

40 DAYS OF MEDITATION

Biblical Readings

From the sublime beginnings on Ash Wednesday to the celebration of resurrection on Easter Sunday, the path of Lent can be a significant 40-day spiritual journey. To aid and prompt you to use this season well, we have provided the following readings and resources for your benefit. Our hope and prayer is that the Lord will use this time and your personal meditations to enable you to draw close to him during this Lenten season.

BIBLICAL READINGS

(you may choose from the following themes)

Psalms (the journey of life):

1. Beginning a Lenten journey—Psalm 1
2. I called and God heard—Psalm 34
3. Covered sins—Psalm 32
4. The wings of God—Psalm 91
5. Seeing clearly in the sanctuary—Psalm 73
6. Open the gates—Psalm 118 (Palm/Passion Sunday)
7. I love the Lord—Psalm 116 (Maundy Thursday)
8. When we feel forsaken—Psalm 22 (Good Friday)
9. From dust to kingship—Psalm 2 (Easter)

Were You There?

1. Were you there in the city when they plotted? Luke 21:37–22:6
2. Were you there when he was betrayed? Matthew 26, selected portions
3. Were you there in the upper room when he prayed? John 17:1–26
4. Were you there in Jerusalem when he was on trial? Matthew 26 and 27, selected portions
5. Were you there in Jerusalem when he carried a cross out of town? Luke 23:26–33
6. Were you there in Jerusalem when he rode into town? Luke 19:29–44; John 12:16–19 (Palm/Passion Sunday)
7. Were you there in the garden when he arose? Matthew 28:1–15 (Easter)
8. Were you there when he kept showing up? 1 Corinthians 15:1–11 (Sunday after Easter)

Growing with Peter

1. The story begins—John 1:35–42
2. A new kind of fisherman—Luke 5:1–11
3. When faith takes risks—Matthew 14:22–23
4. On the mountain with Jesus—Matthew 17:1–13
5. The man with the mouth—Matthew 16:13–23
6. Fumbles in the garden—Matthew 26:36–46 (Palm/Passion Sunday)
7. Unimaginable words—Matthew 26:69–75 (Maundy Thursday/Good Friday)
8. Go tell Peter!—Mark 16:1–8 (Easter)
9. Back in grace—John 21:15–25 (Sunday after Easter)

DEVOTIONAL BOOKS

- *The Christ of Easter* by Calvin Miller
- *40 Days Living the Jesus Creed* by Scot McKnight
- *Show Me the Way* by Henri Nouwen
- *Reliving the Passion* by Walter Wangerin
- *Meditations on the Cross* by Dietrich Bonhoeffer
- *A Meditation on Christ's Passion* by Martin Luther

“Why, O Lord, is it so hard for me to keep my heart directed toward you? Why does my mind wander off in so many directions, and why does my heart desire the things that lead me astray? Let me sense your presence in the midst of my turmoil. Take my tired body, my confused mind, and my restless soul into your arms and give me rest—simple, quiet rest.”

Henri Nouwen

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LENT