

JOURNEY  
*to the* CROSS  
forty days of lent



PRAYER BOOK



# INTRODUCTION

For centuries, the 40 days leading up to Easter have been a time for the disciples of Jesus to prepare for the most significant event in the Christian calendar. Many deny themselves sweets or other indulgences in order to better



understand how the crucifixion and resurrection define our lives. It can seem like it's meant to be a sombre time where we consider death, limitation, and the uncertainty of our world. In light of the Cross, we see something about our frailty and fault - how we have missed the calling God has set before us. We look to the Scriptures to renew our understanding of the last days of our Lord's life. On that Good Friday, sin and death seemed to win but instead were defeated. **And yet there is potential in all of it, just hiding around the corner.** We know the light at the end of the tunnel, the new day about to dawn is on its way. Hope is not lost. Easter is the celebration of the time when God passed over our sins and led us into an everlasting Promised Land that is full of the goodness and joy which are the hallmarks of His Kingdom. We live fuller lives, enriched by the spiritual war that was won at Calvary.

For the next 40 days, as a community, we'll be taking a journey towards the Cross and beyond. Each week will feature an ancient form of prayer and reflection, repeated every day for six days. On those days you will practise using those exercises, accompanied by a portion of Scripture to use as inspiration, information and reflection. They are designed to take only ten minutes and shouldn't require any extra materials except a Bible and pen. Many of these practices, while used for hundreds (and sometimes thousands) of years, will be brand new to you. Try them with an open heart and mind, and know that if they are challenging, that's part of the process. They're meant to stretch your understanding of what it means to experience and follow Jesus.

Monks would often refer to a “rule” they had for their lives. This rule was less a set of laws to be followed but instead a way of measuring their hearts. Like a ruler shows us the length of a piece of paper, these rules show you the “space” you’ll need to benefit from this journey. Think of them as your spiritual GPS, to guide you to your destination.

Every Sunday in the Christian calendar is meant to be a reminder of the Resurrection - a party where we bask in the glory of the Sabbath that is a window into the Kingdom of God. We are going to list Celebrating as a “seventh” spiritual discipline, where we take a weekly break to feast, laugh, dance, sing, and enjoy friends and family. Every week of activities ends with a Sabbath page where you are to take a break from your reflection and do something joyful. Don’t skip it to do your laundry; it’s as much of a spiritual act as the prayers we’ll be performing during the week. It’s a good idea to take a peek at the next week’s Sabbath so that you can plan ahead and get the most out of it!

These days will be filled with insights about how God is moving and has moved throughout history. Write them down! This will be a journey taken both as individuals and as a collection of travellers moving towards the most important day in human history. Pack light, and be ready for the Spirit of God to guide you home.

### **The “Rules”**

#### **10 Minutes.**

These activities only require ten minutes; take more time but set aside *at least* this much time.

#### **No Grades.**

There are no tests, and there isn’t a magic formula. Do your best, and try to focus on the goals of these practices. These are *practices* after all.

#### **Create Space.**

Carve out a time of day that works for you, with minimal distractions you feel most alert. Try to keep the time consistent, at least for a week at a time.

#### **Try.**

Try everything, even if it seems strange.

#### **Celebrate!**

Don’t skip the Sabbaths; they are there for a reason and aren’t just a day off. They are designed to help you remember the truth of God’s Kingdom.

*Godspeed!*

# WEEK ONE

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## CENTERING PRAYER



It might seem simple, but the primary instruction for the Centering Prayer is to “be quiet.” Most of the time our prayers are thoughts or words but we rarely make space to hear what God may be trying to say to us. Centering Prayer is about allowing ourselves to rest in God’s presence, to allow us to simply enjoy the knowledge of God’s love for us.

### SCRIPTURE BACKGROUND

*This week’s Scriptures are all from the Songs of Ascent. These songs were sung by the Israelites as they would travel to Jerusalem for the Passover, the yearly celebration of God’s deliverance from their exile in Egypt.*

# CENTERING PRAYER

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

2. **Read the Daily Scripture**, letting the words help you settle into a quiet space.

3. **Choose a word or phrase** you can roll over in your mind, repeating it in such a way that it focuses your thoughts without dominating them. It can be anything, but choose something that helps you become aware of God's presence. Examples can be "Jesus", "Hope", or "Marya" (the Aramaic word for Lord). Use this to settle your mind when you find your mind wandering.

4. Once you've found a word and find yourself settled, allow yourself simply to **be still and silent**. Try to focus on the sensation of being free, of nothing demanding anything of you or your time. Simply rest in God's love. If you find your mind beginning to wander, simply begin to repeat the phrase or word again until your mind settles. Keep this word or phrase at the forefront of your mind during this exercise. This will create the necessary focus to prevent you from getting distracted.

5. Once you've done this for awhile (give yourself at least 7-10 minutes), take a few moments to **slowly come out of the silence**, thanking God for His desire to be close to us. Some people find a prayer like the Lord's Prayer helpful in this moment, as a reminder for what God is calling us to do during prayer.

## DAY 1 (Mon)

*Daily Scripture:*  
Psalm 121

## NOTES

[illegible]

## DAY 2 (Tue)

*Daily Scripture:*  
Psalm 122

## NOTES

[illegible]

# CENTERING PRAYER

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

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## DAY 3 (Wed)

*Daily Scripture:*  
Psalm 124

## NOTES

[illegible]

## DAY 4 (Thu)

*Daily Scripture:*  
Psalm 126

## NOTES

[illegible]

# CENTERING PRAYER

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

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## DAY 5 (Fri)

*Daily Scripture:*  
Psalm 127

## NOTES

[illegible]

## DAY 6 (Sat)

*Daily Scripture:*  
Psalm 131

## NOTES

[illegible]

# SABBATH

## Games Night:

As a family or with friends, have a games night with fun, food and, of course, games! Games are a great way to bond with people you care about, but they're also great for reminding us that our lives aren't all about work. This Sabbath, focus on the joy that comes from play, and remember that God designed you to enjoy your time on this earth!



## Mission:

Take a photo of your group that best represents "how you play."

### Some things you can try:

Pick a board game that none of you have ever played before. There are some great places online for recommendations (<http://boardgamegeek.com/>).

Have a "musical games" night where you pick 3-4 simple quick games, set them all up, and rotate to each game as you finish a round.

If you just can't decide what to play, put a piece (or card) from each game in a hat and have someone draw it out at random.

It's a good idea to read ahead to the next Sabbath every week. That way you can plan ahead to get the most out of it.

# WEEK TWO

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## IGNATIAN EXAMEN



The Ignatian Examen was developed by Ignatius of Loyola, a priest and former soldier who formed the Society of Jesus (or Jesuits) in 1541. His students became some of the most prolific educators, scholars, and spiritual guides in the modern Church. At the core of their way of life was the Examen, a daily process of reflection designed to help them process the events of the day in light of God's action and grace. Usually performed in the early evening, it is a simple process of reviewing the day and considering how God's activity has been interwoven with our own.

### SCRIPTURE BACKGROUND

*This week's Scriptures come from the Epistles, or Letters, of Paul. Their focus is on the living of the Christian life, and how we express our devotion to God.*

# IGNATIAN EXAMEN

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

2. **Rest and remind yourself of God's presence.** Think of how, even if you were unaware of it, God was with you throughout the day.

3. **Read the Daily Scripture,** using it to help you settle into your space.

4. **Ask for freedom** from the stress, anxiety, and pain of the day. Allow the grace of God to remind you of your infinite value to God.

5. **Think through the past day.** Try to find the first thing you can remember that you are thankful for. What was a highlight from the past 12-24 hours? Thank God for the gift of that moment, and reflect on why that moment spoke to you. It will be a clue to what drives you and how God could be using you.

6. As you reflect on the day, what times do you **remember** where you felt burdened, unhappy, stressed, or disappointed? Was there a moment where you felt you made a mistake or failed? Ask God to lead you through those times, asking what you could change. Ask for freedom from those moments, knowing that God's grace is larger than your mistakes.

7. **Speak to God.** Tell Him whatever is on your heart and mind, allowing Him to listen to the core of what you are expressing. Allow yourself to speak either silently or aloud.

8. **Finish your prayer with thankfulness** to God for His presence throughout the day, and in anticipation of a new start tomorrow.

**Patterns:** As the week goes, try to find the patterns that emerge from your Examen. What are the times you find yourself the closest to God? When do you feel the farthest? Use the repetition of the reviewing of your day to find where God is moving in your life and use that to guide your plans and activities.

## DAY 8 (Mon)

*Daily Scripture:*  
1 Thessalonians 4:11-12

## NOTES

[illegible]

## DAY 9 (Tue)

*Daily Scripture:*  
Romans 14:7-9

## NOTES

[illegible]

# IGNATIAN EXAMEN

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

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## DAY 10 (Wed)

*Daily Scripture:*  
Colossians 3:1-4

## NOTES

[illegible]

## DAY 11 (Thu)

*Daily Scripture:*  
1 Peter 4:10-11

## NOTES

[illegible]

# IGNATIAN EXAMEN

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

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**Patterns:** As the week goes, try to find the patterns that emerge from your Examen. What are the times you find yourself the closest to God? When do you feel the farthest? Use the repetition of the reviewing of your day to find where God is moving in your life and use that to guide your plans and activities.

## DAY 12 (Fri)

*Daily Scripture:*  
2 Corinthians 4:7-10

## NOTES

[illegible]

## DAY 13 (Sat)

*Daily Scripture:*  
Philippians 2:13-16

## NOTES

[illegible]

# SABBATH

## **Feast:**

There's an old saying that some people eat to live, while others live to eat. Well the truth is, we all need to eat - so why not have some fun! No dieting today - pick something you love and realize the truth of Psalm 34:8, "Taste and see that the Lord is good"! This week's Sabbath is a reminder of how, while we sometimes have to restrain ourselves, God's desire is for us to embrace the bounty He has set before us. Even if you're on a restricted diet, find something you can eat that you love and really savour it. It's not by accident that God used a feast to illustrate heaven (Isaiah 25:6-9).

## **Mission:**

Bake or cook something you've always wanted to try but never found the time to.

Plan and execute one of the following extreme meals:

- 5 Topping Pizza
- Monster Mashed Potatoes
- Rainbow Jello
- Dino Ribs
- Or anything else that feels "feasty." The idea is to eat something awesome and to enjoy!



It's a good idea to read ahead to the next Sabbath every week. That way you can plan ahead to get the most out of it.

# WEEK THREE

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## FASTING



Fasting is the most traditionally observed activity during the Lent season. Many people give up something for the 40 days of Lent, often something they usually find joy in. This is done not to punish themselves but to serve as a daily reminder of the great sacrifice Jesus made on our behalf. Fasting from food (and sometimes drink) is a practice that goes back thousands of years. The Israelites were instructed to give up food during times of mourning and repentance, as a means to humble themselves before God. It can be a very practical reminder of our limitations as humans, and our need for and dependence on God.

## SCRIPTURE BACKGROUND

*This week's Scriptures are taken from the Book of Isaiah, a prophet who spoke of the coming Messiah who would save the people from their sin and called the nation to turn to God. Jesus frequently quoted Isaiah in reference to Himself.*

# FASTING

You have three options for how you can fast:

1. **Give up food.** You can decide what would work best for you, but it is suggested if you haven't done it before, to skip one meal a day for the six days. Take the time you would have spent on the meal to pray and read the Daily Scripture. Journal how the process is challenging you to depend on God.

2. **Give up a specific food.** If losing a meal would be unsafe or too difficult, give up a specific food you like, such as chocolate or coffee. Use your desire for this as a cue to pray and thank God for His power to sustain you, and to read the Daily Scripture.

3. **Give up something else of value.** If you have a restricted diet or can't otherwise give up food, find another activity or convenience you can give up (such as checking Facebook, watching TV, etc.) that you can cut out for the week. Use the times when you would do these activities to pray, reflect, and read the Daily Scripture.

**Note:** If you have difficulty remembering to read the Daily Scripture, pick a specific time each day (e.g. 12:15-12:25 pm) to take 10 minutes to read them, reflecting on how they connect with your fast.

## DAY 15 (Mon)

*Daily Scripture:*  
Isaiah 25:1-5

## NOTES

[illegible]

## DAY 16 (Tue)

*Daily Scripture:*  
Isaiah 49:8-11

## NOTES

[illegible]

# FASTING

You have three options for how you can fast:

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**Note:** If you have difficulty remembering to read the Daily Scripture, pick a specific time each day (e.g. 12:15-12:25 pm) to take 10 minutes to read them, reflecting on how they connect with your fast.



## DAY 17 (Wed)

*Daily Scripture:*  
Isaiah 51:5-11

## NOTES

[illegible]

## DAY 18 (Thu)

*Daily Scripture:*  
Isaiah 52:7-12

## NOTES

[illegible]

# FASTING

You have three options for how you can fast:

1. **Give up food.** You can decide what would work best for you, but it is suggested if you haven't done it before, to skip one meal a day for the six days. Take the time you would have spent on the meal to pray and read the Daily Scripture. Journal how the process is challenging you to depend on God.

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## DAY 19 (Fri)

(Fri)

## DAY 20 (Sat)

(Sat)

*Daily Scripture:*  
Isaiah 52:13-15

*Daily Scripture:*  
Isaiah 54:4-10

## NOTES

[illegible]

## NOTES

[illegible]

# SABBATH

## **Movie Day:**

One of the amazing things about modern life is that we don't have to just imagine stories anymore - we can experience them through films! Movies have a powerful effect on us and can change how we see the world, if we're willing. This Sabbath watch a movie you love - go all out! Make great snacks, invite friends, and really enjoy the time. Turn off your phone, email, etc. Have a discussion afterwards - or squeeze in another movie! As you watch, think of your life as a movie - what story is God telling through your life? Would you want to watch it?

## **Mission:**

Rearrange your living room for the "optimal movie experience". Move chairs, your TV, whatever you need to in order to attain the perfect home theatre experience. Better yet - pack out the house and invite your whole neighbourhood or group of friends!

## **Movie Tips:**

Try watching something from the AFI Top 100 Movie List (<http://www.afi.com/100years>)

If your family is only adults, try watching a movie aimed at young people.

Your local library is a great resource for free movies that you may not find in the store. Try a documentary or a mini-series for a change of pace.

It's a good idea to read ahead to the next Sabbath every week. That way you can plan ahead to get the most out of it.

# WEEK FOUR

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## SACRED READING



Sacred Reading, or *Lectio Divina* as it's often called, is a process of reading through Scripture with a goal to see how God is speaking to you. The focus is more on studying yourself than the text, looking for how the words of Scripture speak to you. In order to discover this, while you're reading, try not to look for the right answer but focus more on how the meaning of the words challenge and speak to your situation and reality. Also, many people find it helpful to use a translation, such as the New Living Translation or the New Jerusalem Bible, where the flow of the text is considered along with the direct word-for-word equivalents.

## SCRIPTURE BACKGROUND

*This week's Scripture are selections of stories from the Gospels, focusing on Jesus' calling to a new way of living. Each story describes the Kingdom of God and moves us towards the new life that Jesus' death and resurrection brings.*

# SACRED READING

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

2. **Pray**, thanking God for His presence and asking for insight from the text.

3. **Read carefully and slowly.** Often reading the text out loud softly will help you listen to the text more easily. Read it through from start to finish at least two or three times. Read it as many times as possible.

4. **Listen** for which words, phrase, or ideas pop out to you from the text. What is the text making you feel or realize? What impression does it leave on you? Spend a moment exploring this idea. Read the passage through again if you are having trouble finding something.

5. **Speak back to God** those things in the text that are being illuminated for you, asking God to show you how the text should guide and inform you.

6. **Rest and contemplate** in the guidance the text has brought you, allowing the insight to inspire and resonate with you. Take time to sit in this space, enjoying the presence of God.

## DAY 22 (Mon)

*Daily Scripture:*  
Matthew 5:3-12

## NOTES

[illegible]

## DAY 23 (Tue)

*Daily Scripture:*  
Mark 4:35-41

## NOTES

[illegible]

# SACRED READING

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

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6. **Rest and contemplate** in the guidance the text has brought you, allowing the insight to inspire and resonate with you. Take time to sit in this space, enjoying the presence of God.



## DAY 24 (Wed)

*Daily Scripture:*  
Luke 10:25-37

## NOTES

[illegible]

DAY 25 (Thu)

*Daily Scripture:*  
John 4:1-38

## NOTES

[illegible]

# SACRED READING

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

2. **Pray**, thanking God for His presence and asking for insight from the text.

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6. **Rest and contemplate** in the guidance the text has brought you, allowing the insight to inspire and resonate with you. Take time to sit in this space, enjoying the presence of God.

## DAY 26 (Fri)

*Daily Scripture:*  
Mark 14:1-9

## NOTES

[illegible]

DAY 27 (Sat)

*Daily Scripture:*  
Luke 19:28-40

## NOTES

[illegible]

# SABBATH

## **Dinner (or Lunch) Party:**

This week's Sabbath is also food related - but there's more. Instead of just focusing on the food, this week you're going to focus on the relationships in your life. Arrange a dinner or lunch party with people you feel especially close to. Get babysitters, make really good food and coffee, and leave lots of time to sit and chat. God designed us to be connected with one another and it can be difficult to find the time to connect with the people who fill our lives with joy.

## **Mission:**

Spend at least one hour with your friends, telling stories. They can be funny, sad, or just plain weird. Find a way to record or log these stories so you have a resource to go back to when you need a pick-me-up.

## **Tips For Friends:**

You likely know each other well, so pick a place to connect that will give you the best chance at focusing on each other. That might mean going to one of your houses or out to a restaurant or coffee shop. Do what you know will work.

Kids can be a great part of your connection with people - but they can also be a distraction. If you have little ones, think about getting a sitter to free you up.

Don't worry if the conversation is sometimes trivial - the goal of this Sabbath is to spend time with good people.

It's a good idea to read ahead to the next Sabbath every week. That way you can plan ahead to get the most out of it.

# WEEK FIVE

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## VIA ACTIVIA— MOVING PRAYER



We often think of prayer as a still activity where we sit still waiting for God to speak to us. However, many of the great contemplative men and women of history have found movement vital to their spiritual health. The word pilgrim literally means “walks from afar.” By activating our bodies, even gently, we can focus in ways that sitting still can sometimes make difficult.

### SCRIPTURE BACKGROUND

*This week's Scripture describes the Exodus account, when the Israelites left Egypt. This story was central to the Jewish identity, which was retold every year as part of the Passover. The Passover is the backdrop and context of Jesus' last week of ministry, prior to His crucifixion.*

# VIA ACTIVIA— MOVING PRAYER

1. **Find a quiet route that you can walk** in 10-20 minutes. The distance doesn't matter but it's helpful to give yourself enough time to break away from your usual stresses, concerns and thoughts.

2. **Before you leave, read the Daily Scripture** as material to think about as you walk. Read it through slowly one or two times.

3. **As you walk, observe your surroundings.** Contemplate how what you see speaks to you - how it makes you feel, what it makes you think about, or how it inspires you.

4. **Think about your destination**, the point in your walk where you turn and head for home. Try and place this "turning point" at a significant spot. A tree, statue, or just an interesting view will help solidify this in your mind.

5. **Take photos or notes** of what you engage with, that you can return to so you can be reminded of your moments.

## DAY 29 (Mon)

*Daily Scripture:*  
Exodus 12:31-42

## NOTES

[illegible]

DAY 30 (Tue)

*Daily Scripture:*  
Exodus 12:43-50

## NOTES

[illegible]

# VIA ACTIVIA— MOVING PRAYER

1. **Find a quiet route that you can walk** in 10-20 minutes. The distance doesn't matter but it's helpful to give yourself enough time to break away from your usual stresses, concerns and thoughts.

2. **Before you leave, read the Daily Scripture** as material to think about as you walk. Read it through slowly one or two times.

3. **As you walk, observe your surroundings.** Contemplate how what you see speaks to you - how it makes you feel, what it makes you think about, or how it inspires you.

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5. **Take photos or notes** of what you engage with, that you can return to so you can be reminded of your moments.



## DAY 31 (Wed)

*Daily Scripture:*  
Exodus 13:17-22

## NOTES

[illegible]

DAY 32 (Thu)

*Daily Scripture:*  
Exodus 14:15-31

## NOTES

[illegible]

# VIA ACTIVIA— MOVING PRAYER

1. **Find a quiet route that you can walk** in 10-20 minutes. The distance doesn't matter but it's helpful to give yourself enough time to break away from your usual stresses, concerns and thoughts.

2. **Before you leave, read the Daily Scripture** as material to think about as you walk. Read it through slowly one or two times.

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5. **Take photos or notes** of what you engage with, that you can return to so you can be reminded of your moments.

## DAY 33 (Fri)

*Daily Scripture:*  
Exodus 15:1-8

## NOTES

[illegible]

DAY 34 (Sat)

*Daily Scripture:*  
Exodus 15:22-27

## NOTES

[illegible]

# SABBATH

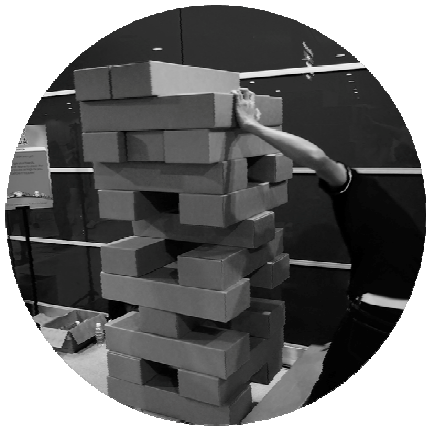
## **Crazy Games:**

Hopefully the weather will be warm, but even if it isn't - it's time to get outside and have some fun. After a long time inside, it can be easy to simply hang out in front of the TV and miss out on the awesome experiences you can have outside! Try some of these crazy games, or play a sport you love. God gave us bodies for a reason - time to use them! Invite some friends over, call your neighbours, and get playing!

Here are some ideas for some "crazy games"; it's up to you to decide what they mean and how to play them!

### "Physical Games"

- Human Foosball
- Capture the Flag
- Frolf (Frisbee Golf)
- Egg Tower
- Freeze Tag
- Crab Football



### "Mental Games"

- Pictionary
- Bananagrams
- Extreme Scrabble

## **Mission:**

Try to combine your games day with a community BBQ (weather permitting). Try and invite people from the neighbourhood to join in!

# WEEK SIX

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## THE JESUS PRAYER



Like Centering Prayer, the Jesus Prayer is a simple exercise in being quiet. However, unlike a single word or phrase, we use a small prayer, spoken over and over again. The Jesus Prayer is likely the oldest form of reflection prayer used in the Church, with some studies tracing it back to the 5th century Desert Mothers and Fathers. As we move into the Passion Week, where we reflect on Jesus' journey to His death, we will use this prayer to remind us of the great sacrifice of Jesus. The goal is to remind us of our need for God, and to place ourselves in a position to remember and receive His mercy.

### SCRIPTURE BACKGROUND

*This week's Scripture is the story of the Last Supper, Jesus' trial, and Crucifixion, as told in Luke's Gospel. As we move through the final few days of His life, this story will ground us in the reality of what Jesus went through for us.*

# THE JESUS PRAYER

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

2. **Read the Daily Scripture**, slowly spending time listening to what it is saying.

3. **Read this Prayer**, which is taken from the phrases often attributed to those who came to Jesus for healing: "*Lord Jesus, Son of God, have mercy on me, a sinner.*" Some find it helpful to say this as they breathe. As you breathe in, say "Lord Jesus, Son of God", and as you breathe out say, "Have mercy on me, a sinner."

3. **Repeat this 20-30 times** (or as many as you like), allowing the words to remind you of Jesus' role as your Leader and Saviour.

## DAY 36 (Mon)

*Daily Scripture:*  
Luke 22:7-30

## NOTES

[illegible]

DAY 37 (Tue)

*Daily Scripture:*  
Luke 22:31-38

## NOTES

[illegible]

# THE JESUS PRAYER

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

2. **Read the Daily Scripture**, slowly spending time listening to what it is saying.

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3. **Repeat this 20-30 times** (or as many as you like), allowing the words to remind you of Jesus' role as your Leader and Saviour.



DAY 38 (Wed)

(Wed)

DAY 39 (Thu)

(Thu)

*Daily Scripture:*

## Luke 22:39-53

*Daily Scripture:*

Luke 23:1-25

## NOTES

[illegible]

## NOTES

[illegible]

# THE JESUS PRAYER

1. **Find a comfortable place to sit.** You should sit in such a way that you are relaxed and settled - but not so relaxed you fall asleep! Try to let go of all your thoughts, restlessness, tensions, and stress from the day, and simply be present.

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3. **Repeat this 20-30 times** (or as many as you like), allowing the words to remind you of Jesus' role as your Leader and Saviour.

## DAY 40 (Fri)

*Daily Scripture:*  
Luke 23:26-55

## NOTES

[illegible]

# THE BIG SABBATH!

# A PRAYER FOR LENT

---

O Lord and Redeemer  
of my life

take from me  
the spirit of  
laziness  
despair  
lust  
gossip  
and pride  
replace each one  
with a spirit of

humility  
patience  
purity  
and self-denial

with a love  
for what You love

and a burden  
for what burdens You  
My Lord  
and Saviour

help me to confront  
my own transgressions

and not to condemn  
my brothers and sisters

for You alone  
are just and holy

now  
and forever

AMEN

*Inspired by The Lenten Prayer of St. Ephrem*

# REFERENCES AND RESOURCES

The following books were invaluable in pulling together this guide:

- Jones, Tony. *The Sacred Way*. Grand Rapids, MI: Youth Specialties, 2005.
- Willard, Dallas. *The Spirit of the Disciplines*. New York, NY: HarperCollins, 1988.

## Books:

If you're interested in the spiritual disciplines detailed in this book and would like to study them further, these following resources may be helpful to you, most of which can be found in the church library.

- *Renovation of the Heart*, by Dallas Willard
- *Common Prayer: A Liturgy for Ordinary Radicals*, by Shane Claiborne, Jonathan Hartgrove, Enuma Okoro
- *Celebration of Discipline*, by Richard Foster
- *Sacred Pathways*, by Gary Thomas
- *Devotional Classics: A Renovaré Resource for Spiritual Renewal*, edited by Richard Foster, James Bryan Smith

## Websites:

- Ignatian Spirituality - for Examen prayers:  
<http://www.ignatianspirituality.com>
- The Daily Office - morning and evening prayers:  
<http://www.northumbriacommunity.org/offices/how-to-use-daily-office/>
- Sacred Space - a daily prayer:  
<http://www.sacredspace.ie>

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