



## *Living Lent*

# *Healed and Transformed by Grace to Re-imagine the New Church*



## *Overview of Themes*

WEEK 1: 17 – 23 February

Transformed by Grace through Repentance

WEEK 2: 24 February – 2 March

Healed and Transformed by Grace when we Cry Out and  
Lament in Times of Tribulation and Trial

WEEK 3: 3 – 9 March

Gratitude and Living with God's Promises

WEEK 4: 10 – 16 March

Working, Serving and Living in and as the Temple, our Lives  
Dedicated to our Faithful God Who Calls for our Faithfulness

WEEK 5: 17 – 23 March

Transformed and Restored by Grace –  
Healing through Forgiveness

WEEK 6: 25 March

Healed and Transformed by Grace to Re-imagine  
the New Church through Proclamation and  
Soaking ourselves in God's Word

# Introduction to the Lenten Journey

*Rev Sva Waqu*

Lent is part of both the inward and outward journey wherein we look at our lives and discover what can God still transform and what we can do to respond to such transformation. Such transformation acknowledges God's grace at work in each person not because we have done anything from our side to evoke it, but as an act of response to such grace. Our response therefore involves spending time reflecting on our lives – habits, choices and actions that God wants to work on in our lives. It is a time when we should soak our lives in Scripture, prayer and worship. These acts of piety help us listen more to God and respond better to what God is calling us into. If we allow God to work in us, we discover that God can work through us. Once we discover this, we then embark on an outward journey again as part our response as we minister to others through service and generosity. We do these things because our lives have been transformed and so do not do them because we have to, but because we have discovered the joy of responding to the work God has done in us. It is a moment of being born again in our attitudes, beliefs, principles and actions.

Lent in other words is a character formation season that shapes our lives anew so that we can become a gift to others. Lent moves us from selfishness to self-sacrifice. The denial of self is in the enabling for others. The depriving of self is making sure others discover the joy of life.

We then use symbols to remind us of this reality. Some people deprive themselves of sweet drinks to remind themselves of the bitterness of life. Others will deprive them of meat as a reminder that others are malnourished. There are those who deprive themselves of upbeat music, parties and loudness to remind themselves of those who live without peace. As a consequence of this, we make choices that seek to heal the world. It could be through what you have saved from what you deprived yourself of and give the savings to a good cause. It may be that in search for peace you listen more to others and be a peacemaker. Therefore, lent is not a ritual, but a way of living.

This time prepares us for the greatest sacrifice and victory of God over sin and death as illustrated by the death and rising of Jesus Christ. It is a time that reminds us that life is a way other than our own as Walter Brueggemann reflects on Lent, "The core truth of our faith is this: the God of the gospel brings life out of death. We can line out the move from death to life physically, historically, literally, metaphorically, symbolically . . . any way you want. But the truth is a rock-bottom acknowledgment that God can probe into our deepest negations and create new possibility, new space for life, new energy for obedience, new waves of Joy"

So which way will you follow this Lenten Season?  
Is it yours or is it God's?

Be blessed!

# Living Lent 2021



What does the Season  
how will it transform  
read the Bible, worship,

of Lent mean to you and  
the way you pray, think,  
give, serve and live?

**As we prepare** for this sacred time of reflection, repentance and a deepening of our relationship with our Saviour, let's first take some time to engage with the readings that give us background on the Transfiguration of Jesus Christ and the lectionary passages for the two days preceding Ash Wednesday.

You will notice that each reading is accompanied by a short description for quick reference and referral, as together we delve into, grow and learn from the life-changing, encouraging and nourishing word of God. God bless you as you embark on this holy journey, this living encounter, of drawing close to our Messiah and experiencing healing and transformation, through repentance and by God's grace, to re-imagine the 'New Church'.

**As we start** this journey of Living Lent, on Ash Wednesday, try to engage in the daily devotions in an intentional manner, allowing this time with God to become your daily habit – an intimate time with the Lord that will colour and shape how you live each day of Lent and your life thereafter. It will take discipline, but that is what true discipleship and transformation entails. Be blessed!

## The 40 days of Lent:

Lent lasts for 40 days and the first day is always Ash Wednesday (the day after Shrove Tuesday). ... This is a period of 46 days.

The six Sundays within the period are not counted in the 40 days of Lent; however they are days of prayerful reflection on the word of God and the message He has laid on the hearts of His servants, our preachers, in the stillness of the Sabbath.

## *Preparation: 3 days before the start of Lent*

### **Sunday, February 14, 2021: Transfiguration Sunday**

2 Kings 2:1-12 – Elijah taken up to heaven

Psalm 50:1-6 - The Lord calls His Covenant people to account

2 Cor 4:3-6 - Veiled Gospel revealed in the light of Christ

Mark 9:2-9 - The Transfiguration. Jesus with Elijah & Moses

### **Monday, February 15, 2021:**

Psalm 110:1-4 - Prophecies about the Messianic King/Priest

Exodus 19:7-25 - Covenant proposed at Mt Sinai - preparation

Hebrews 2:1-4 - Warning to pay attention

### **Tuesday, February 16, 2021:**

Psalm 110:1-4 - Prophecies about the Messianic King/Priest

Job 19:23-27 - Job's assurance that his Redeemer lives

1 Timothy 3:14-16 – Importance of Godly living

## *Healing and Transformation by Grace*

**Week 1 (DAY 1) Feb 17, 2021 ASH WEDNESDAY**

**TRANSFORMED BY GRACE THROUGH REPENTANCE**



Prayer of confession and repentance

Scripture:

Joel 2:1-2, 12-17 - Rend your heart

or Isaiah 58:1-12 - True fasting

Ps 51:1-17 - Prayer - confession, repentance, for pardon

Prayer of humble thanks for healing, grace and pardon

Scripture:

2 Cor 5:20b-6:10 – Reconciliation, hardship, endurance

Matthew 6:1-6, 16-21 – Giving, fasting, treasures in Heaven

Worship, conversation with the Lord and reflection:

Worship the Lord with a song that speaks to you of repentance. Bring before the Lord your godly sorrow and regret over sinful areas in your life, perhaps unconfessed until today, of which you need to repent. Reflect on what it means to 'rend your heart'.

Prayer: *Father, I repent before You of my sinfulness and disobedience towards You only. Please cleanse my heart and show me, Lord, where I need to be transformed by Your Grace. Lord, help me to fast in true repentance from those parts of my life which are not of You. As I bear the mark of the cross, I humbly ask for forgiveness. Thank You, Jesus. Amen*

**Week 1 (DAY 2) Thursday, February 18, 2021**

**TRANSFORMED BY GRACE THROUGH REPENTANCE**



Prayer of confession and repentance

Scripture:

Ps 25:1-10 - Trust in God, God's mercy and love

Daniel 9:1-14 - Daniel's fasting prayer of confession

Prayer of humble thanks for healing, grace and pardon

Scripture:

1 John 1:3-10 - Light and darkness, sin and forgiveness

Worship, conversation with the Lord and reflection:

Worship the Lord in song or listen to music. Praise God for His nature, His attributes, His love and mercy, tell Him how you feel about His transforming Grace in your life.

Reflect on the need for confession and whether your own confession is regular, honest and heartfelt. Spend some time in silence before the Lord, just listening.

Think about the areas of darkness and light in your life.

Prayer: *Father God, You have shown me through Your word where there are areas in my life that need Your healing touch. Please Lord, reveal to me, as I bring my transgressions and shortcomings before You, how I may fully embrace the life-changing teaching and grace You offer so freely when I listen with a repentant, teachable heart. Show me how to walk in Your light today and to bring Your light to dark places. Thank You, Jesus. Amen*

**Week 1 (DAY 3) Friday, February 19, 2021**



**TRANSFORMED BY GRACE THROUGH REPENTANCE**

Prayer of confession and repentance

Scripture:

Psalm 25:1-10 - Faith and trust in God's love and mercy  
Daniel 9:15-25a - Daniel's prayer, God's grace and mercy  
2 Timothy 4:1-5 - Timothy called to faithfulness in preaching

Prayer of humble thanks for healing, grace and pardon

Worship, conversation with the Lord and reflection:

Worship the Lord in song or listen to worship music. Praise God for His grace and mercy, love and faithfulness. Try to write the first verse/stanza of a psalm of repentance in your own words. Reflect on God's grace, mercy, love and faithfulness in your own life over the past week and give thanks. Speak to God about any areas in your daily life where you feel you are not living the Lenten journey as faithfully as you'd undertaken to. Thank God for a time when you have felt His transforming presence and power this week in a tangible way.

Prayer: *Lord, I give thanks that You undertake for me in all situations regardless of anything I have done or left undone. I acknowledge that I can never earn Your mercy and grace and faithfulness and give thanks for Your unconditional love and forgiveness. Saviour, please open my eyes and ears to every opportunity You open up for me to witness to others about Your grace. Amen.*

**Week 1 (DAY 4) Saturday, February 20, 2021**



**TRANSFORMED BY GRACE THROUGH REPENTANCE**

Prayer of confession and repentance

Scripture:

Psalm 25:1-10 – Faith and trust in God's love and mercy  
Psalm 32 – Joy in God's forgiveness of those who confess  
Matthew 9:2-13 – Jesus's healing and forgiveness for sinners

Prayer of humble thanks for healing, grace and pardon

Worship, conversation with the Lord and reflection:

Worship and praise the Lord in song. Re-read Matthew 9:2-13 and reflect on Jesus's words in verses 12 and 13 'It is not the healthy who need a doctor, but the sick' and 'I desire mercy, not sacrifice. For I have not come to call the righteous, but sinners.' Spend time engaging with these three statements and considering how they apply to your life and what Jesus has done and continues to do for you. In what ways can you show mercy to the people God places on your path?

Prayer: *Lord, thank You for Your mercy and that You love me just as I am, a sinner. Thank You that when we confess our sins, You forgive, restore and heal us, even though we don't deserve it. Help me to extend to others the love, grace and mercy that You so freely give to me. Help me Lord, to live this Lenten journey with humility and integrity. Let nothing steal my joy in the precious gift of Salvation. Thank You Jesus. Amen*

**Sunday, February 21, 2021: First Sunday in Lent**

**NOTES – FIRST SUNDAY IN LENT**

Prayer for illumination and a teachable spirit

**TRANSFORMED BY GRACE THROUGH REPENTANCE**

Lectionary Readings for first Sunday in Lent:

**Genesis 9:8-17** – God’s covenant with Noah, rainbow as a sign

**Psalms 25:1-10** - Faith and trust in God’s love and mercy

**1 Peter 3:18-22** –Death in the body, life in the Spirit

**Mark 1:9-15** - The Baptism and testing of Jesus

As you engage with the first Lenten service, reflect on how you have been ‘living Lent’ over the past week. How faithful have you been in the areas of serving, living generously, fasting, praying, worshiping and reading and studying the Scriptures? How have the daily times with God transformed the way you have interacted with others? Has there been a shift in focus?

Listen carefully to the message this morning. Make notes on those parts of the sermon which grabbed your attention or touched you in a special way.

Reflect on what you have learned from and about God’s word during the past week and talk to God about your thoughts. Be still, listen, pray and stay close to Him as you enjoy God and enjoy being enjoyed by Him on this Sabbath day.  
God bless you!

My prayer:

**Week 1 (DAY 5) Monday, February 22, 2021**



**TRANSFORMED BY GRACE THROUGH REPENTANCE**

Prayer of confession and repentance

Scripture:

Psalm 77 – Cry for help in distress and comfort of recollection  
Job 4:1-21 – Eliphaz speaks of Job’s piety and of punishment of the wicked. Note: Job’s well-meaning friends did not understand God’s purpose in allowing Job’s suffering.

Prayer of humble thanks for healing, grace and pardon

Scripture:

Ephesians 2:1-10– Saved by grace through faith, alive in Christ

Worship, conversation with the Lord and reflection:

Worship God in a song of celebration of His mercy and pardon. Ask for help in areas where you need it, remembering at the same time, with thanks, how God has helped you in the past. Reflect on Christ’s resurrection – saved by grace through faith and ‘made alive in Christ’. What does this mean in your journey? Think back on your own conversion experience and apply what you have learned about repentance and God’s healing, transforming grace.

Prayer: *Father, You give us what we don’t deserve and don’t inflict on us that which we do deserve. Thank You for Your compassionate love. Lord, please strengthen my faith and trust in You, that I may reflect Your grace in the week ahead.*

*I pray In the name of the resurrected Christ. Amen*

**Week 1 (DAY 6) Tuesday, February 23, 2021**



**TRANSFORMED BY GRACE THROUGH REPENTANCE**

Prayer of confession and repentance

Scripture:

Psalm 77 – Cry for help in distress and comfort of recollection  
Job 5:8-27–Eliphaz speaks of God’s discipline & righteousness

Prayer of humble thanks for healing, grace and pardon

Scripture:

1 Peter 3:8-18a – Suffering for doing good, as Christ did

Worship, conversation with the Lord and reflection:

Worship God in song or listen prayerfully to music.

Engage with the idea of being blessed in suffering for doing good and reflect on Christ’s perfect love and life and His sacrifice on the Cross for the sins of all of humankind.

Think about ways in which you could do good, despite what it may cost you, in whatever form that may take, in the week ahead. Ponder on the word ‘blessed’ in the context of being blessed even in times of suffering for honouring God’s will.

Prayer: *Lord Jesus, my Saviour, You suffered cruelty, injustice and torture and were then brutally killed, to atone for my sins and those of all my fellow humans. Forgive me for my complaints when life seems unfair. Help me, Lord, to persevere and to put the greater good ahead of my wants. Help me to keep my eyes fixed on You. Amen*

**Week 2 (DAY 7) Wednesday, February 24, 2021**



**HEALED AND TRANSFORMED BY GRACE WHEN WE  
CRY OUT AND LAMENT IN TIMES OF TRIBULATION  
AND TRIAL**

*Prayer: A cry for help in trials and temptations*

*Scripture:*

Psalms 77 – Cry for help in distress and comfort of recollection  
Proverbs 30:1-9 – Agur acknowledges God’s Lordship

*Prayer of humble thanks for healing, grace and pardon*

*Scripture:*

Matthew 4:1-11 - Jesus is tested in the wilderness

*Worship, conversation with the Lord and reflection:*

Worship God in song (suggestion - Ps 23) Bring your lament to God about testing/struggle in your life and ask for wisdom and endurance to withstand it and to respond Scripturally, as Jesus did. Reflect on the two things that Agur requested from God and on what it is you are asking of God, that will strengthen your relationship with Him. Look back over the first week of Lent and give thanks for what has changed, by God’s grace, in your habits and mindset.

*Prayer:* *Lord, as I strive to study Your word and get to know you more and more intimately, strengthen my resolve to remain committed to walking faithfully, living each moment of this journey with a full awareness of Your Spirit, honouring You with my thoughts, actions and words despite hardship and struggles. Help me to hand these over to You in faith, Lord. Amen*

**WEEK 2 (DAY 8) Thursday, February 25, 2021**



**HEALED AND TRANSFORMED BY GRACE WHEN WE  
CRY OUT AND LAMENT IN TIMES OF TRIBULATION  
AND TRIAL**

*Prayer: a cry-out for help in trials and temptations*

*Scripture:*

Psalms 22:23-31 – A great throng of worshipers praising God  
Genesis 15:1-6, 12-18 – The Lord’s Covenant with Abraham  
Romans 3:21-31- Righteousness through faith in Christ

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship and praise God through song. Think about all the believers throughout the ages praising God and of generations to come who will praise Him. Speak aloud words that tell of His goodness and greatness and His sovereignty.

Reflect on the Covenantal relationship you have with God and whether you are living it by faith, despite all challenges.

*Prayer:* *I am no longer my own but yours. Put me to what you will, rank me with whom you will; put me to doing, put me to suffering; let me be employed for you, or laid aside for you, exalted for you, or brought low for you; let me be full, let me be empty, let me have all things, let me have nothing: I freely and wholeheartedly yield all things to your pleasure and disposal. And now, glorious and blessed God, Father, Son and Holy Spirit, you are mine and I am yours. And the covenant now made on earth, let it be ratified in heaven. Amen.*

**WEEK 2 (DAY 9) Friday, February 26, 2021**



**HEALED AND TRANSFORMED BY GRACE WHEN WE  
CRY OUT AND LAMENT IN TIMES OF TRIBULATION  
AND TRIAL**

Prayer: a cry-out for help in trials and temptations

Scripture:

Psalms 22:23-31 – A great throng of worshipers praising God  
Genesis 16:1-6 - Hagar and Ishmael – Abram and Sarai's  
failure in faith

Prayer of confession, repentance, thanks for forgiveness

Scripture:

Romans 4:1-12 – Abraham justified by faith

Worship, conversation with the Lord and reflection:

Worship God uninhibitedly, with a 'joyful noise'.

Think about times where you may have, like Sarai, have tried to take control instead of waiting on the Lord. Talk to God about it and re-read the Romans passage, where Paul's words teach us about how we are justified by faith. Spend time reflecting on God's grace in our lives and the transformation it brings.

Prayer: *Father, You know me completely and I bring to you the struggle I sometimes have to hand over all control to You, in faith that You know best and that You will undertake for me in Your time, Your way and for Your reasons. During this Lenten journey, help me to exhibit a true and deep living faith in You and to turn away from trying to find my own solutions. Amen*

**WEEK 2 (DAY 10) Saturday, February 27, 2021**



**HEALED AND TRANSFORMED BY GRACE WHEN WE  
CRY OUT AND LAMENT IN TIMES OF TRIBULATION  
AND TRIAL**

Prayer: a cry-out for help in trials and temptations

Scripture:

Psalms 22:23-31 – A great throng of worshipers praising God  
Genesis 16:7-15 – Hagar and Ishmael – God's faithfulness as  
Hagar laments

Prayer of confession, repentance, thanks for forgiveness

Scripture:

Mark 8:27-30 - 'Who do you say I am?'

Worship, conversation with the Lord and reflection:

Worship and praise God for His promises and Who He is.

Think about how the story of Hagar and Ishmael turned out – what it reveals about humanity, about God's faithfulness, His compassion and transforming grace and what it tells you about your relationship with Him.

The Gospel reading today is short, but powerful. Reflect on who you say Jesus is and if/how you proclaim this to others.

Prayer: *Father, thank You for Who You are and for the gift of Your Son Jesus. Help me to proclaim the Gospel message with full conviction of Who You are and Your saving grace for all of humankind. Thank You for the revelation of Your forgiveness, patience and compassion in so many ways, in my life. Thank You that You invite me to live with and like and in You. Amen*

**Sunday, February 28, 2021: Second Sunday in Lent**

**NOTES – SECOND SUNDAY IN LENT**

Prayer for illumination and a teachable spirit

**HEALED AND TRANSFORMED BY GRACE WHEN WE CRY OUT  
AND LAMENT IN TIMES OF TRIBULATION AND TRIAL**

Lectionary Readings for second Sunday in Lent:

**Genesis 17:1-7, 15-16** – Covenant of circumcision, Abram and Sarai's names changed, promise of a son (Isaac)

**Psalms 22:23-31** - A great throng of worshipers praising God

**Romans 4:13-25** – Abraham's faith credited as righteousness

**Mark 8:31-38** – Jesus predicts His death – the way of the Cross  
or **Mark 9:2-9** – The Transfiguration of Jesus

As you engage with the second Lenten service, reflect on how you have been 'living Lent' this week. How faithful have you been in the areas of serving, living generously, fasting, praying, worshiping and reading and studying the Scriptures? How have the daily times with God transformed the way you have interacted with others? Has there been a shift in focus?

Listen carefully to the message this morning. Make notes on those parts of the sermon which grabbed your attention or touched you in a special way. Reflect on what you have learned from and about God's word during the past week and talk to God about your thoughts. Be still, listen, pray and stay close to Him as you enjoy God and enjoy being enjoyed by Him on this Sabbath day. God bless you!

My prayer:

**WEEK 2 (DAY 11) Monday, March 1, 2021**



**HEALED AND TRANSFORMED BY GRACE WHEN WE  
CRY OUT AND LAMENT IN TIMES OF TRIBULATION  
AND TRIAL**

Prayer: a cry-out for help in trials and temptations

Scripture:

Psalms 105:1-11, 37-45 - Praising God, remembering what He has done in the past for His people

Genesis 21:1-7 – The birth of Isaac, meaning ‘laughter’

Hebrews 1:8-12 – Prophecy about the Deity of the Messianic (and Davidic) King (referred to as ‘Yahweh’ – Lord)

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God with a song about His Kingship.

Consider the story of your own life and where God has stepped into your personal history with His healing, transforming grace. Look up the cross-references of the prophetic writing in Hebrews 1: Ps 45:6-7; Ps 102:25-27; Ps 110:1 and reflect on Christ’s superiority to the angels mentioned in this passage.

Prayer: Lord God, Your plans for humankind were in place before the Creation and Your love for Your children is evident throughout all of history. Who am I that You love me like this? You are Lord of Lords, King of Kings, the beginning and the end. I worship and praise You, most Holy God and thank You for Your word, so rich in promises, prophecy and revelation. Help me to read the Scriptures with understanding. In Jesus’s Name. Amen

**WEEK 2 (DAY 12) Tuesday, March 2, 2021**



**HEALED AND TRANSFORMED BY GRACE WHEN WE  
CRY OUT AND LAMENT IN TIMES OF TRIBULATION  
AND TRIAL**

Prayer: a cry-out for help in trials and temptations

Scripture:

Psalms 105:1-11, 37-45 - Praising God, remembering what He has done in the past for His people

Genesis 22:1-19 – Abraham tested by the Lord

Prayer of confession, repentance, thanks for forgiveness

Scripture:

Hebrews 11:1-3, 13-19 – Faith in action, People of faith

Worship, conversation with the Lord and reflection:

Worship and praise God in a song about His greatness. The story of Abraham’s testing is rich in meaning and open to much study and interpretation. Talk to God about what you get from this passage. Reflect deeply on the fact that God provided the sacrifice. Engage with the accounts of the faith of people through the Scriptures and honestly examine your own faith.

Prayer: Father, I need the help of Your Spirit when I face times of testing or need to step out in faith and complete trust in Your faithfulness and empowering. Lord, I seek to do Your will but need Your help and strengthening. Thank You that when I am weak, I am strong in You, when I call on Your name and ask for help. Allow my faith to grow, Lord. In Jesus’s name. Amen

**WEEK 3 (DAY 13) Wednesday, March 3, 2021**



**GRATITUDE AND LIVING WITH GOD'S PROMISES**

Prayer for a heart and spirit of gratitude

Scripture:

Psalms 105:1-11, 37-45 - Praising God, remembering His work  
Jeremiah 30:12-22 – God's promise of restoration for Israel

Prayer of confession, repentance, thanks for forgiveness

Scripture:

John 12:36-43 – Jesus raises Lazarus from the dead

Worship, conversation with the Lord and reflection:

Worship God with your choice of music that comes to mind on reading these passages. Contemplate on the cycle of faithfulness alternating with disobedience that marked the history of the Jewish nation, God's chosen people and then talk to God about how He has repeatedly shown the same love, faithfulness, compassion and forgiveness to each one of us when we stray and then return in repentance.

Prayer: *O God my Father, thank You for Your constant love and mercy in my life. Help me to never take for granted the second chance and numerous 'restarts' and 'fresh starts' that you have allowed me to make in my life. Lord, may we learn from each of these times of forgiveness, renewal and transformation, just how deep and intense Your love is for all whom You created. In gratitude and humility I commit to growing in faith, by Your grace, and embracing this journey of sanctification. Amen.*

**WEEK 3 (DAY 14) Thursday, March 4, 2021**



**GRATITUDE AND LIVING WITH GOD'S PROMISES**

Prayer for a heart and spirit of gratitude

Scripture:

Psalms 19 – Praise for God's glory displayed in Creation  
Exodus 19:1-9 – God speaks at Mt Sinai to His Covenant people – His treasured possession  
1 Peter 2:4-10 – The Living Stone and God's chosen people

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship the Lord in song as you reflect on how much He treasures us. Note the similarity in the words used in the Exodus and the 1 Peter readings. Do we see ourselves as God's treasured possession? Bring your thoughts to God. Reflect on what it means to be 'living stones' in God's church, a 'royal priesthood' and a 'holy nation'.

Prayer: *Lord, at times when I feel inadequate and unworthy, Your word reminds me of how worthy and holy I am in Your sight, set apart because of Jesus, through His sacrifice, His blood, His work of atonement on the Cross, that absolved me of my guilt and sin. Lord, help me to take to heart the need to observe Your commandments, given in love for my own good, and to worship and revere You in obedience and surrender, my heart overflowing with joy and gratitude. I bring my all to You in an offering of thanks and praise. In Jesus's Name. Amen*

**WEEK 3 (DAY 15) Friday, March 5, 2021**



**GRATITUDE AND LIVING WITH GOD'S PROMISES**

Prayer for a heart and spirit of gratitude

Scripture:

Psalm 19 – Praise for God's glory displayed in Creation.

Exodus 19:9b-15 – Approaching God consecrated, prepared and in reverence

Acts 7:30-40 – God speaks to Moses from the burning bush

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship the Lord in a quiet song of reverence. Approach the Lord today with reverence and deep awareness of His holiness. Think of Moses, taking off his shoes as he stood on holy ground. Close your eyes and rest in the presence of God's Holy Spirit, living in you. Reflect on the readings and approach all that you do, say and think today in an attitude of humility and reverence, that you may represent the Church of Christ wherever you go.

Prayer: *Holy Father God, I come before You in humility and acknowledge that You are the great 'I AM' – maker of heaven and earth and all that is in it. May everything that You have created, in love, proclaim and cry out Your holy Name.*

*Lord, your power and knowledge and presence are too vast for us to understand. Thank You for Your promises. All glory, honour, adoration and praise are Yours. I love You, Lord. In the name of our Saviour I pray. Amen*

**WEEK 3 (DAY 16) Saturday, March 6, 2021**



**GRATITUDE AND LIVING WITH GOD'S PROMISES**

Prayer for a heart and spirit of gratitude

Scripture:

Psalm 19 – Praise for God's glory displayed in Creation

Exodus 19:16-25 – God meets with Moses on Mt Sinai

Mark 9:2-8 – The Transfiguration

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God with a song about the Creation.

Talk to the Lord about His meeting with Moses on Mt Sinai.

Try to imagine how Moses must have felt, what he would have said to Aaron, the priests, the people. He had a very specific and dramatic message to relay, one that probably came across as quite fearsome to the community and may have filled them with apprehension, yet came from a covenantal God of justice and mercy. How would you have felt? Reflect on your own readiness to meet with God on this road that leads to the Cross.

Prayer: *Lord, I stand in awe of You. You are a Holy God of Justice, yet also of mercy and I thank You for the Grace You extend to me in every facet of my life. Grace on top of Grace already received. Lord please grant me wisdom as I live this Lenten journey, to apply Your truths and obey the guidance and prompting of Your Holy Spirit, that I may enter each moment in a way that honours You as Lord and King. Thank You for each one of Your faithful promises. I pray in the name of Jesus. Amen*

**Sunday, March 7, 2021: Third Sunday in Lent**

*Prayer for illumination and a teachable spirit*

**GRATITUDE AND LIVING WITH GOD'S PROMISES**

*Lectionary Readings for third Sunday in Lent:*

**Exodus 20:1-17** – The Ten Commandments

**Psalms 19** - Praise for God's glory displayed in Creation.

**1 Corinthians 1:18-25** – Christ Crucified is God's Power and Wisdom

**John 2:13-22** – Jesus Clears the Temple Courts

As you engage with the third Lenten service, reflect on how you have been 'living Lent' this week. How faithful have you been in the areas of serving, living generously, worshiping, fasting, praying and reading and studying the Scriptures? How has your daily time with God transformed the way you have interacted with others? Has there been a shift in focus?

Listen carefully to the message this morning. Make notes on those parts of the sermon which grabbed your attention or touched you in a special way. Reflect on what you have learned from and about God's word during the past week and talk to God about your thoughts. Be still, listen, pray and stay close to Him as you enjoy God and enjoy being enjoyed by Him on this Sabbath day. God bless you!

**NOTES – THIRD SUNDAY IN LENT**

*My prayer:*

**WEEK 3 (DAY 17) Monday, March 8, 2021**



**GRATITUDE AND LIVING WITH GOD'S PROMISES**

Prayer for a heart and spirit of gratitude

Scripture:

Psalm 84 – A prayer of longing for the House of the Lord  
1 Kings 6:1-4, 21-22 – Solomon builds the temple  
1 Corinthians 3:10-23 – We are the temple of the Holy Spirit

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship song suggestion 'He has made me glad'.  
Speak to God about Paul's teaching that we are the temple of the Holy Spirit, with Christ as the foundation, and about the judgement described in 1 Corinthians 3. Reflect on what is required of us, if we are to be a worthy temple of the Spirit – how will that affect what we put into our minds and bodies, how we treat ourselves and others, how we act and speak?

Prayer: *Father, Son and Holy Spirit, we are God's temple, built on the foundation of Christ and filled with the Holy Spirit – Your Trinity nature part of our nature, inseparable, with us, around us and in us. Lord, may we be worthy living stones that build up and reimagine Your new church, as ambassadors rooted in the love of Christ, honouring and loving You, ourselves and others in every way. Lord, living Lent requires that we know, obey and glorify You – please help us, by Your grace, to live this journey in the way You have taught us in the Scriptures.*

*In Jesus's name, Amen*

**WEEK 3 (DAY 18) Tuesday, March 9, 2021**



**GRATITUDE AND LIVING WITH GOD'S PROMISES**

Prayer for a heart and spirit of gratitude

Scripture:

Psalm 84 – A prayer of longing for the House of the Lord  
2 Chronicles 29:1-11, 16-19 – Hezekiah purifies the temple  
Hebrews 9:23-28 – Christ sacrificed once for Salvation of all

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship, thank and praise God in song. Take time to think about being consecrated, purified and ready for the coming of Christ and what that looks like in your life and speak to God about those areas where you may feel vulnerable or unready. Reflect on Christ's sacrifice for **all** sinners – how does that make you feel? Re-read the Hebrews passage, in context.

Prayer: *Lord, please cleanse my heart of impure thoughts today, that my body, soul, mind and spirit may be worthy to house Your Spirit, to be Your temple. Guard my thoughts, my mouth and my actions, create in me a deep awareness of living Lent in a way that glorifies and honours You. Thank You for paying the ultimate price for me, Lord Jesus, by Your grace. In times when we are physically unable to gather in Your house, Lord Jesus, please strengthen our resolve to remain connected as Your Body, reaching out to each other, uplifting, supporting and encouraging one another in this journey of faith as together we worship with grateful hearts, minds and spirits. Amen*

**DAY 19: Wednesday, March 10, 2021**



**WORKING, SERVING AND LIVING IN AND AS THE  
TEMPLE, OUR LIVES DEDICATED TO OUR FAITHFUL  
GOD WHO CALLS FOR OUR FAITHFULNESS**

*Prayer for the Church and for Covenantal faithfulness*

*Scripture:*

Psalms 84 – A prayer of longing for the House of the Lord  
Ezra 6:1-16 – Darius decrees the rebuilding of the temple  
(started 520 BC, completed 516 BC)  
Mark 11:15-19 – Jesus clears the temple courts

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship and praise the Lord in song. All of today's readings focus on reverence for the House of the Lord. There is scope for extra reading about the first and second temple. Speak to God about our own church and how we may honour God through our worship and stewardship of His House, both physically (the church as well as our bodies) and Spiritually (we are the living stones of His temple and our bodies are temples of the Holy Spirit. What do we need to 'clear out' of our lives?

*Prayer:* Thank You, Father, for Your word, so rich in meaning and a strong, living and lasting revelation of Who You are. I pray Father for love, inclusivity and unity within Your Church. Help us to serve faithfully and in holy reverence for all that it stands for. Thank You, Jesus our great High Priest. Amen

**WEEK 4 (DAY 20) Thursday, March 11, 2021**



**WORKING, SERVING AND LIVING IN AND AS THE  
TEMPLE, OUR LIVES DEDICATED TO OUR FAITHFUL  
GOD WHO CALLS FOR OUR FAITHFULNESS**

*Prayer for faithfulness in the Church, the Body of Christ*

*Scripture:*

Psalms 107:1-3, 17-22 – Giving thanks for what God has done  
Genesis 9:8-17 – God's covenant with Noah and the sign  
Ephesians 1:3-6 – Praise for Spiritual blessings in Christ

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Praise God in song for all His blessings and His love. Speak to the Lord about His promises, what He has done in your life and all the gifts and Spiritual blessings you have received in and through Jesus Christ. Reflect on God's goodness, grace, mercy, generosity and patience in your life and His calling to live in Covenantal faithfulness. Consider the Spiritual gifts God has given you and how you use or perhaps neglect them.

*Prayer:* Father, Your works for the redemption of humankind, throughout history, are immense and leave us standing in awe. Help me, Lord, to recognise every blessing that You have given me and to freely share those blessings and gifts with everyone that I meet. Forgive me Lord, for the times when I keep the gifts for myself. You are Jehovah Jireh, our generous provider. Help me to distinguish between my needs and my 'wants', Lord. Your Grace is sufficient. In the name of Jesus I pray. Amen

**WEEK 4 (DAY 21) Friday, March 12, 2021**



**WORKING, SERVING AND LIVING IN AND AS THE  
TEMPLE, OUR LIVES DEDICATED TO OUR FAITHFUL  
GOD WHO CALLS FOR OUR FAITHFULNESS**

*Prayer for faithfulness in the Church, the Body of Christ*

*Scripture:*

Psalms 107:1-3, 17-22 – Giving thanks for what God has done  
Daniel 12:5-13 - Daniel's vision of the 2 witnesses. End times.  
Ephesians 1:7-14 – Redemption, forgiveness by grace through  
the blood of Jesus Christ

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship the Lord in a song of gratitude. The reading from Daniel may be difficult to understand – work through cross references, consult different translations and spend prayerful time in the word of God. The Eph 1 reading follows on from day 20 – it would help to read all of chapter 1, for context on today's passage. Reflect on how the word of God will impact on your witness today.

*Prayer:* *Father, Your ways and Your thoughts are higher than ours. Thank You for Your great plan of redemption and that You reveal the mysteries of Your will to us in the Scriptures.*

*Lord Jesus, I want to live my life in the way You have shown me. Help me to see You in everything that happens in my life today consciously aware of Your Holy presence. Thank You for the gift of Your Spirit and for Your Grace so freely lavished on us. Amen*

**WEEK 4 (DAY 22) Saturday, March 13, 2021**



**WORKING, SERVING AND LIVING IN AND AS THE  
TEMPLE, OUR LIVES DEDICATED TO OUR FAITHFUL  
GOD WHO CALLS FOR OUR FAITHFULNESS**

*Prayer for faithfulness in the Church, the Body of Christ*

*Scripture:*

Psalms 107:1-3, 17-22 – Giving thanks for what God has done  
Numbers 20:22-29 – The death of Aaron on Mount Hor.  
John 3:1-13 – Jesus teaches Nicodemus about rebirth.

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship and give thanks in song. Speak to God about your feelings on reading about the death of Aaron. How do you feel about your own mortality? A very open-ended question. Have you, like Nicodemus, had questions about Who Jesus is and what is meant by 'being born again' (John 3:3). Reflect on Jesus's answer to Nicodemus and what it means in your life, in terms of your own 'rebirth' and your journey with Jesus. Think about how you would explain being 'born again' to someone who asked. Do our lives reflect our rebirth in the Spirit?

*Prayer:* *Lord, I treasure your teachings in the Bible and am grateful that I may come to You with my questions, confident that You will not turn me away, but always deal with me with deep love and patience. Father, please equip me to give wise answers to those who may ask me questions about Your Church - help me to be diligent in the study of the Scriptures. Amen*

*Prayer for illumination and a teachable spirit*

**WORKING, SERVING AND LIVING IN AND AS THE TEMPLE,  
OUR LIVES DEDICATED TO OUR FAITHFUL GOD WHO CALLS  
FOR OUR FAITHFULNESS**

*Lectionary Readings for fourth Sunday in Lent:*

**Numbers 21:4-9** – Bronze snake lifted up in the wilderness

**Psalms 107:1-3, 17-22** – A salvation/history Psalm of praise and thanks for personal blessings and those of all of Creation

**Ephesians 2:1-10** – Saved by grace through faith. Alive in Christ

**John 3:14-21** – Christ lifted up, God's gift of His son, the light of the world

As you engage with the fourth Lenten service, reflect on how you have been 'living Lent' this week. How faithful have you been in the areas of serving, living generously, worshiping, fasting, praying and reading and studying the Scriptures? How has your daily time with God transformed the way you have interacted with others? Has there been a shift in focus?

Listen carefully to the message this morning. Make notes on those parts of the sermon which grabbed your attention or touched you in a special way. Reflect on what you have learned from and about God's word during the past week and talk to God about your thoughts. Be still, listen, pray and stay close to Him as you enjoy God and enjoy being enjoyed by Him on this Sabbath day. God bless you!

*My prayer:*

**WEEK 4 (DAY 23) Monday, March 15, 2021**



**WORKING, SERVING AND LIVING IN AND AS THE  
TEMPLE, OUR LIVES DEDICATED TO OUR FAITHFUL  
GOD WHO CALLS FOR OUR FAITHFULNESS**

*Prayer for faithfulness in the Church, the Body of Christ*

*Scripture:*

Psalm 107:1-16 – Praise for God’s provision and restoration

Exodus 15:22-27 – The waters of Marah and Elim

Hebrews 3:1-6 – Jesus greater than Moses

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship God with music. Speak to God about His provision in your life and His faithfulness. Reflect on God’s forgiving, patient and restoring nature as you read about the waters of Marah and Elim. Think of times in your own life evoked by this passage and about how God remains faithful even when we do not deserve it, because of Jesus’s finished work on the Cross. Spend time reflecting on the Deity of Jesus, Son of God, and the hope and confidence we can have in Christ.

*Prayer:* *Father, thank You for Your provision in my life. Forgive me for the times when I complain and do not fully appreciate Your many blessings. Help me, Lord, through this time of Lent, to show my gratitude for Who You are in my life, by reflecting the light of Your love into the world. Teach me to give as freely as I have received, of time, resources, gifts and love – to give of myself, as You did and do for me. Thank You, Jesus. Amen*

**WEEK 4 (DAY 24) Tuesday, March 16, 2021**



**WORKING, SERVING AND LIVING IN AND AS THE  
TEMPLE, OUR LIVES DEDICATED TO OUR FAITHFUL  
GOD WHO CALLS FOR OUR FAITHFULNESS**

*Prayer for faithfulness in the Church, the Body of Christ*

*Scripture:*

Psalm 107:1-16 – Praise for God’s provision and restoration

Numbers 20:1-13 – Waters of Meribah - Moses strikes the rock

1 Corinthians 10:6-13 – Warnings about consequences from Israel’s history, God’s faithfulness when we are tempted.

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship hymn suggestion: Trust and obey

As you read Numbers 20:12 and the Corinthians passage for today, seek to internalise the warnings about disobedience and the lessons about the consequences of sin. Speak to God about times when you have had to face up to the consequences of your unwise decisions, choices, words or actions, and how God remained faithful even as you went through these times.

*Prayer:* *Father, I acknowledge that I do not always respond with obedience in situations where choices need to be made. Please, Lord, help me to exercise discernment and stand on Your promises in times of testing, and to make choices that bring honour and glory to You. In my dealings with others, let me put myself aside and love unconditionally and faithfully, without selfish motives. In Jesus’s name I pray. Amen*

**WEEK 5 (DAY 25) Wednesday, March 17, 2021**



**TRANSFORMED AND RESTORED BY GRACE –  
HEALING THROUGH FORGIVENESS**

*Prayer for healing and restoration*

*Scripture:*

Psalm 107:1-16 – Praise for God’s forgiveness and restoration  
Isaiah 60:15-22 – The glory of Zion – God promises restoration  
John 8:12-20 – Dispute over Jesus’s Testimony

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship God in song, focusing on His grace and forgiveness.  
Speak to God about the times He has forgiven you and restored you, setting you free from guilt and fear. Engage with John chapter eight as you reflect on Who Jesus is. Does your testimony to others tell them Who He is and what He means to you?

*Prayer:* *Father, You repeatedly welcome me back and give me second chances when I mess up – a humbling and constant reminder that Your love is perfect. Lord, may I take that attribute of Your nature and apply it in my life today, forgiving those who have hurt or offended me and proffering to them a hand of love and reconciliation, even when the earthly-minded part of me feels that they don’t deserve it. I don’t deserve Your Grace, yet you never stop extending it to me. Lord, I come before You in gratitude. In Jesus’s name I pray. Amen*

**WEEK 5 (DAY 26) Thursday, March 18, 2021**



**TRANSFORMED AND RESTORED BY GRACE –  
HEALING THROUGH FORGIVENESS**

*Prayer for healing and restoration*

*Scripture:*

Psalm 51:1-12 – David’s prayer for forgiveness and cleansing  
Isaiah 30:15-18 – Repentance, God’s longing to be gracious  
Hebrews 4:1-13 – A Sabbath-rest for the people of God

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship God in song, perhaps a song about surrender. Repentance is a strong thread throughout this time of Lent. Turning away from the things that draw and entice us to stray from the path we are on with Jesus, is sometimes extremely difficult, but true godly sorrow produces repentance, and we cannot expect forgiveness until we surrender and repent. Reflect on any hindrances in your life that require removal, by the cleansing power of God’s grace. Bring them before God.

*Prayer:* *Lord, I so much want to live a life worthy of You, worthy of what You did for me and took on Yourself to spare me from the penalty of sin. Help me to examine my life with absolute honesty and by Your Grace, through Your Spirit, to turn away from the obstacles to my relationship with You caused by my sin – by any pride or disobedience that needs to be brought into the light. In Jesus’s name I pray. Amen*

**WEEK 5 (DAY 27) Friday, March 19, 2021**



**TRANSFORMED AND RESTORED BY GRACE –  
HEALING THROUGH FORGIVENESS**

Prayer for healing and restoration

Scripture:

Psalms 51:1-12 – David’s prayer for forgiveness and cleansing  
Exodus 30:1-10 – The altar of incense – annual atonement  
Hebrews 4:14-5:4 – Jesus the great High Priest, called by God

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God in song. Suggestion ‘Create in me a clean heart’.  
Speak to God about Jesus our High Priest, who atoned once and  
for all, for our sin, making a way for us to have access to the  
holy of holies – to God Himself. Spend time in silent reflection  
and meditation on the enormity of what Jesus did for each one  
of us. Think deeply about areas of your life that require  
restoration through cleansing by the Lord.

Prayer: Heavenly Father, Jesus Son of God, Holy Spirit of truth,  
please help me to honestly identify all those facets of my life  
that are unclean and not pleasing in Your eyes. Today I humbly  
ask, as David did in Psalm 51, for Your cleansing of all those  
issues of sin and unforgiveness which distract me and interfere  
with my relationship with You. I acknowledge that when I sin,  
my sin is against You, Lord and I am sorry. Thank You for Your  
forgiveness. Help me to forgive. In Jesus’s name, amen.

**WEEK 5 (DAY 28) Saturday, March 20, 2021**



**TRANSFORMED AND RESTORED BY GRACE –  
HEALING THROUGH FORGIVENESS**

Prayer for healing and restoration

Scripture:

Psalms 51:1-12 – David’s prayer for forgiveness and cleansing  
Habakkuk 3:2-13 – Habakkuk’s prayer of trust and recollection  
of God’s actions  
John 12:1-11 – Jesus anointed by Mary at Bethany

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God in song or play soft music in keeping with today’s  
theme of reverence before the Lord. Reflect on the holiness  
and the meaning in Mary’s act of pure devotion to her Lord.  
How can we show true reverence, obedience and trust in our  
Saviour and mirror His love in our lives?  
Today we will spend some time in silent prayer and meditation.

Prayer: As I read Your word, Lord, I am reminded of Your  
holiness and the reverence with which I need to enter Your  
presence, as I reflect on all that You have done for humankind  
throughout the ages and all that You have done and continue  
to do in my life. Lord, I spend time now in stillness, just listening  
and waiting on You.

Listen...

Prayer for illumination and a teachable spirit

**TRANSFORMED AND RESTORED BY GRACE –  
HEALING THROUGH FORGIVENESS**

Lectionary Readings for fifth Sunday in Lent:

**Jeremiah 31:31-34** – Jeremiah prophesies the New Covenant

**Psalms 51:1-12** – David’s prayer for forgiveness and cleansing

or **Psalms 119:9-16** – Delight in God’s word and His decrees

**Hebrews 5:5-10** – Jesus, Son of God, as High Priest forever

**John 12:20-33** – Jesus predicts His death

As you engage with the fifth Lenten service, reflect on how you have been ‘living Lent’ over the past week. How faithful have you been in the Spiritual disciplines of giving, fasting, praying, worshiping and reading and studying the Scriptures? How have the daily times with God impacted on the way you have interacted with others? Has there been a shift in focus?

Listen carefully to the message this morning. Make notes on those parts of the sermon which grabbed your attention or touched you in a special way. Reflect on what you have learned from and about God’s word during the past week and talk to God about your thoughts.

Be still, listen, pray and stay close to Him as you enjoy God and enjoy being enjoyed by Him on this day of Sabbath rest. God bless you!

My prayer:

**WEEK 5 (DAY 29) Monday, March 22, 2021**



**TRANSFORMED AND RESTORED BY GRACE –  
HEALING THROUGH FORGIVENESS**

Prayer for healing and restoration

Scripture:

Psalms 119:9-16 – Seeking purity through devotion to God’s word and His covenantal promises

Isaiah 43:8-13 – We are witnesses that God is the true God

2 Corinthians 3:4-11 – The confidence we have from God in the greater glory of the new Covenant

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Song suggestion ‘O God you are my God’ – songs that proclaim Who God is. Engage deeply with today’s readings and reflect on the meaning of the New Covenant, thanking God for what this means in your life. Cross-reference where you can, for greater context and understanding.

Prayer: *Father, Your Covenantal nature reveals to me Your Holy, Divine nature. You are the one true, living and eternal God and I praise You for Your mercy and grace and forgiveness. Lord, I know that You desire these qualities in the lives of each one of us - Your children whom You saved. Thank You that I may call You Abba and call on Your name. Help me, Lord, to live by Your Covenant – the promise of eternal life through Your Son, our Saviour, Jesus Christ. Equip me, Lord, to be a faithful witness and to devote myself to studying and living Your word. Amen.*

**WEEK 5 (DAY 30) Tuesday, March 23, 2021**



**TRANSFORMED AND RESTORED BY GRACE –  
HEALING THROUGH FORGIVENESS**

Prayer for healing and restoration

Scripture:

Psalms 119:9-16 – Seeking purity through devotion to God’s word and His covenantal promises

Isaiah 44:1-8 – God in His tenderness pours out His Spirit and grace on His people. He is the only living and true God.

Acts 2:14-24 – Peter preaches on the pouring out of the Spirit

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Song suggestion ‘Come, Holy Spirit’ or Pentecost songs. Examine the analogy of streams in the desert and the earth responding in the light of the pouring out of God’s Spirit and how you understand the gift of His Spirit in your life. How do you feel about being chosen by Him – to be a child of God?

Prayer: *Almighty God, without You I am nothing. Thank You for the gift of Your Spirit which quenches my spiritual thirst, equips and fills me, so that I do not have to live in fear. Lord Jesus, help me in my interactions today to proclaim Who You are, as Peter did to the crowds on the day of Pentecost. Please give me the words, Lord, that need to be spoken and wisdom to know when to speak. Lord, may I live by the guidance and leading of Your Spirit, that my life may be a testimony to Your greatness, power, mercy and love. In Christ’s Holy Name, Amen.*

**WEEK 6 (DAY 31) Wednesday, March 24, 2021**



**HEALED AND TRANSFORMED BY GRACE TO RE-  
IMAGINE THE NEW CHURCH THROUGH PROCLA-  
MATION AND SOAKING OURSELVES IN GOD'S WORD**

*Prayer for transformation through proclamation of God's word*

*Scripture:*

Psalm 119:9-16 - Seeking purity through devotion to God's word and His covenantal promises

Haggai 2:1-9, 20-23 – Promised glory of the new temple, God chooses Zerubbabel to be His Signet Ring

John 12:34-50 – Jesus predicts His death, identifies Himself with God who sent Him

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship with songs about Jesus, as the Son of God.

Reflect on the meaning of Zerubbabel being God's Signet Ring, perhaps this calls for some extra research. Consider how some believed Jesus and others did not, how we still see this today, and how we are called to witness and testify.

*Prayer:* *Lord Jesus, I proclaim Your holy name, give you glory and acknowledge that You are the Son of God. Lord, you knew what suffering awaited You as You predicted Your death, yet You endured it all, for every sinner who has ever lived. Teach me Your word, God, that I may go out and spread the Gospel message with authority and confidence. Help me Lord, to faithfully study the Bible. In Jesus's name, Amen*

**WEEK 6 (DAY 32) Thursday, March 25, 2021**



**HEALED AND TRANSFORMED BY GRACE TO RE-  
IMAGINE THE NEW CHURCH THROUGH PROCLA-  
MATION AND SOAKING OURSELVES IN GOD'S WORD**

*Prayer for transformation through proclamation of God's word*

*Scripture:*

Psalm 118:1-2, 19-29 – A hymn of thanksgiving and praise

Deuteronomy 16:1-8 – Specific instructions for the Passover

Philippians 2:1-11 – Imitating Christ's humility

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship suggestion: 'Sing praise' (His love endures forever)

It is believed by some scholars that the words of Ps 118 were possibly sung at the conclusion of the Last Supper. It is the last Psalm in the 'Egyptian Hallel' – songs of praise. Reflect on the Philippians passage and the teaching that it contains about the need for humility in your own life.

*Prayer:* *Lord, I bring You praise and thanks for Your deliverance in my life. Jesus, You did not seek glory and honour and always put others before Yourself, with a true servant heart. Help me, Lord Jesus, to imitate Your gentleness, graciousness and service to others, in everything I do. Forgive me for the times when I act or speak with selfish motives – may Your Spirit and Your word convict me and teach me Your way of loving. Amen*

**WEEK 6 (DAY 33) Friday, March 26, 2021**



**HEALED AND TRANSFORMED BY GRACE TO RE-  
IMAGINE THE NEW CHURCH THROUGH PROCLA-  
MATION AND SOAKING OURSELVES IN GOD'S WORD**

*Prayer for transformation through proclamation of God's word*

*Scripture:*

Psalm 118:1-2, 19-29 - – A hymn of thanksgiving and praise  
Jeremiah 33:1-9 - Promise of restoration for God's people  
Philippians 2:12-18 – Do everything without grumbling

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship God in song - suggestion 'Heart of Worship'  
Consider the amazing grace of God in the promise of restoration for both Judea and Israel, after the long and difficult period of captivity and exile. How does God's promise of restoration and eternal life through the birth, life, death and resurrection of Jesus make you feel? Does this colour the way you worship? Spend extra time in worship today, as led.

*Prayer:* *Father, when I complain and grumble about my circumstances, about others, about things I would like to be different, may I delve deeply into Your word and find guidance and instruction there about perseverance and not letting the things of this world steal my joy in You – my joy in my Salvation through my Saviour. Lord Jesus, may I focus my heart, soul, mind and spirit on You, in deep gratitude and humility. Amen*

**WEEK 6 (DAY 34) Saturday, March 27, 2021**



**HEALED AND TRANSFORMED BY GRACE TO RE-  
IMAGINE THE NEW CHURCH THROUGH PROCLA-  
MATION AND SOAKING OURSELVES IN GOD'S WORD**

*Prayer for transformation through proclamation of God's word*

*Scripture:*

Psalm 118:1-2, 19-29 - A hymn of thanksgiving and praise  
Jeremiah 33:10-16 – Promise of restoration and a righteous Branch that will sprout from the line of David.  
Mark 10:32-34, 46-52 – Jesus predicts His death a third time and blind Bartimaeus receives his sight

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship God with a song of thanksgiving for His goodness. The OT reading today speaks of God's restoration and Jeremiah prophesies about the 'Righteous Branch' from the royal line of David. Reflect on God's goodness and love that endures forever, for His people. The account of the restoration of Bartimaeus's sight continues the theme of joy and thanksgiving. Also speak to God about the third prediction of Jesus's death in Mark's Gospel and how it makes you feel.

*Prayer:* *Father, thank You that You are a God of renewal, of rebirth, of transformation and restoration – that You can turn any situation around. Thank You for Your promises and blessings. Lord Jesus, at this time of Lent Your sacrifice is very much on my mind. (Spend time in silent prayer and listening)*

**Sunday, March 28, 2021: Sixth Sunday in Lent  
PALM SUNDAY**

*Prayer for illumination and a teachable spirit*

**HEALED AND TRANSFORMED BY GRACE TO RE-IMAGINE  
THE NEW CHURCH THROUGH PROCLAMATION AND  
SOAKING OURSELVES IN GOD’S WORD**

*Readings for sixth Sunday in Lent: (Liturgy of the Palms)*

**Psalm 118:1-2, 19-29** – A hymn of thanksgiving and praise

**Mark 11:1-11** – Jesus comes to Jerusalem as King (see Zec 9:9)

or **John 12:12-16** – Jesus comes to Jerusalem as King “

As you engage with the sixth Lenten service, reflect on how you have been ‘living Lent’ over the past week. How faithful have you been in the Spiritual disciplines of giving, fasting, praying, worshiping and reading and studying the Scriptures? How have the daily times with God impacted on the way you have interacted with others? Has there been a shift in focus? Are you part of the re-imagining of the New Church, a living stone of God’s temple? Are you saturated in God’s word?

Listen carefully to the message this morning. Make notes on those parts of the sermon which grabbed your attention or touched you in a special way. Reflect on what you have learned from and about God’s word during the past week and talk to God about your thoughts.

Be still, listen, pray and stay close to Him as you enjoy God and enjoy being enjoyed by Him on this day of Sabbath rest. God bless you!

**NOTES – SIXTH SUNDAY IN LENT**

*My prayer:*

**WEEK 6 (DAY 35) Monday, March 29, 2021**  
**Monday of Holy Week**



**HEALED AND TRANSFORMED BY GRACE TO  
RE-IMAGINE THE NEW CHURCH THROUGH PROCLAMATION  
AND SOAKING OURSELVES IN GOD'S WORD**

Prayer for transformation through proclamation of God's word

Scripture:

**Isaiah 42:1-9** - The first of the four 'Servant Songs'

**Psalms 36:5-11** – God's love, faithfulness, righteousness, justice, protection and benevolence, provision and light

**Hebrews 9:11-15** – The blood of Christ, the New Covenant

**John 12:1-11** – Jesus anointed at Bethany

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God in song or listen to music as led.

Engage deeply with the Scriptures for today and take whatever touches or stands out for you to the Lord in prayer.

Consider how these passages apply to your life.

Prayer: Write your own prayer based on how the Scriptures have moved and spoken to you today.

**WEEK 6 (DAY 36) Tuesday, March 30, 2021**  
**Tuesday of Holy Week**



**HEALED AND TRANSFORMED BY GRACE TO  
RE-IMAGINE THE NEW CHURCH THROUGH PROCLAMATION  
AND SOAKING OURSELVES IN GOD'S WORD**

Prayer for transformation through proclamation of God's word

Scripture:

**Isaiah 49:1-7** – The second of the four 'Servant Songs'

**Ps 71:1-14** Prayer for God's help in the vulnerability of old age

**1 Cor 1:18-31** – Christ Crucified is God's Power and Wisdom

**John 12:20-36** – Jesus predicts His death and is glorified

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God in song or listen to music as led.

Engage deeply with the Scriptures for today and take whatever touches or stands out for you to the Lord in prayer.

Consider how these passages apply to your life.

Prayer: Write your own prayer based on how the Scriptures have moved and spoken to you today.

**WEEK 6 (DAY 37) Wednesday, March 31, 2021**  
**Wednesday of Holy Week**



**HEALED AND TRANSFORMED BY GRACE TO  
RE-IMAGINE THE NEW CHURCH THROUGH PROCLAMATION  
AND SOAKING OURSELVES IN GOD'S WORD**

Prayer for transformation through proclamation of God's word

Scripture:

**Isaiah 50:4-9a** – Third of the four 'Servant Songs'

**Psalms 70** – An urgent prayer for God's help when threatened

**Hebrews 12:1-3** – Run the race with perseverance. Christ the author and perfecter of our faith, endured the Cross

**John 13:21-32** – Jesus predicts His betrayal and denial

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God in song or listen to music as led.

Engage deeply with the Scriptures for today and take whatever touches or stands out for you to the Lord in prayer.

Consider how these passages apply to your life.

Prayer: Write your own prayer based on how the Scriptures have moved you today.

**WEEK 6 (DAY 38) Thursday, April 1, 2021**  
**Maundy Thursday**



**HEALED AND TRANSFORMED BY GRACE TO  
RE-IMAGINE THE NEW CHURCH THROUGH PROCLAMATION  
AND SOAKING OURSELVES IN GOD'S WORD**

Prayer for transformation through proclamation of God's word

Scripture:

**Exodus 12:1-4, (5-10), 11-14** – The Passover and the Festival of Unleavened Bread

**Psalms 116:1-2, 12-19** – Praising God for deliverance from death

**1 Corinthians 11:23-26** – Jesus institutes the Sacrament of Holy Communion

**John 13:1-17, 31b-35** – Jesus washes the disciples' feet, gives a new commandment to love one another as He loves us

Prayer of confession, repentance, thanks for forgiveness

Worship, conversation with the Lord and reflection:

Worship God in song or listen to music as led.

Engage deeply with the Scriptures for today and take whatever touches or stands out for you to the Lord in prayer.

Consider how these passages apply to your life.

Prayer: Write your own prayer based on how the Scriptures have moved you today.

WEEK 6 (DAY 39) *Friday, April 2, 2021*

*Good Friday*



HEALED AND TRANSFORMED BY GRACE TO  
RE-IMAGINE THE NEW CHURCH THROUGH PROCLAMATION  
AND SOAKING OURSELVES IN GOD'S WORD

*Prayer for transformation through proclamation of God's word*

*Scripture:*

**Isaiah 52:13-53:12** – Fourth of the four 'Servant Songs'

**Psalms 22** – Anguished prayer of David as a godly sufferer under vicious attack. Jesus echoed words from this Psalm on the Cross. Ps 22 quoted more than any other in the NT.

**Hebrews 10:16-25** – Christ's sacrifice. A call to perseverance or **Hebrews 4:14-16; 5:7-9** – Jesus - great High Priest, Saviour

**John 18:1-19:42** – Jesus's arrest, sentencing, Crucifixion, death

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship God in song or listen to music as led.

Engage deeply with the Scriptures for today and take whatever touches or stands out for you to the Lord in prayer.

Consider how these passages apply to your life.

*Prayer:* Write your own prayer based on how the Scriptures have moved you today.

DAY 40: *Saturday, April 3, 2021*

*Holy Saturday (Remembrance Saturday)*



HEALED AND TRANSFORMED BY GRACE TO RE-  
IMAGINE THE NEW CHURCH THROUGH PRO-CLAMATION  
AND SOAKING OURSELVES IN GOD'S WORD

*Prayer for transformation through proclamation of God's word*

*Scripture:*

**Job 14:1-14** – Job speaks to God about the fragility of life or **Lamentations 3:1-9; 19-24** Man's suffering, affliction and bitterness; God's compassion, faithfulness and mercy

**Psalms 31:1-4, 15-16** A Psalm of trust – all is in God's hands

**1 Peter 4:1-8** Living, suffering and loving for Christ

**Matthew 27:57-66** Jesus buried, a guard placed on the tomb or **John 19:38-42** Jesus's body wrapped, placed in the tomb

*Prayer of confession, repentance, thanks for forgiveness*

*Worship, conversation with the Lord and reflection:*

Worship God in quiet song or listen to music as led.

Engage deeply with the Scriptures for today and take whatever touches or stands out for you to the Lord in prayer.

Consider how these passages apply to your life.

*Prayer:* Spend time in silent prayer today, as you remember loved ones who have passed on.

**Sunday, April 4, 2021: RESURRECTION SUNDAY  
(EASTER SUNDAY)**

*Prayer of celebration of Who Jesus is*

*Lectionary Readings for Resurrection Sunday:*

**Acts 10:34-43**—God has no favourites, Peter preaches Jesus  
or **Isaiah 25:6-9** – Wedding feast, Christ’s victory over death  
**Psalms 118:1-2, 14-24** –Thanksgiving for the Lord’s deliverance  
**1 Corinthians 15:1-11** – The Resurrection of Christ  
or **Acts 10:34-43** – Peter preaches about Jesus  
**John 20:1-18** – The Empty Tomb  
or **Mark 16:1-8** – The Resurrection of Jesus

**SERMON NOTES:**

**My reflections and prayers of thanksgiving and celebration  
at the end of this journey of Living Lent:**