



LENT 2023

Reflecting on the Holy Week

WHAT IS LENT?

Lent is the forty days between Ash Wednesday and Easter Sunday. It is a time of reflection and preparation. We reflect on our sin, on Jesus' life and ministry, and his rescue of us from our sin through his death and resurrection. We prepare our hearts to celebrate that great gift at Easter.

There are a lot of different ways to celebrate Lent, but some of the most popular include prayer, Scripture reading, and fasting. Prayer focuses on our need for God's forgiveness and is a tangible way to repent from our sins and receive God's mercy. Scripture reading, especially the Gospels, reminds us of what Jesus did for our sake. Fasting reminds us of our own weakness and need for God. It also can serve as a reminder of Jesus' sacrifice.

HOW TO USE THIS GUIDE

This is a seven-week guide to use during the six weeks of Lent and the week after Easter Sunday. Each week will focus on a different day of Holy Week, Jesus' final week leading up to his death and resurrection. The specific day the passages are referring to will be in the top right corner of each page. Start your readings on February 22nd. Here's how to use the guide:

1. Begin your time in prayer and silence.
2. Read the scripture. You can choose one passage, one story across multiple passages, or all the scripture. Don't try to read all the passages in one day; spread it throughout the week.
3. Journal through the reflection questions. Use the GROW document for further studying.
4. End your time in prayer and silence.

Consider these extra hints to maximize your Lenten season in preparation for Easter:

1. Fast. Find a way to incorporate fasting into your rhythms this Lent. Whether that's one thing for all of Lent or a new thing each week, considering fasting.
2. Slow down. Considering regular rhythms of prayer, silence, and solitude. Go for daily walks and pray to God. Turn off the radio on your commute. Find ways to incorporate moments of stillness. Decide what time of day and where you will do this guide, daily.
3. Work through this content at your own pace.
4. Confession of sin is a key part of Lent and this guide. When confessing, reflect on:
 - Things you have done or left undone
 - Motivations of your heart
 - Things said or left unsaid
 - Thoughts
 - Things looked at
 - Haven't loved God with your whole heart.

Acknowledge those things are wrong and are contrary to God. Pray and receive God's promised forgiveness. Read 1 John 1:5-10 for more.

Much of this content has been inspired by the book *The Final Days of Jesus* by Andreas J. Kostenberger & Justin Taylor. If you would like to dive deeper, we highly recommend this fantastic book. You can find the supplemental readings from this book with each week's scripture passages.

We pray that this guide will serve you as you reflect and prepare for Christ's death and resurrection this Lent.



WEEK ONE – FEB 22-March 4

The Sunday of Holy Week

PRAYER – START EACH DAY IN PRAYER

Sit with your palms facing upward. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, asking God to speak to you through his Word. Pray that your hearts would be open and welcoming to our King. Confess anything holding you from engaging with him.

SCRIPTURE – SPEND EACH DAY IN GOD’S WORD

Jesus Enters Jerusalem

- Matthew 21:1-11
- Mark 11:1-10
- Luke 19:29-44
- John 12:12-19

Jesus Predicts His Death

- John 12:20-36

Jesus Visits the Temple

- Matthew 21:14-17
- Mark 11:11

Supplemental: *The Final Days of Jesus* by Andreas J. Kostenberger & Justin Taylor (FDJ) pgs. 31-34

REFLECT

- What stood out to you?
- Was anything surprising? Confronting? Confusing?
- What do these passages tell you about Jesus?
- What do these passages tell you about yourself?
- Journal these thoughts.

PRAYER

Sit with your palms facing upward. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, responding to the things that came up during your reading and reflection time. Express gratitude that Jesus is our triumphant King. Praise him for some specific things in your life.



WEEK TWO – MARCH 5-11

The Monday & Tuesday of Holy Week

PRAYER – START EACH DAY IN PRAYER

Kneel down with your palms facing upward. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, asking God to speak to you through his Word. Pray that God would reveal the ways you either embrace or reject his authority in your life.

SCRIPTURE – SPEND EACH DAY IN GOD’S WORD

Monday of Holy Week

Jesus Curses a Fig Tree

- Matthew 21:18-19
- Mark 11:12-1

Jesus Cleanses the Temple

- Matthew 21:12-13
- Mark 11:15-18
- Luke 19:45-48

Supplemental: *FDJ* pgs. 35-46

Tuesday of Holy Week

Jesus Teaches about the Fig Tree

- Matthew 21:20-22
- Mark 11:20-26

Jesus Teaches at the Temple

- Matthew 21:23-23:39
- Mark 11:27-12:44
- Luke 20:1-21:4

Jesus Teaches about the Future

- Matthew 24-25
- Mark 13:1-37
- Luke 21:5-36

REFLECT

- What stood out to you?
- Was anything surprising? Confronting? Confusing?
- What do these passages tell you about Jesus?
- What do these passages tell you about yourself?
- Journal these thoughts.

PRAYER

Kneel down with your palms facing upward. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, responding to the things that came up during your reading and reflection time. Thank Jesus for his role as judge and confess any ways you have been living contrary to his desires. Pray that God would help you live ready and prepared for his return.



WEEK THREE – MARCH 12-18

The Wednesday & Thursday of Holy Week

PRAYER – START EACH DAY IN PRAYER

Go for a walk. As you do take some deep breathes and focus your mind on Christ.

Pray, asking God to speak to you through his Word. Thank him for the freedom we have to experience intimacy with him through the act of communion.

SCRIPTURE – SPEND EACH DAY IN GOD’S WORD

Wednesday

The Plot Against Jesus

- Matthew 26:3-5
- Mark 14:1-2
- Luke 22:1-2

Thursday

The Passover

- Matthew 26:17-29
- Mark 14:12-23
- Luke 22:7-30

The Farewell Discourse

- John 13:31-17:26

Supplemental: *FDJ* pgs. 47-84

REFLECT

- What stood out to you?
- Was anything surprising? Confronting? Confusing?
- What do these passages tell you about Jesus?
- What do these passages tell you about yourself?
- Journal these thoughts.

PRAYER

Sit with your palms facing upward. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, responding to the things that came up during your reading and reflection time. Confess any ways you live as a branch disconnected from the vine. Praise God for the gift of the Holy Spirit and intimacy that comes with a relationship with God.



WEEK FOUR MARCH 19-25

The Thursday & Friday of Holy Week

PRAYER – START EACH DAY IN PRAYER

Kneel. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, asking God to speak to you through his Word. Confess the ways apathy has crept into your walk with God.

SCRIPTURE – SPEND EACH DAY IN GOD’S WORD

Thursday

Jesus Predicts Peter’s Denials

- Matthew 26:31-35
- Mark 14:27-31
- Luke 22:31-34

The Garden of Gethsemane

- Matthew 26:36-46
- Mark 14:32-42
- Luke 22:40-46

Friday

The Betrayal and Arrest of Jesus

- Matthew 26:47-56
- Mark 14:43-52
- Luke 22:47-53
- John 18:2-12

Supplemental: *FDJ* pgs. 84-102

REFLECT

- What stood out to you?
- Was anything surprising? Confronting? Confusing?
- What do these passages tell you about Jesus?
- What do these passages tell you about yourself?
- Journal these thoughts.

PRAYER

Kneel. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, responding to the things that came up during your reading and reflection time. Thank Jesus for his willingness to submit to his arrest and eventual crucifixion. Pray for the strength to stay watchful and prayerful.



WEEK FIVE– MARCH 26-APRIL 1

The Friday of Holy Week

PRAYER – START EACH DAY IN PRAYER

Sit with your palms facing upward. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, asking God to speak to you through his Word. Confess the ways you deny Jesus' lordship in your life, both implicitly and explicitly.

SCRIPTURE – SPEND EACH DAY IN GOD'S WORD

The Jewish Trial

- Matthew 26:57, 59-68, 27:1-2
- Mark 14:53, 55-65, 15:1
- Luke 22:63-71
- John 18:13-14, 19-24

Peter Denies Jesus

- Matthew 26:58, 69-75
- Mark 14:54, 66-72
- Luke 22:54-62
- John 18:15-18, 25-27

The Roman Trial

- Matthew 27:11-26
- Mark 15:2-15
- Luke 23:1-25
- John 18:28-19:16

Supplemental: *FDJ* pgs. 103-143

REFLECT

- What stood out to you?
- Was anything surprising? Confronting? Confusing?
- What do these passages tell you about Jesus?
- What do these passages tell you about yourself?
- Journal these thoughts.

PRAYER

Sit with your palms facing upward. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, responding to the things that came up during your reading and reflection time. Thank Jesus for his humility to accept the humiliation and punishment of a shame trial for our sake.



WEEK SIX – APRIL 2-8

The Friday & Saturday of Holy Week

PRAYER – START EACH DAY IN PRAYER

Kneel and bow your head low if you're able. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, asking God to speak to you through his Word. Confess any sins you're holding on to.

SCRIPTURE – SPEND EACH DAY IN GOD'S WORD

Friday

The Road to Golgotha

- Matthew 27:27-34
- Mark 15:16-23
- Luke 23:26-31
- John 19:16-17

The Death of Jesus

- Matthew 27:45-56
- Mark 15:33-41
- Luke 23:44-49
- John 19:28-37

The Crucifixion

- Matthew 27:35-44
- Mark 15:24-32
- Luke 23:33-43
- John 19:18-27

The Burial of Jesus

- Matthew 27:57-61
- Mark 15:42-47
- Luke 23:50-56
- John 19:38-42

Supplemental: *FDJ* pgs. 143-171

Saturday

The Jewish Leaders Post Guards

- Matthew 27:62-66

REFLECT

- What stood out to you?
- Was anything surprising? Confronting? Confusing?
- What do these passages tell you about Jesus?
- What do these passages tell you about yourself?
- Journal these thoughts.

PRAYER

Kneel and bow your head low if you're able. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, responding to the things that came up during your reading and reflection time. Thank Jesus for accepting the punishment for our sins. Confess the ways you overlook, minimize, or forget Jesus' crucifixion.



WEEK SEVEN – APRIL 9-15

The Sunday of Holy Week

PRAYER – START EACH DAY IN PRAYER

Sit or stand with your arms extended high in praise. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, asking God to speak to you through his Word. Ask him to help you see these passages with fresh eyes and a renewed perspective.

SCRIPTURE – SPEND EACH DAY IN GOD’S WORD

The Empty Tomb

- Matthew 28:1-10
- Mark 16:1-8
- Luke 24:1-12
- John 20:1-18

Jesus Appears to the Disciples and His Followers

- Luke 24:13-49
- John 20:19-29

Miscellaneous Teachings

- Matthew 28:16-20
- John 21

Supplemental: *FDJ* pgs. 173-202

REFLECT

- What stood out to you?
- Was anything surprising? Confronting? Confusing?
- What do these passages tell you about Jesus?
- What do these passages tell you about yourself?
- Journal these thoughts.

PRAYER

Sit or stand with your arms extended high in praise. Take a couple deep breaths to still yourself. Spend a couple moments in stillness.

Pray, responding to the things that came up during your reading and reflection time. Praise Jesus for his resurrection and defeat of death! Praise him for extended that same defeat over sin and death to us because he loves us!