



LENT + HOLY WEEK 2020





LENT + HOLY WEEK 2020

SACRED
ORDINARY
DAYS

LITURGICAL PLANNER

LITURGICAL YEAR A: LENT–HOLY WEEK



FEBRUARY 26–APRIL 12, 2020

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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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A complete edition of the Daily Readings is available through Augsburg Fortress.

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.

sacredordinarydays.com

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.

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.

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

10 LECTIONARY FOR THE FIRST SUNDAY IN LENT

- Genesis 2:15–17; 3:1–7
- Psalms 32
- Romans 5:12–19
- Matthew 4:1–11

11 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.

SABBATH

1

2

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

3

SUNDAY, March 1, 2020

4 from *COMMON PRAYER*

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

5 DAILY OFFICE



Psalm 63:1–8, (9–11), 98

Psalm 103

Daniel 9:3–10

Hebrews 2:10–18

John 12:44–50

6

PRIORITIES

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sacredordinarydays.com/sabbath

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.

1 THURSDAY, February 27, 2020

2 from COMMON PRAYER

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

3 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

4 PRIORITIES

5 CUE

6 REST or REWARD

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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.

2 from COMMON PRAYER

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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.

FEBRUARY 2020

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

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



JANUARY 2020

S	M	T	W	R	F	S
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5	6	7	8	9	10	11
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MARCH 2020

S	M	T	W	R	F	S
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14	15	16	17	18	19	20
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28	29	30	31			

MARCH 2020

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29	30	31	

TH	F	S
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12	13	14
19	20	21
26	27	28



FEBRUARY 2020

S M T W R F S

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9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29

APRIL 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

APRIL 2020

S	M	T	W
			1
5 PALM SUNDAY	6	7	8
12 EASTER SUNDAY	13	14	15
19 2ND SUNDAY OF EASTER	20	21	22
26 3RD SUNDAY OF EASTER	27	28	29

TH	F	S
2	3	4
9 MAUNDY THURSDAY	10 GOOD FRIDAY	11 HOLY SATURDAY
16	17	18
23	24	25
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MARCH 2020
S M T W R F S
1 2 3 4 5 6 7
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29 30 31

MAY 2020
S M T W R F S
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24 25 26 27 28 29 30
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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.

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	

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The paper itself is a clean, off-white color.

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.

from COMMON PRAYER

Guide us, Lord, in your good way : that all our work might speed your day.

DAILY OFFICE



Psalm 95* & 32, 143



Psalm 102, 130

Amos 5:6-15

Hebrews 12:1-14

Luke 18:9-14

PRIORITIES

CUE

REST or REWARD

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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	REST or REWARD
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from **COMMON PRAYER**

Our lives, O Lord, are in your hand : hold us up that we might stand.

DAILY OFFICE



Psalm 95* & 31



Psalm 35

Ezekiel 18:1-4, 25-32

Philippians 4:1-9

John 17:9-19

PRIORITIES

CUE

REST or REWARD

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* For the Invitatory

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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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

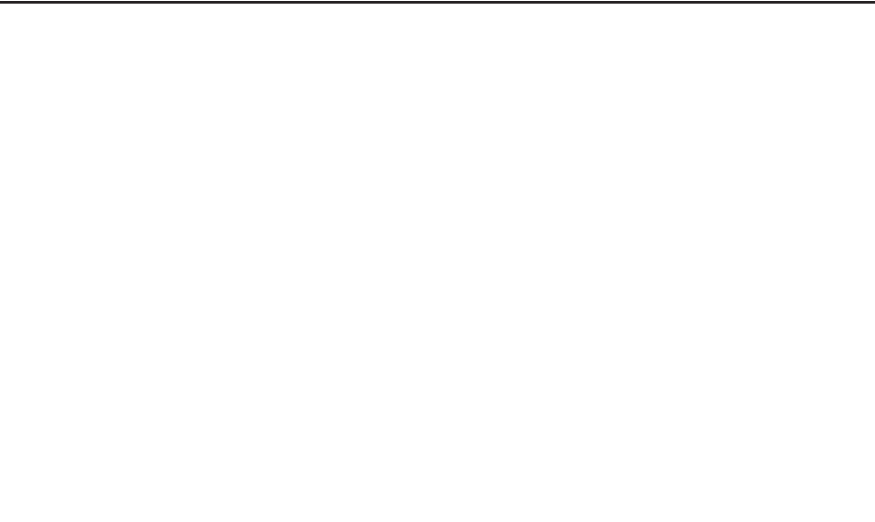
Genesis 2:15–17; 3:1–7

Psalms 32

Romans 5:12–19

Matthew 4:1–11

“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



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

[illegible]

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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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

REST or REWARD

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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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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

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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* For the Invitatory

from *COMMON PRAYER*

Giver of all good things : make us generous in our giving.

DAILY OFFICE



Psalm 55



Psalm 138, 139:1-17, (18-23)

Genesis 41:1-13

1 Corinthians 4:1-7

Mark 2:23-3:6

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.
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- 3. Note what surfaces. When have you been near to or far from God's presence?
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REFLECT	RESET
SPIRIT	
BODY	
MIND	
RELATIONSHIPS	
HOME	
WORK	
RESOURCES	

LECTIONARY FOR THE SECOND SUNDAY IN LENT

Genesis 12:1–4a

Psalms 121

Romans 4:1–5, 13–17

John 3:1–17 or Matthew 17:1–9

“ 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 9, 2020

from **COMMON PRAYER**

Forgive our greed, Lord : and free us for life together.

DAILY OFFICE



Psalm 56, 57, [58]



Psalm 64, 65

Genesis 41:46–57

1 Corinthians 4:8-20, (21)

Mark 3:7-19a

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

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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

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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

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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

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* For the Invitatory

from **COMMON PRAYER**

Arise, O God, maintain your cause : defend the poor for your name's sake.

DAILY OFFICE



Psalm 75, 76



Psalm 23, 27

Genesis 43:16–34

1 Corinthians 7:10–24

Mark 5:1–20

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 THIRD SUNDAY IN LENT

Exodus 17:1–7

Psalms 95

Romans 5:1–11

John 4:5–42

—Maya Angelou



John 5:25-29

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MONDAY, March 16, 2020

from COMMON PRAYER

Lord God of hosts, hear our prayer : listen, O God of Jacob.

DAILY OFFICE



Psalm 80



Psalm 77, [79]

Genesis 44:18-34

1 Corinthians 7:25-31

Mark 5:21-43

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from *COMMON PRAYER*

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

DAILY OFFICE



Psalm 78:1-39



Psalm 78:40-72

Genesis 45:1-15

1 Corinthians 7:32-40

Mark 6:1-13

PRIORITIES

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WEDNESDAY, March 18, 2020

from COMMON PRAYER

In the roar of a hard rain, Lord : we hear justice rolling down.

DAILY OFFICE



Psalm 119:97-120



Psalm 81, 82

Genesis 45:16-28

1 Corinthians 8:1-13

Mark 6:13-29

PRIORITIES	CUE	REST or REWARD
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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

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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

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* For the Invitatory

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

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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

Psalms 23

Ephesians 5:8–14

John 9:1–41

“To come into silence is to come into the presence of the Divine.
—John O’Donohue

SUNDAY, March 22, 2020

from *COMMON PRAYER*

Hold not your tongue, O God of our praise : for the air is full of empty words.

DAILY OFFICE



Psalm 66, 67

Genesis 48:8–22



Psalm 19, 46

Romans 8:11–25

John 6:27–40

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



Psalm 89:19-52

Genesis 49:1-28

1 Corinthians 10:14-11:1

Mark 7:24-37

PRIORITIES

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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

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THE ANNUNCIATION OF THE LORD



Here, we commemorate the visit of the angel Gabriel to the Virgin Mary, during which he announced she would be the mother of Jesus. This feast day forecasts Jesus' birth at Christmas, and illustrates how the liturgical year is an interwoven and continuous cycle of time.

LECTIONARY FOR THE ANNUNCIATION OF THE LORD

Isaiah 7:10–14

Psalm 45 or Psalm 40:5–10

Hebrews 10:4–10

Luke 1:26–38

PRACTICES TO CONSIDER

- Plant (or plan to plant, if it's too early) seeds and watch them grow
- Celebrate this feast day by breaking your Lenten fast on purpose with foods shaped in rings or circles such as angel food cake, coffee rings, or wreath-shaped cookies in honor of the eternal cycle of liturgical time

INVITATION THROUGH IMAGERY

The central image is a vase which represents Mary as God's willing vessel, set before an open book which symbolizes the good news of the coming Messiah. The rose, lily, and violet represent Mary's charity, chastity, and humility. Behind them stands the mandorla, an almond-shaped aureole of light used in antiquity to represent the convergence of humanity and divinity in Jesus. Seven rays of light suggest the Holy Spirit descending to envelope Mary.

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

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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), 31-38Psalm 73

Exodus 1:6-221 Corinthians 12:12-26Mark 8:27-9:1

PRIORITIES	CUE	REST or REWARD
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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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* For the Invitatory

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	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 FIFTH SUNDAY IN LENT

Ezekiel 37:1–14
Romans 8:6–11

Psalms 130
John 11:1–45

“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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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

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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

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WEDNESDAY, April 1, 2020

from *COMMON PRAYER*

Our delight is in the law of love : may we walk in Christ's light day and night.

DAILY OFFICE



Psalm 119:145–176

Psalm 128, 129, 130

Exodus 7:8–24

2 Corinthians 2:14—3:6

Mark 10:1–16

PRIORITIES	CUE	REST or REWARD
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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

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FRIDAY, April 3, 2020

from *COMMON PRAYER*

The Lord is my strength and my song : you have become my salvation.

DAILY OFFICE



Psalm 95* & 22



Psalm 141, 143:1-11, (12)

Exodus 9:13-35

2 Corinthians 4:1-12

Mark 10:32-45

PRIORITIES	CUE	REST or REWARD
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* For the Invitatory

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

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HOLY WEEK

LAST WEEK OF THE SEASON OF LENT // APRIL 5-APRIL 11, 2020

While the whole of Lent is a journey toward the cross with Jesus, Holy Week is where we experience this journey with the greatest intensity. On these pages, you're invited to step into that intensity with intention through the lectionary passages that accompany each of the days of this week and through the suggested practices that allow you to embody the significance of each day.

QUESTIONS TO PONDER

- How willing am I to enter into the suffering of Jesus?
- How am I responding to the reality of his arrest, death, and burial?
- In what ways am I being invited to die to myself, in order that I might live more fully in God?

[illegible]

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	

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!"

“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



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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

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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.

from *COMMON PRAYER*

Save us, Lord, but not us alone : redeem your whole creation.

DAILY OFFICE



Psalm 6, 12



Psalm 94

Lamentations 1:17–22

2 Corinthians 1:8–22

Mark 11:27–33

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On Tuesday of Holy Week, Jesus debated with the religious authorities in the Temple and issued his famous discourse about the end of the age on the Mount of Olives.

LECTIONARY FOR TUESDAY OF HOLY WEEK

Isaiah 49:1–7


1 Corinthians 1:18–31


Psalm 71:1–14

John 12:20–36

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

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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

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

1 Corinthians 11:23–26

Psalms 116:1–2, 12–19

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.

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

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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.

from COMMON PRAYER

He who hung the earth upon the waters : today he is hung upon the cross.

DAILY OFFICE



Psalm 95* & 22

Lamentations 3:1-9, 19-33

John 13:36-38



Psalm 40:1-14, (15-19), 54

1 Peter 1:10-20

John 19:38-42

PRIORITIES

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* For the Invitatory

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

Psalms 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 *gregoreite*, a call to watch and pray through the darkness.

from COMMON PRAYER

Listen, Lord, to the cries of your poor : break hell's hold, fling wide heaven's door.

DAILY OFFICE



Psalm 95* & 88

Lamentations 3:37-58

Hebrews 4:1-16



Psalm 27

Romans 8:1-11

PRIORITIES

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EASTER VIGIL

Genesis 1:1-2:4a and Psalm 136:1-9, 23-26 Genesis 7:1-5, 11-18; 8:6-18; 9:8-13 and Psalm 46

Genesis 22:1-18 and Psalm 16 Exodus 14:10-31; 15:20-21 and Exodus 15:1b-13, 17-18

Isaiah 55:1-11 and Isaiah 12:2-6

Baruch 3:9-15, 3:32-4:4 or Proverbs 8:1-8, 19-21; 9:4b-6 and Psalm 19

Ezekiel 36:24-28 and Psalm 42, 43 Ezekiel 37:1-14 and Psalm 143

Zephaniah 3:14-20 and Psalm 98

Romans 6:3-11 and Psalm 114 Matthew 28:1-10

* For the Invitatory

EASTER



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.

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	

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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

Psalms 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

Psalms 114

1 Corinthians 5:6b-8

Luke 24:13-49

“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



EASTER SUNDAY

SUNDAY, April 12, 2020

from *COMMON PRAYER*

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

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

PRIORITIES

1

2

3





SACRED ORDINARY DAYS