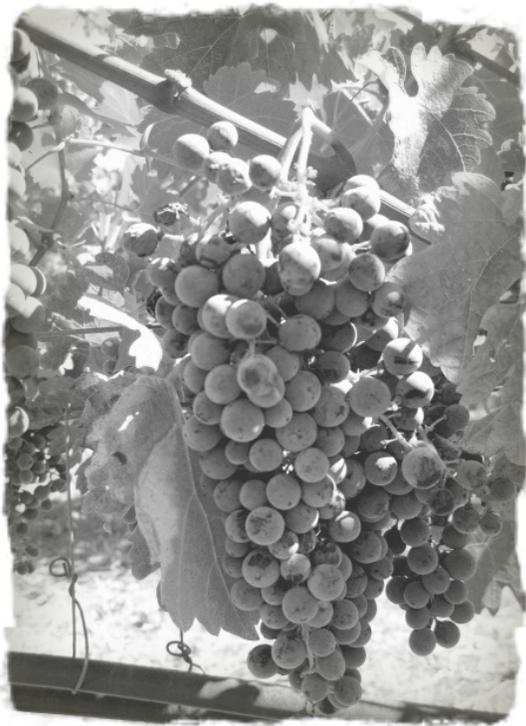


Experiencing Lent



Since the time of the early church, Christians have used the 40 days prior to Easter - a season called "Lent" - as a time of preparation and reflection, a time to live differently.

May you experience Good Friday and Easter Sunday like never before.

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A Letter from the Pastor

Friends -

Good Friday and Easter Sunday are two of the most significant events in the history of the world. And yet, with our overloaded schedules, it's easy to treat those two days as speed bumps in our hectic lives. We might slow down enough to go to church both days, but that's about it. This year we want things to be different. Since the time of the early church, Christians have used the 40 days prior to Easter -- a season called "Lent" -- as a time of preparation and reflection, a time to live differently. So we created this handout to guide you during the next 40 days. May you experience Good Friday and Easter Sunday like never before.

Here are the first three steps to take on this journey . . .

Step 1

Take 15 minutes to read through this entire handout. This will give you an overview of the various spiritual practices you'll be engaging in during Lent.

Step 2

Go to the store and buy a notebook. This will become your "journal" over the next 40 days. Plus, purchase a Bible if you don't currently own one.

Step 3

Get out your calendar and circle **March 5th**. That is the start of Lent this year.

Thanks for joining me on this journey.

-Dan Kopp
Lead Pastor
The Eastside Vineyard Church
tevchurch.org

P.S. While you can go through this journey during Lent by yourself, we believe life change happens best in the context of community. Therefore, we hope everyone locks arms with others during Lent...whether it's with your small group, your family, or a good friend. See page 9 for more details.

FAQs

Isn't Lent Just a Catholic Thing?

Nope. While the Catholic Church celebrates the season of Lent, so do many Protestants including Lutheran, Episcopal, and non-denominational churches. Lent isn't just a Catholic thing... it's a Christian thing that all followers of Jesus can participate in to prepare themselves spiritually and physically for Good Friday and Easter Sunday, the days we remember and celebrate Jesus' death and resurrection.

Why Couldn't I Eat Meat on Fridays When I was Growing Up?

There is an urban legend that has circulated in years past that goes something like this: the reason Christians couldn't eat meat on Fridays was because the Pope got paid off by fish sellers. He passed a decree saying "thou shall not eat meat on Fridays" in order to sell more fish. That's simply not true. It's urban legend. The truth is certain denominations have decided to forgo eating the flesh of animals on Fridays during Lent as a tangible reminder that Jesus sacrificed his flesh for us on Good Friday.

How Long Does Lent Last?

All churches and denominations agree that the season of Lent starts on Ash Wednesday. From there it gets confusing. Some churches say Lent ends on the Thursday before Good Friday (so Good Friday, Saturday, and Easter Sunday aren't part of Lent). Other churches include those three days but say that every Sunday in the Lent isn't technically part of Lent because it is the "Lord's Day" so you shouldn't fast from anything on Sundays. Whether the season of Lent ends the day before Good Friday or whether or not it includes Sundays is not the point. The point of Lent is to intentionally set apart a season of your life to reflect and remember Jesus' death and resurrection.

What About Sundays during Lent?

As the question above stated, some churches do not consider Sundays as part of Lent. So if you're fasting from some form of food or entertainment, Sunday could be a "free day" where you can *do* or *eat* or *watch* or *play* whatever you want. How you treat Sundays is up to you. Don't get legalistic about it. If you feel led by God to fast on Sundays during Lent, then fast. If you feel led by God to consider Sunday a "free day," then do that.

Fasting 101

What is Fasting?

Fasting is a spiritual practice found throughout the Bible where people give up or abstain from something (typically food). See Luke 5:33-34, Matthew 4:1-4, and Jonah 3:5-10 for a few examples.

What Should I Fast From?

When people think of fasting, they typically picture giving up food for a certain amount of time. And while that is one way to do it, you can fast from all types of things . . .

- *TV* – Turn it off (and maybe your DVR too!).
- *Radio* – Stop listening to your favorite radio station when you're driving.
- *Computer* – Unplug your video game or take a break from Facebook or e-mail or the internet.
- *Certain Foods, Snacks, or Beverages* – You can give up a particular food, snack, or drink that you love whether it's pizza, chocolate, Pepsi, or whatever.
- *All Food* – You can skip one meal or not eat anything for an entire day.

How Often Should I Fast?

There are no rules to follow but here are some suggestions . . .

- If you choose to fast from some form of entertainment (e.g., TV, Facebook), you could do so for just one day per week during Lent or give it up altogether from now until Easter Sunday.
- If you choose to fast from food, there are a few ways to do it. If you give up all food for an entire day, you may want to do that just once or twice during Lent. If you give up a certain food, snack, or beverage it may be best to give it up for all 40 days. If you fast from one meal out of the day, you may want to do that once a week.

What Else Should I Do?

Whatever you decide to fast from, take the time you would normally spend in that activity to love God and love others. Here are some examples how to do this. Take the time you normally would be eating (30 minutes for breakfast, lunch, and dinner) or on the computer or watching TV and spend that freed up time . . . Taking a walk in the woods. Reading your Bible individually or as a family. Serving your spouse by doing some housework. Praying. Serving the poor. Journaling. Being in community with your small group. Playing with your kids. Sitting silently.

Perspectives on Fasting

Here are some quotations from a handful of authors to help explain what fasting is and what it does:

John Piper - "A Hunger for God" (p.10)

"Desire for other things" – there's the enemy. And the only weapon that will triumph is a deeper hunger for God. The weakness of our hunger for God is not because he is unsavory, but because we keep ourselves stuffed with "other things." Perhaps, then, the denial of our stomach's appetite for food might express, or even increase, our soul's appetite for God.

Richard Foster - "Celebration of Discipline" (p.60)

Fasting can bring breakthroughs in the spiritual realm that will never happen in any other way. It is a means of God's grace and blessing . . .

Dallas Willard - "The Spirit of the Disciplines" (p.167)

Fasting teaches temperance or self-control and therefore teaches moderation and restraint with regard to all our fundamental drives. Since food has the pervasive place it does in our lives, the effects of fasting will be diffused throughout our personality.

Bible Reading 101

How Do I Read My Bible During Lent?

There are two suggested Bible Reading Plan in this handout. One involves reading all 4 gospels from cover to cover during Lent while the other involves following the reading plan found in *The Book of Common Prayer*.

How Do I Use The Bible Reading Plan?

Do not feel like you have to read every one of the passages listed in either of the Bible Reading Plans on the following pages. Success is not measured by the number of pages read. The goal is not to get through all of the chapters or verses so you can check them off of your “things to do” list. The goal is to be transformed by what we read. For example, if you feel like the Holy Spirit is nudging you to “camp out” in a particular verse or chapter -- wanting you to keep reading and re-reading the same one for several days in a row -- then do it!

How Do I Use The Bible Reading Plan? (for Option 2 only)

The Book of Common Prayer lists five portions from the Bible each day: Psalms (in the morning), Psalms (in the evening), Old Testament, New Testament, and Gospel. Here are a few ways to get the most out of this reading plan. Read them over and pick the one that makes the most sense to you:

- **Option 1:** Pick one category (e.g., the Gospel reading or the Old Testament reading) and only read that portion each day. Ignore the rest of the categories. Act like they don't exist. Once you read your passage, get out your journal and capture your thoughts. See below for tips how to do this.
- **Option 2:** Start with the Psalms (Morning) and read until something “hits” you. In other words, read until something really jumps out at you / where you have an “a ha” moment / where you feel convicted or inspired by what you are reading. On one day, this might happen after you read just a couple verses in Psalms. On another day, it may not happen until you get to the Gospel portion. The key is this: whenever you have this “a ha” moment, stop reading. Spend the rest of your time journaling, thinking, and praying about the verse or verses that impacted you.
- **Option 3:** If you are naturally a fast reader, you could do a “wide reading” approach where you read every passage listed for each day. This is beneficial as it allows you to see the “big picture” and the key themes that led the creators of *The Book of Common Prayer* to group the passages the way they did.

What Questions Should I Be Asking When I Read?

As you read each passage from the Bible here are some questions to guide your thinking:

- What resonated with you?
- What were your “a ha” moments?
- What do you have questions about?
- What bothered you?
- Where was God speaking to you and what did he say?

As you read and reflect on what you read, use the notebook you purchased as your journal to capture your thoughts and answers to these questions. Use a new page in your notebook for each day of Lent. Write a few sentences or a few paragraphs each day, answering the above questions.

What If I Miss a Day?

If you miss a day of reading, give yourself grace. If (when!) this happens, you can choose to “make up” a day by reading two days worth the following day, or simply skip the reading you missed altogether. Be sure to read the three quotes on the following page so you have the right perspective about reading the Bible during Lent.

What if I Don't Understand What I'm Reading?

The important thing is to read each portion of Scripture slowly enough to think about and absorb what you are reading. You may even want to read a passage a few times. However, even after reading a particular passage a few times, you may be scratching your head and thinking, “Huh?” If that is the case, simply move onto the next passage listed on that day's reading. Don't get hung up on what you don't understand.

What about Study Bibles?

It would be a great idea to purchase a Study Bible. This type of Bible contains dozens of notes on every page that explain and unpack what you are reading. A lot of times people read verses from a book like Amos or Galatians and wonder, “Who was Amos or the church in Galatia? What does this verse or that verse mean? What is the context?” Study Bibles provide those answers. Here are some recommended ones to purchase: *The Quest Study Bible*, the *NIV Study Bible*, and the *ESV Study Bible*.

What does “Psalms (Morning)” and “Psalms (Evening)” mean?

The book of Psalms (the “P” is silent so it is pronounced “salms”) was the original song book (hymnal) for believers in God. There are 150 individual Psalms that make up the book. According to the reading plan on page 11, it says “Psalms (Morning)” and “Psalms (Evening)”. You are encouraged to read a Psalm or two in the morning. Then when you get into bed each night, turn off the TV or clock radio and grab your Bible. End your day by reading passages listed under Psalms (Evening). It would be the perfect way to end your day during each day of Lent....thinking about God.

Perspectives on Bible Reading

Here are some quotations from a handful of authors about reading the Bible:

David Watson - “Fear No Evil: A Personal Struggle with Cancer” (pp.176-177)

To begin, choose a single piece of Scripture – one “thought” of God's – that you will live with for one day . . . Take, for example, this thought from Psalm 46:10, “Be still, and know that I am God!” For one day, live with these words. Let your mind continually return to them in secret. “Today as best I can, I am going to be still. I am not going to chatter thoughtlessly. I will remember that I don't have to defend myself or make sure people think of me the way I want them to.”

John Ortberg – “The Life You've Always Wanted” (p.187-188)

If we feed our souls regularly on God's Word, several times each day, we should become robust spiritually just as we feed on ordinary food several times each day, and become robust physically.

John Ortberg - “The Life You've Always Wanted” (p.190)

Success is not measured by the number of pages read. Sometime ago I set a goal of praying through the psalms, one psalm a day . . . But a strange thing happened. I found that my goal became to get through the psalms . . . Naturally, this utterly sabotaged God's real purpose in giving the psalms in the first place. God wants to speak to us, to renew us. And if he is using one psalm, or even one word, to do this, our job is to stick with it as long as it takes to learn what we need to learn. The goal is not for us to get through the Scriptures. The goal is to get the Scriptures through us.

Prayer 101

How Do I Pray During Lent?

Learning to pray is a lifelong process. You'll never be an "expert." And there are many ways to do it. During this season of Lent, consider praying for one topic each day of the week (e.g., on Monday you pray for yourself; Tuesday for personal enemies, etc.). If having a scheduled time of prayer is new to you, start by praying just five minutes per day and then go from there. Here are some specific things to pray about under each topic:

- **Yourselves:** job, finances, emotional health, that God becomes more real to you, etc. Don't ever feel selfish praying for yourself. In fact, this is a great place to start as it cultivates your relationship with God.
- **Personal Enemies:** Jesus said, "But I tell you: Love your enemies and pray for those who persecute you . . ." (Matthew 5:44). Is there someone in your life that you don't get along with, someone you don't like? Pray for them!
- **Key Relationships:** One of the best things we can do for our spouse, children, parents, and friends is pray for God's direction and influence in their lives.
- **Non-Christians:** Is there someone in your life who is not a follower of Jesus? Pray that God softens their heart, that they become open to the gospel message, that an opportunity may arise to talk about spiritual things.
- **Church:** Pray for the leaders of your church by name. Pray that God leads them as they lead the church.
- **Influencers:** Pray for the President of the United States (regardless of whether or not you voted for him) and other people of influence around the world by name. Philip Yancey writes, "What about Islamic radicals who now oppose the West with violence? What effect might it have if every Christian church adopted the name of one Al-Qaeda member and prayed faithfully for that person?" (*Prayer*, p.310)
- **The World:** Pray for peace on earth and goodwill toward all men. Pray for peace in the parts of the world where there is violence. In heaven there is no war and no bloodshed. Pray that God's Kingdom may come and His will may be done on earth as it is in heaven.

Perspectives on Praying

Here are some quotations from a handful of authors about praying:

Greg Boyd - "Letters From A Skeptic" (pp.64-65)

The main purpose of talking to God (that's all prayer really is) has little to do with asking for things . . . It's to build a faith-filled, loving relationship with our Creator and Redeemer. What kind of relationship would I have with [my wife] if the only time we ever talked was to make requests of each other? Not much of one, I suspect. And so it is with God. The main function of prayer is simply to be with Someone you love: to talk, to listen, or to simply "commune" with your Creator.

John Ortberg - "The Life You've Always Wanted" (pp.94,95)

You don't know how many people have been strengthened because you asked God to encourage them; how many people have been healed because you prayed for their bodies; how many spiritual runaways have come home because you prayed for their souls. None of us may ever know the true effects of our prayers this side of death... [But] the Bible's teaching on prayer leads overwhelmingly to one conclusion: Prayer changes things.

Small Group / Family Discussion

While you can go through this journey during Lent by yourself, we believe life change happens best in the context of community. Therefore, we hope everyone locks arms with others during Lent . . . whether it's with your small group, your family, or a good friend. That way, you can share what you learn and experience over the next 40 days with others. We suggest you meet together once a week and go through the questions listed below each time you gather. It will be interesting how you answer this same list of questions differently as you progress in your Lenten journey.

1. What are you fasting from during Lent? How is it going? Did you “cheat” at all this week? How much do you miss whatever you’re fasting from?
2. With all of the Bible reading you did this past week . . . What resonated with you? What were your “a ha” moments? What didn’t make sense? What do you have questions about? What bothered you? Where was God speaking to you and what did he say? (Note: don’t feel the need to answer every one of these questions. Each person can pick one or two of these to answer as you go around the room).
3. Of all of the things you prayed for this week, which did you feel most passionate to pray about? And if God answered any of your prayers this week, share them with the group.
4. Is there something you wrote in one of your daily journal entries this week that you didn’t share when you answered Questions 1, 2, or 3? Here’s your chance!
5. How has engaging in the spiritual practices (Bible reading, prayer, fasting, journaling) impacted you up to this point in the 40 day journey of Lent?
6. If you attended church this past weekend, was there anything you heard in the sermon or experienced in the service that was an “a ha” moment, something significant for you?

Bible Reading Plan (Option 1)

The 4 Gospels

*This page contains a Bible Reading Plan for Lent. It contains a day-by-day guide so if you follow it, you will read all 4 gospels between Ash Wednesday and Easter Sunday. Each gospel paints a “portrait” of Jesus and by reading these 4 biographies back-to-back-to-back-to-back, you will gain insight and perspective into the life of Jesus like never before. See pages 6-7 for ideas how to get the most out of this reading plan. **Tip: tear out this page, fold it in half and use it as a bookmark in your Bible. That way you’ll have this reading plan right at your fingertips.***

March 5 (Ash Wednesday) -Mark 1-2

March 6 - Mark 3-4

March 7 - Mark 5-6

March 8 - Mark 7-8

March 9 - Mark 9-10

March 10 - Mark 11-12

March 11 - Mark 13-14

March 12 - Mark 15

March 13 - Mark 16

March 14 - Matthew 1-2

March 15 - Matthew 3-4

March 16 - Matthew 5-7

March 17 - Matthew 8-9

March 18 - Matthew 10-11

March 19 - Matthew 12-13

March 20 - Matthew 14-15

March 21 - Matthew 16-17

March 22 - Matthew 18-19

March 23 - Matthew 20-21

March 24 - Matthew 22-23

March 25 - Matthew 24

March 26 - Matthew 25-26

March 27 - Matthew 27

March 28 - Matthew 28

March 29 - Luke 1-2

March 30 - Luke 3-4

March 31 - Luke 5-7

April 1 - Luke 8-9

April 2 - Luke 10-11

April 3 - Luke 12-13

April 4 - Luke 14-16

April 5 - Luke 17-18

April 6 - Luke 19-21

April 7 - Luke 22-23

April 8 - Luke 24

April 9 - John 1-3

April 10 - John 4-6

April 11 - John 7-9

April 12 - John 10-11

April 13 (Palm Sunday) - John 12

April 14 - John 13

April 15 - John 14

April 16 - John 15-16

April 17 - John 17-18

April 18 (Good Friday) - John 19

April 19 - John 20

April 20 (Easter Sunday) - John 21

Bible Reading Plan (Option 2)

The Book of Common Prayer

*This page contains a Bible Reading Plan for Lent. It was adapted from the Book of Common Prayer which has been used by Christians of all denominations for hundreds of years. Think about this -- you will be reading the same Scriptures that millions of Christians around the world are reading on the same day! You will all be on the same page...literally. Each day contains a portion of Scripture from the Psalms, Old Testament, New Testament, and a Gospel. See pages 6-7 for ideas how to get the most out of this reading plan. **Tip: tear out each of the following pages one at a time and put them in your Bible. For example tear out this page, fold it in half and use it as a bookmark in your Bible for the first couple weeks of Lent. Once you complete the reading on this page, tear out the next one and put that one in your Bible. That way you'll have this reading plan right at your fingertips.***

March 5 - Ash Wednesday

Psalms (Morning)	Psalm 32, 143
Psalms (Evening)	Psalm 102, 130
Old Testament	Amos 5:6-15
New Testament	Hebrews 12:1-14
Gospel	Luke 18:9-14

March 6

Psalms (Morning)	Psalm 37:1-17
Psalms (Evening)	Psalm 37:18-40
Old Testament	Habakkuk 3:1-18
New Testament	Philippians 3:12-21
Gospel	John 17:1-8

March 7

Psalms (Morning)	Psalm 31
Psalms (Evening)	Psalm 35
Old Testament	Ezekiel 18:1-32
New Testament	Philippians 4:1-9
Gospel	John 17:9-19

March 8

Psalms (Morning)	Psalm 30, 32
Psalms (Evening)	Psalm 42, 43
Old Testament	Ezekiel 39:21-29
New Testament	Philippians 4:10-20
Gospel	John 17:20-26

March 9 - First Sunday of Lent

Psalms (Morning)	Psalm 63, 98
Psalms (Evening)	Psalm 103
Old Testament	Daniel 9:3-10
New Testament	Hebrews 2:10-18
Gospel	John 12:44-50

March 10

Psalms (Morning)	Psalm 41, 52
Psalms (Evening)	Psalm 44
Old Testament	Genesis 37:1-11
New Testament	1 Corinthians 1:1-19
Gospel	Mark 1:1-13

March 11

Psalms (Morning)	Psalm 45
Psalms (Evening)	Psalm 47, 48
Old Testament	Genesis 37:12-24
New Testament	1 Corinthians 1:20-31
Gospel	Mark 1:14-28

March 12

Psalms (Morning)	Psalm 119:49-72
Psalms (Evening)	Psalm 49
Old Testament	Genesis 37:25-36
New Testament	1 Corinthians 2:1-13
Gospel	Mark 1:29-45

March 13

Psalms (Morning)	Psalm 50
Psalms (Evening)	Psalm 19, 46
Old Testament	Genesis 39:1-23
New Testament	1 Corinthians 2:14-3:15
Gospel	Mark 2:1-12

March 14

Psalms (Morning)	Psalm 40, 54
Psalms (Evening)	Psalm 51
Old Testament	Genesis 40:1-23
New Testament	1 Corinthians 3:16-23
Gospel	Mark 2:13-22

March 15

Psalms (Morning)	Psalm 55
Psalms (Evening)	Psalm 138, 139:1-24
Old Testament	Genesis 41:1-13
New Testament	1 Corinthians 4:1-7
Gospel	Mark 2:23-3:6

March 16 - Second Sunday of Lent

Psalms (Morning)	Psalm 24, 29
Psalms (Evening)	Psalm 8, 84
Old Testament	Genesis 41:14-45
New Testament	Romans 6:3-14
Gospel	John 5:19-24

March 17

Psalms (Morning)	Psalm 56, 57
Psalms (Evening)	Psalm 64, 65
Old Testament	Genesis 41:46-57
New Testament	1 Corinthians 4:8-21
Gospel	Mark 3:7-19a

March 18

Psalms (Morning)	Psalm 61, 62
Psalms (Evening)	Psalm 68
Old Testament	Genesis 42:1-17
New Testament	1 Corinthians 5:1-8
Gospel	Mark 3:19b-35

March 19

Psalms (Morning)	Psalm 132
Psalms (Evening)	Psalm 34
Old Testament	Isaiah 63:7-16
New Testament	Ephesians 3:14-21
Gospel	Matthew 1:18-25

March 20

Psalms (Morning)	Psalm 70
Psalms (Evening)	Psalm 74
Old Testament	Genesis 42:29-38
New Testament	1 Corinthians 6:10-20
Gospel	Mark 4:21-34

March 21

Psalms (Morning)	Psalm 69
Psalms (Evening)	Psalm 73
Old Testament	Genesis 43:1-15
New Testament	1 Corinthians 7:1-9
Gospel	Mark 4:35-41

March 22

Psalms (Morning)	Psalm 75, 76
Psalms (Evening)	Psalm 23, 27
Old Testament	Genesis 43:16-34
New Testament	1 Corinthians 7:10-24
Gospel	Mark 5:1-20

March 23 - Third Sunday of Lent

Psalms (Morning)	Psalm 93, 96
Psalms (Evening)	Psalm 34
Old Testament	Genesis 44:1-17
New Testament	Romans 8:1-10
Gospel	John 5:25-29

March 24

Psalms (Morning)	Psalm 80
Psalms (Evening)	Psalm 77
Old Testament	Genesis 44:18-34
New Testament	1 Corinthians 7:25-31
Gospel	Mark 5:21-43

March 25

Psalms (Morning)	Psalm 85, 87
Psalms (Evening)	Psalm 110:1-5
Old Testament	Isaiah 52:7-12
New Testament	Hebrews 2:5-10
Gospel	John 1:9-14

March 26

Psalms (Morning)	Psalm 119:97-120
Psalms (Evening)	Psalm 81, 82
Old Testament	Genesis 45:16-28
New Testament	1 Corinthians 8:1-13
Gospel	Mark 6:13-29

March 27
 Psalms (Morning) Psalm 42, 43
 Psalms (Evening) Psalm 85, 86
 Old Testament Genesis 46:1-34
 New Testament 1 Corinthians 9:1-15
 Gospel Mark 6:30-46

March 28
 Psalms (Morning) Psalm 95, 88
 Psalms (Evening) Psalm 91, 92
 Old Testament Genesis 47:1-26
 New Testament 1 Corinthians 9:16-27
 Gospel Mark 6:47-56

March 29
 Psalms (Morning) Psalm 87, 90
 Psalms (Evening) Psalm 136
 Old Testament Genesis 47:27-48:7
 New Testament 1 Corinthians 10:1-13
 Gospel Mark 7:1-23

March 30 - Fourth Sunday of Lent
 Psalms (Morning) Psalm 66, 67
 Psalms (Evening) Psalm 19, 46
 Old Testament Genesis 48:8-22
 New Testament Romans 8:11-25
 Gospel John 6:27-40

March 31
 Psalms (Morning) Psalm 89:1-18
 Psalms (Evening) Psalm 89:19-52
 Old Testament Genesis 49:1-28
 New Testament 1 Corinthians 10:14-11:1
 Gospel Mark 7:24-37

April 1
 Psalms (Morning) Psalm 97, 99
 Psalms (Evening) Psalm 94
 Old Testament Genesis 49:29-50:14
 New Testament 1 Corinthians 11:17-34
 Gospel Mark 8:1-10

April 2
 Psalms (Morning) Psalm 101, 109
 Psalms (Evening) Psalm 119:121-144
 Old Testament Genesis 50:15-26
 New Testament 1 Corinthians 12:1-11
 Gospel Mark 8:11-26

April 3
 Psalms (Morning) Psalm 69
 Psalms (Evening) Psalm 73
 Old Testament Exodus 1:6-22
 New Testament 1 Corinthians 12:12-26
 Gospel Mark 8:27-9:1

April 4
 Psalms (Morning) Psalm 102
 Psalms (Evening) Psalm 107:1-32
 Old Testament Exodus 2:1-22
 New Testament 1 Corinthians 12:27-13:3
 Gospel Mark 9:2-13

April 5
 Psalms (Morning) Psalm 107:33-43, 108
 Psalms (Evening) Psalm 33
 Old Testament Exodus 2:23-3:15
 New Testament 1 Corinthians 13:1-13
 Gospel Mark 9:14-29

April 6 - Fifth Sunday of Lent
 Psalms (Morning) Psalm 118
 Psalms (Evening) Psalm 145
 Old Testament Exodus 3:16-4:12
 New Testament Romans 12:1-21
 Gospel John 8:46-59

April 7
 Psalms (Morning) Psalm 31
 Psalms (Evening) Psalm 35
 Old Testament Exodus 4:13-31
 New Testament 1 Corinthians 14:1-19
 Gospel Mark 9:30-41

April 8

Psalms (Morning)	Psalm 121, 122, 123
Psalms (Evening)	Psalm 124, 125, 126
Old Testament	Exodus 5:1-6:1
New Testament	1 Corinthians 14:20-40
Gospel	Mark 9:42-50

April 9

Psalms (Morning)	Psalm 119:145-176
Psalms (Evening)	Psalm 128, 129, 130
Old Testament	Exodus 7:8-24
New Testament	2 Corinthians 2:14-3:6
Gospel	Mark 10:1-16

April 10

Psalms (Morning)	Psalm 131, 132
Psalms (Evening)	Psalm 140, 142
Old Testament	Exodus 7:25-8:19
New Testament	2 Corinthians 3:7-18
Gospel	Mark 10:17-31

April 11

Psalms (Morning)	Psalm 22
Psalms (Evening)	Psalm 141, 143
Old Testament	Exodus 9:13-35
New Testament	2 Corinthians 4:1-12
Gospel	Mark 10:32-45

April 12

Psalms (Morning)	Psalm 137, 144
Psalms (Evening)	Psalm 42, 43
Old Testament	Exodus 10:21-11:8
New Testament	2 Corinthians 4:13-18
Gospel	Mark 10:46-52

April 13 - Palm Sunday

Psalms (Morning)	Psalm 24, 29
Psalms (Evening)	Psalm 103
Old Testament	Zechariah 9:9-12
New Testament	1 Timothy 6:12-16
Gospel	Luke 19:41-48

April 14

Psalms (Morning)	Psalm 51
Psalms (Evening)	Psalm 69:1-21
Old Testament	Lamentations 1:1-12
New Testament	2 Corinthians 1:1-7
Gospel	Mark 11:12-35

April 15

Psalms (Morning)	Psalm 6, 12
Psalms (Evening)	Psalm 94
Old Testament	Lamentations 1:17-22
New Testament	2 Corinthians 1:8-22
Gospel	Mark 11:27-33

April 16

Psalms (Morning)	Psalm 55
Psalms (Evening)	Psalm 74
Old Testament	Lamentations 2:1-9
New Testament	2 Corinthians 1:23-2:11
Gospel	Mark 12:1-11

April 17 - Maundy Thursday

Psalms (Morning)	Psalm 102
Psalms (Evening)	Psalm 142, 143
Old Testament	Lamentations 2:10-18
New Testament	1 Cor. 10:14-17, 11:27-32
Gospel	Mark 14:12-25

April 18 - Good Friday

Psalms (Morning)	Psalm 95
Psalms (Evening)	Psalm 40, 54
Old Testament	Lamentations 3:1-33
New Testament	1 Peter 1:10-20
Gospel	John 13:36-38, 19:38-42

April 19 - Holy Saturday

Psalms (Morning)	Psalm 88
Psalms (Evening)	Psalm 27
Old Testament	Lamentations 3:37-58
New Testament	Hebrews 4:1-16
Gospel	Romans 8:1-11

April 20 - Easter Sunday

Psalms (Morning)	Psalm 148, 149, 150
Psalms (Evening)	Psalm 113, 114
Old Testament	Exodus 12:1-14
Gospel #1	Luke 24:13-35
Gospel #2	John 20:19-23

“Helping Those Who Need Help”

A List of Organizations

We are called to show God's love in practical ways. Here is a list of organizations where you, your family, or your small group can put your faith in action by serving the poor and those in need during the season of Lent and beyond. Note: Some organizations require an orientation or training or background checks before you can serve with them so be sure to contact them well in advance to make sure you can serve on the date you want.

Your “Neighbor”

Compassion happens best in the context of relationships. Begin with your immediate circle of relationships: co-workers, single moms, single dads, neighbors, family members, and friends. Even if they aren't homeless, how are they in need? How can you be a blessing to them? How can you show God's love in practical ways to them? (Some ideas: offer to babysit for a single parent who needs a night off // do yard work for an elderly person // provide meals for people who have a family member in the hospital // tutor a child in your neighborhood who is struggling in school). If there is no one in your immediate circle whom you can serve, contact a local charitable group as listed below. They will be able to put you to work!

Habitat for Humanity - Macomb County

Macomb County Habitat for Humanity is a non-profit, ecumenical Christian based, housing ministry that provides low-income, working families the opportunity to purchase safe, decent, affordable housing in which to raise their families. Habitat was founded in the belief that every man, woman, and child should have a decent, affordable place to live, where they may dwell in dignity and safety. No experience required! You don't need to be an expert at swinging a hammer to serve with Habitat for Humanity.

website: macombhabitat.org

e-mail: volunteer@macombhabitat.org

phone: 586.263.1540

Renaissance Vineyard Church Food Pantry

Help provide groceries to people in our community that are in need. The pantry is typically open 2x per month and is located right at the church (1841 Pinecrest, Ferndale, MI 48220). For more information or to sign up, please contact marygrace@renvc.com or call the church office at 248.545.4664.

Central Detroit Christian (CDC)

Through education, employment and economic development, Central Detroit Christian (CDC) strives to instill hope, faith and values while inspiring individuals within the community to reach their highest potential as confident, productive and caring community leaders and citizens. Volunteers are needed several days of the week for various programs. For example, spend a Tuesday night pouring into underprivileged, elementary-age kids -- begin by eating dinner with them and then be part of the team that helps them with subjects they are struggling with in school as well as teaching them about God's love for them.

Website: www.centraldetroitchristian.org

E-mail: dfoster@detcdc.org

Phone: 313.873.0064

God's Helping Hands

Provides free food and clothing for those in need. A Christian organization. Members of our church have volunteered here in the past and connected with Lisa Cain, the president and co-founder.

Location: 1866 Star-Batt, Rochester Hills, MI 48309

e-mail: godshelpinghands@comcast.net

phone: 248.852.7400

Open Hands Food Pantry

Open Hands Food Pantry provides emergency food and toiletries to residents of Oakland County.

When: Every Saturday at 9:30 a.m. and every Monday at 1:00 p.m.

Location: St. John's Episcopal Church 26998 Woodward Ave., Royal Oak MI 48067

e-mail: pantry@openhandspantry.info

phone: 248.546.1255

Communi-D BBQ - Detroit OR Mount Clemens

We'll be hanging out with our friends (both the homeless and those who are not homeless) in "The Clem" and in "The D." Notice this is a time WITH the community, not for. This is an opportunity to meet and hang out with some people who we don't already know. Let's show God's love in a practical way by having a BBQ with those in need.

When: Saturdays at 1pm. Location: Shadyside Park / 166 Barbara St. / Mount Clemens, MI or Redmond Plaza / 2nd Ave. & Selden St. / Detroit, MI 48201

Website: elevatedetroit.com

E-mail: mike@elevatedetroit.com

Macomb County Interfaith Volunteer Caregivers

A non-profit organization that provides assistance to older and disabled adults in our community. Our services include: light housework and meal preparation // transportation to doctor appointments and essential errands // minor home repairs, maintenance, chores, and yard work // friendly visits and supportive phone calls for the lonely and disabled.

Contact: 586.757.5551

Hope Center in Macomb

With volunteers such as you we will be able to provide food for thousands of families in need each month.

We are always looking for individuals or groups (ask your employer about getting your company involved!) who can get involved in our mission. Some of the volunteer opportunities available are: Pantry Stocking // Pantry Checkout // Pantry Intake // Pantry Host // Reception Desk // Greeter // Data Entry // Plus Many More!!

Where: 33222 Groesbeck Hwy, Fraser, MI 48026

Website: hopecentermacomb.org

Contact: Tammy at 248.761.5863 or Lisa at 586.294.HOPE.

Grace Centers of Hope

Every year volunteers give thousands of hours to help care for the homeless, abused, and addicted at Grace Centers of Hope. Without their help, we would indeed be defeated! More than 500 volunteers a month give their precious time to Grace Centers to do everything from helping to cook and serve meals, to sorting food in the pantry, to counseling, and caring one-on-one for the men, women, and children who have come to rely on their "special friends."

Contact: Mary Beth Harvill, Volunteer Coordinator, Ext. 34 or mharvill@gracecentersofhope.org or Marilyn Macadaeg, Assistant Volunteer Coordinator, Ext. 17 or mmacadaeg@gracecentersofhope.org

Website: gracecentersofhope.org