



# *Lent*

**DAILY PRACTICES, 2021**



**SANCTUARY**  
CHURCH

## [RE]READING THE CROSS

Lent is the Christian season that begins with Ash Wednesday and ends with Easter Sunday. It is a time we intentionally journey with Jesus towards the cross and His death. During this 40-day journey, we're invited to reflect, repent, and remember. We reflect on our own humanity, repent of our sins, and remember God's love that is demonstrated in the life, death, and resurrection of Jesus. The traditional Lenten practices that help us in this process are to "read", "pray", "deny", and "give". These are four actions we see Jesus participating in near the end of his life: fulfilling Scripture, praying for others, denying himself, and giving to those around him.

Our prayer is that this season of Lent will be an intentional time of contemplation and restraint - a time to address the legitimate longings in our life that have gone astray. As we look toward Easter, may we have the courage to journey with Jesus into the wilderness and up to the cross through these practices - and may we experience hope and transformation in the promises of resurrection and new life.

*"Emptying is prelude to filling."*

+ EUGENE PETERSON

# HOW TO USE THIS BOOKLET

This booklet provides you with a calendar of 4 daily practices to help you join Jesus on his journey to the cross. Each week, the daily practices will remain the same but the specific invitations related to each practice will change. As we journey with Jesus to the cross, a little repetition can help ground our souls. Use this calendar in whatever way is most natural for you and your household. Pick and choose the practices you find helpful, and feel free to engage in the practices alone or with others, early in the morning or late at night, in the car, or while sharing a meal, adapting them as necessary. The calendar is composed in such a way that you can participate in all 4 daily practices at one time, or you can spread them throughout the day. It may also be helpful for you to “read ahead” as some of the practices may require a little preparation for you to engage in the most helpful way. Here’s an overview of each practice:

## CELEBRATE

Each Sunday during Lent we celebrate as we look toward Jesus’ resurrection. Join together (get tested) with others over a meal and give thanks for God’s grace, or arrange a Zoom meal.

## READ

This practice is an invitation to read a section from Matthew’s Gospel. By immersing yourself in Matthew’s version of the “Good News” you’ll be invited to follow Jesus’ journey to the Cross.

## PRAY

Here, you’ll be invited to pray for and on behalf of a variety of people. The prayer will rotate each week, giving you the opportunity to pray each week’s prayer in 6 different ways throughout Lent.

## DENY

This practice invites you to deny yourself in a way that reminds you of your dependence upon God, so that you know that on your journey to the Cross, you aren’t journeying alone.

## GIVE

Giving to others is a way in which we can participate in the life that Jesus’ death offers the world. Here you’ll be reminded that in denying yourself, you will give life to others.

*Lent 2021 resources, blog, services:* [\[sanctuaryri.org/lent\]](https://sanctuaryri.org/lent)

*For more ideas on how to practice the way of Jesus:* [\[sanctuaryri.org/path\]](https://sanctuaryri.org/path)

# *Week 1* February 18–21 / Ash Wednesday (2/18)

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## **[WEDNESDAY]**

### **READ**

Matthew 1

### **PRAY**

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent; Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

\*Participate in the Ash Wednesday Services at Sanctuary [7:30–8PM]

## **[THURSDAY-SATURDAY]**

### **READ**

Thurs: Matthew 2v1-12 Sat: 3v1-12

Friday: 2v13-23

### **PRAY**

Almighty God, my heavenly Father, we [Sanctuary, Family, etc.] have sinned against you, through our own fault in thought, and word, and deed, in what we have done and what we have left undone. For the sake of your Son our Lord Jesus Christ, forgive us all of our offenses; and grant that we may serve you in the newness of life, to the glory of your Name. Amen.

### **DENY**

Most of us are being denied the ability to experience the presence of others. Lean in - spend an extended period of time [10minutes, 1 hour, several hours] in solitude each day this week form a screen, reflecting on your dependence upon God.

### **GIVE**

Give your presence to friends or family members you have lost contact with. Call or text someone each day this week and offer your presence, encouragement, and love.

## **Week 2** February 22–28

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### **[SUNDAY]**

#### **CELEBRATE**

Each Sunday during Lent we celebrate as we look toward Jesus' resurrection. Join together with others over a meal and give thanks for the life, death, and resurrection of Jesus.

### **[MONDAY-SATURDAY]**

#### **READ**

Mon / Matthew 3:13–4:11	Thu / 5:17–32
Tue / 4:12–25	Fri / 5:33–48
Wed / 5:1–16	Sat / 6:1–18

#### **PRAY**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our (World's, City's, Church's, etc) hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

Tue / your neighborhood and city  
Wed / our church  
Fri / your family  
Sat / yourself

#### **DENY**

Deny yourself all fluids except for water each day this week. Keep track of the money you would have spent on soda, coffee, tea, etc.

#### **GIVE**

Give the money you saved each day this week to Sanctuary Church Love Providence Fund [[sanctuaryri.org/giving](https://sanctuaryri.org/giving)].

# Week 3

March 1–7

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## [SUNDAY]

### CELEBRATE

Each Sunday during Lent we celebrate as we look toward Jesus' resurrection. Join together with others over a meal and give thanks for the life, death, and resurrection of Jesus.

## [MONDAY-SATURDAY]

### READ

Mon / Matthew 6:19–34

Thu / 8:18–34

Tue / 7

Fri / 9v1–17

Wed / 8:1–17

Sat / 9:18–38

### PRAY

O Lord and Master of my life! Take from [our World, our City, etc.] the spirit of sloth, faint-heartedness, lust of power and idle talk. But give us rather the spirit of chastity, humility, and the patience and love to be servants. Grant us to see our own errors and not to judge our brothers; for you are blessed unto ages of ages. Amen. [Adapted from St. Ephrem the Syrian]

Tue / City

Wed / Church

Fri / Family

Sat / Self

### DENY

Deny yourself the ability to experience the “words” of others. Fast from personal use of social media each day this week.

### GIVE

Give your “words” as a source of blessing to others. Write a brief handwritten note of encouragement to someone in your life this week.

# Week 4

March 8–14

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## [SUNDAY]

### CELEBRATE

Each Sunday during Lent we celebrate as we look toward Jesus' resurrection. Join together with others over a meal and give thanks for the life, death, and resurrection of Jesus.

## [MONDAY-SATURDAY]

### READ

Mon / Matthew 10

Thu / 12:15–37

Tue / 11:1–24

Fri / 12:38–50

Wed / 11:25–12:14

Sat / 13:1–30

### PRAY

To you, O Master that loves all people, by your mercy we, [the World, City, Church, etc.] go forth and do your work. And we pray to you; help us at all times, in everything; deliver us from every evil thing of this world and from every attack of the devil; save us and bring us to your eternal kingdom. For you are our Creator, the Giver and Provider of everything good; in you is all our hope, and to you we ascribe glory, now and forever, and to the ages of ages. Amen. [Adapted from Saint Macarius]

Tue / City

Wed / Church

Fri / Family

Sat / Self

### DENY

Make a plan to do a traditional fast - deny yourself from eating food throughout the week (if this wouldn't be unhealthy for you).

### GIVE


Serve at Love PVD Day and/or give to our partners Covenant Kids Congo, to provide access to clean water, food, education, and healthcare for generations to come.

[\[covchurch.org/covenantkidscongo\]](http://covchurch.org/covenantkidscongo)









*“Humankind cannot bear very  
much reality.”*

+ T.S. ELIOT

# Week 5

March 15–21

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## [SUNDAY]

### CELEBRATE

Each Sunday during Lent we celebrate as we look toward Jesus' resurrection. Join together with others over a meal and give thanks for the life, death, and resurrection of Jesus.

## [MONDAY-SATURDAY]

### READ

Mon / Matthew 13:31–58	Thu / 15:1–28
Tue / 14:1–21	Fri / 15:29–39
Wed / 14:22–36	Sat / 16:1–12

### PRAY

Lord, we confess to you our [World's, City's, Church's, etc.] day-to-day failure to be human. Lord, we confess that we often fail to love with all we have and are, often because we do not fully understand what loving means, or because we are afraid of risking ourselves. Lord, we cut ourselves off from each other and we erect barriers of division. Lord, we confess that by silence and ill-considered word, we have built up walls of prejudice. Lord, we confess that by selfishness and lack of sympathy, we have stifled generosity and left little time for others. Holy Spirit, speak to us. Help us to listen to your word of forgiveness, for we are very deaf. Come fill this moment and free us from our sin. [Adapted from Cathedral Church of Saint George, Cape Town]

Tue / City  
Wed / Church  
Fri / Family  
Sat / Self

### DENY

Deny yourself the ability to purchase any new possessions [non-food or drink items] each day this week.

### GIVE

Give away one possession to a person in need or a donation center each day this week.

# Week 6

March 22–28

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## [SUNDAY]

### CELEBRATE

Each Sunday during Lent we celebrate as we look toward Jesus' resurrection. Join together with others over a meal and give thanks for the life, death, and resurrection of Jesus.

## [MONDAY-SATURDAY]

### READ

Mon / Matthew 16:13–28	Thu / 19
Tue / 17	Fri / 20
Wed / 18	Sat / 21

### PRAY

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive from [our streets, family, etc.] all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. Amen.

Tue / City  
Fri / Family  
Wed / Church  
Sat / Self

### DENY

Deny yourself the ability to access digital screens during non-work related meals, meetings, and gatherings each day this week.

### GIVE

Intentionally give your time to someone in your life who you don't normally connect with. Reach out to someone who is struggling or someone that God puts on your heart to bless and encourage.

# **Week 7** March 29–April 4 / Holy Week

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## **[SUNDAY]**

### **CELEBRATE**

Each Sunday during Lent we celebrate as we look toward Jesus' resurrection. Join together with others over a meal and give thanks for the life, death, and resurrection of Jesus.

## **[MONDAY-WEDNESDAY]**

### **READ**

Mon / Matthew 22

Tues / 23

Wed / 24–25

### **PRAY**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that [our World/City/Church], walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Mon / World

Tue / City

Wed / Church

### **DENY**

Deny yourself the ability to live in denial about those you have wronged. Take time this week to confessing what you may have done wrong, and ask for forgiveness from a person(s) and God.

### **GIVE**

Give forgiveness to those who have wronged you. Throughout the week, name someone who has wronged you and extend your love and forgiveness to them. Ask God if he is inviting you to reconcile with them.

# *Maundy Thursday* April 1

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## **READ**

Matthew 26:1–46

## **PRAY**

O God, whose blessed Son made himself known to his disciples in the breaking of bread: Open the eyes of my faith, that I may behold him in all his redeeming work; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## **DENY**

Deny yourself the ability to eat breakfast or lunch, allowing the discomfort you experience to remind you of your dependence on God's provision in your life.

## **GIVE**

Send an unlikely guest a meal.

# *Good Friday* April 2

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## **READ**

Matthew 26:47–27:61

## **PRAY**

Almighty and everlasting God, who willed that our Savior should take our flesh and suffer death upon the Cross, that all mankind should follow the example of His great humility, mercifully grant that I may both follow the example of his patience and also be made a partaker of His resurrection. Through the same Jesus Christ. Amen.



# ***Holy Saturday*** April 3

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## **READ**

Matthew 27:62–66

## **PRAY**

O God, who by the glorious resurrection of your Son Jesus Christ destroyed death and brought life and immortality to light: Grant that I, who have been raised with him, may abide in his presence and rejoice in the hope of eternal glory; through Jesus Christ my Lord, to whom, with you and the Holy Spirit, be dominion and praise for ever and ever. Amen.

## **DENY**

Deny yourself the ability to use and enjoy electricity and light for some portion of your day [10 minutes, 1 hour, several hours] as a reminder of the power of darkness in your life and in our world.

## **GIVE**

Send an acquaintance, friend, or family member who recently lost a loved one, “a candle” in the form of a text or call (maybe a simple note acknowledging that your presence with them in their grief) as a symbol of the hope of the resurrection and the life that God offers.

# ***Easter Sunday*** April 4

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## **CELEBRATE**

The day has arrived! Join a gathering and come together [get tested] with others over a meal and give thanks for the resurrection. Or arrange a Zoom meal.

## **READ**

Matthew 28

## **PRAY**

Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that I, who celebrate in the joy of the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

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