surfaces. When have you been near to or far from God’s presence?
- 4. Ask God to guide your reflections to be both faithful and gracious.
- 5. Reset for the week to come. Move forward in a spirit of hope.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE FIRST SUNDAY IN LENT

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

SABBATH

“In silence all of our usual patterns assault us. . . . That is why most people give up rather quickly. When Jesus was led by the Spirit into the wilderness, the first thing to show up were the wild beasts. —Richard Rohr

Large empty rectangular box for reflection or notes.

SUNDAY, March 1, 2020

from COMMON PRAYER

Take our tears, Lord : to water the seeds of prayer.

DAILY OFFICE



Psalm 63:1-8, (9-11), 98



Psalm 103

Daniel 9:3-10

Hebrews 2:10-18

John 12:44-50

PRIORITIES

Three horizontal lines for writing priorities, each with a small square box containing the number 1, 2, or 3.

WEEKLY EXAMEN

USE THE PRAYER OF EXAMEN TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

- 1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

Table with 2 columns: REFLECT and RESET. Rows include SPIRIT, BODY, MIND, RELATIONSHIPS, HOME, WORK, and RESOURCES.

LECTIONARY FOR THE FIFTH SUNDAY IN LENT

Ezekiel 37:1-14

Psalm 130

Romans 8:6-11

John 11:1-45

MONDAY, March 2, 2020

from COMMON PRAYER

Remember me in your mercy, Lord : and unite us by your cross.

DAILY OFFICE



Psalm 41, 52



Psalm 44

Genesis 37:1-11

1 Corinthians 1:1-19

Mark 1:1-13

PRIORITIES

CUE

REST or REWARD

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TUESDAY, March 3, 2020

from COMMON PRAYER

Unite us in justice, Lord : that all might praise your name together.

DAILY OFFICE



Psalm 45



Psalm 47, 48

Genesis 37:12-24

1 Corinthians 1:20-31

Mark 1:14-28

PRIORITIES

CUE

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SATURDAY, March 28, 2020

from COMMON PRAYER

Rain down justice upon us, Lord : that we might live in peace.

DAILY OFFICE



Psalm 107:33-43, 108:1-6, (7-13)



Psalm 33

Exodus 2:23-3:15

1 Corinthians 13:1-13

Mark 9:14-29

PRIORITIES

CUE

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FRIDAY, March 27, 2020

from COMMON PRAYER

My soul waits for the Lord : more than watchmen wait for the morning.

DAILY OFFICE



Psalm 95\* & 102



Psalm 107:1-32

Exodus 2:1-22

1 Corinthians 12:27-13:3

Mark 9:2-13

PRIORITIES

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WEDNESDAY, March 4, 2020

from COMMON PRAYER

Be not far from me, O Lord : for you are my strength and my help.

DAILY OFFICE



Psalm 119:49-72



Psalm 49, [53]

Genesis 37:25-36

1 Corinthians 2:1-13

Mark 1:29-45

PRIORITIES

CUE

REST or REWARD

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\* For the Invitatory

THURSDAY, March 5, 2020

from COMMON PRAYER

Free us, Lord, from the chains of death : that we might work for love and life.

DAILY OFFICE



Psalm 50



Psalm [59, 60] or 19, 46

Genesis 39:1-23

1 Corinthians 2:14-3:15

Mark 2:1-12

PRIORITIES

CUE

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THURSDAY, March 26, 2020

from COMMON PRAYER

Go down, Moses, way down to Egypt land : and tell old Pharaoh, "Let my people go!"

DAILY OFFICE



Psalm 69:1-23, (24-30), 31-38



Psalm 73

Exodus 1:6-22

1 Corinthians 12:12-26

Mark 8:27-9:1

PRIORITIES

CUE

REST or REWARD

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**ANNUNCIATION OF THE LORD**

**WEDNESDAY, March 25, 2020**

from *COMMON PRAYER*

Here am I, the servant of the Lord : let it be to me according to your will.

**DAILY OFFICE**



Psalm 85, 87

Isaiah 52:7-12

Hebrews 2:5-10



Psalm 110:1-5(6-7), 132

Wisdom 9:1-12

John 1:9-14

**PRIORITIES**

**CUE**

**REST or REWARD**

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**FRIDAY, March 6, 2020**

from *COMMON PRAYER*

Teach us, Lord, the unquenchable joy : of sins forgiven, friendship restored.

**DAILY OFFICE**



Psalm 95\* & 40, 54



Psalm 51

Genesis 40:1-23

1 Corinthians 3:16-23

Mark 2:13-22

**PRIORITIES**

**CUE**

**REST or REWARD**

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from *COMMON PRAYER*

Unless a seed falls into the ground and dies : it cannot bear fruit or bless others' lives.

DAILY OFFICE

 Psalm 97, 99, [100]    Genesis 49:29—50:14    Mark 8:1-10

 Psalm 8, 138    Genesis 3:1-15    Romans 5:12-21 or Galatians 4:1-7

PRIORITIES	CUE	REST or REWARD
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USE THE PRAYER OF EXAMEN  
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

	REFLECT	RESET
SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

LECTIONARY FOR THE SECOND SUNDAY IN LENT

Genesis 12:1-4a

Psalm 121

Romans 4:1-5, 13-17

John 3:1-17 or Matthew 17:1-9

SABBATH

“ It’s easy to confuse a lot of activity with a purposeful life. Get some rest.  
—Bob Goff

DAYLIGHT SAVINGS TIME BEGINS **SUNDAY, March 8, 2020**

from **COMMON PRAYER**

Lead us by your light, O Lord : that we might shine like the sun.

DAILY OFFICE



Psalm 24, 29

Genesis 41:14–45



Psalm 8, 84

Romans 6:3–14

John 5:19–24

PRIORITIES

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MONDAY, March 23, 2020

from **COMMON PRAYER**

Come now and join the feast : right here in the belly of the beast!

DAILY OFFICE



Psalm 89:1–18

Genesis 49:1–28



Psalm 89:19–52

1 Corinthians 10:14–11:1

Mark 7:24–37

PRIORITIES

CUE

REST or REWARD

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from **COMMON PRAYER**

I will call upon God : and the Lord will deliver me.

**DAILY OFFICE**



Psalm 61, 62

Psalm 68:1-20, (21-23), 24-36

Genesis 42:1-17

1 Corinthians 5:1-8

Mark 3:19b-35

**PRIORITIES**

**CUE**

**REST or REWARD**

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**WEEKLY EXAMEN**

**USE THE PRAYER OF EXAMEN  
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK**

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

**REFLECT**

**RESET**

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

**LECTIONARY FOR THE FOURTH SUNDAY IN LENT**

1 Samuel 16:1-13

Psalm 23

Ephesians 5:8-14

John 9:1-41

SATURDAY, March 21, 2020

from COMMON PRAYER

Lord, help us to resist : the madness of our age.

DAILY OFFICE



Psalm 87, 90



Psalm 136

Genesis 47:27—48:7

1 Corinthians 10:1-13

Mark 7:1-23

PRIORITIES

CUE

REST or REWARD

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WEDNESDAY, March 11, 2020

from COMMON PRAYER

We need your help against the enemy : for human help is useless.

DAILY OFFICE



Psalm 72



Psalm 119:73-96

Genesis 42:18-28

1 Corinthians 5:9-6:8

Mark 4:1-20

PRIORITIES

CUE

REST or REWARD

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THURSDAY, March 12, 2020

from COMMON PRAYER

Overwhelm us with your love : which casts out every fear.

DAILY OFFICE



Psalm [70], 71



Psalm 74

Genesis 42:29-38

1 Corinthians 6:12-30

Mark 4:21-34

PRIORITIES

CUE

REST or REWARD

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FRIDAY, March 20, 2020

from COMMON PRAYER

Set our hearts to sing your praise : and our bodies to do your will.

DAILY OFFICE



Psalm 95\* & 88



Psalm 91, 92

Genesis 47:1-26

1 Corinthians 9:16-27

Mark 6:47-56

PRIORITIES

CUE

REST or REWARD

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\* For the Invitatory

**ST. JOSEPH**

**THURSDAY, March 19, 2020**

from **COMMON PRAYER**

We pledge allegiance to the Lamb : and to the kingdom for which he stands.

**DAILY OFFICE**



Psalm 132

Isaiah 63:7-16

Matthew 1:18-25



Psalm 34

2 Chronicles 6:12-17

Ephesians 3:14-21

**PRIORITIES**

**CUE**

**REST or REWARD**

1
2
3

_____	:	_____
_____	:	_____
_____	:	_____
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**FRIDAY, March 13, 2020**

from **COMMON PRAYER**

Answer me, Lord, for your love is kind : in your compassion, turn to me.

**DAILY OFFICE**



Psalm 95\* & 69:1-23, (24-30), 31-38

Psalm 73

Genesis 43:1-15

1 Corinthians 7:1-9

Mark 4:35-41

**PRIORITIES**

**CUE**

**REST or REWARD**

1
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\* For the Invitatory



from *COMMON PRAYER*

I arise, I arise today : in the Spirit of the Trinity.

**DAILY OFFICE**



Psalm 78:1-39

Genesis 45:1-15



Psalm 78:40-72

1 Corinthians 7:32-40

Mark 6:1-13

**PRIORITIES**

**CUE**

**REST or REWARD**

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2		
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**WEEKLY EXAMEN**

**USE THE PRAYER OF EXAMEN  
TO REFLECT ON LAST WEEK AND RESET FOR NEXT WEEK**

1. Draw near to God. Become present. Rest your mind and heart.
2. Reflect on the previous week with a posture of humility and gratitude.
3. Note what surfaces. When have you been near to or far from God's presence?
4. Ask God to guide your reflections to be both faithful and gracious.
5. Reset for the week to come. Move forward in a spirit of hope.

**REFLECT**

**RESET**

SPIRIT		
BODY		
MIND		
RELATIONSHIPS		
HOME		
WORK		
RESOURCES		

**LECTIONARY FOR THE THIRD SUNDAY IN LENT**

Exodus 17:1-7

Romans 5:1-11

Psalm 95

John 4:5-42

