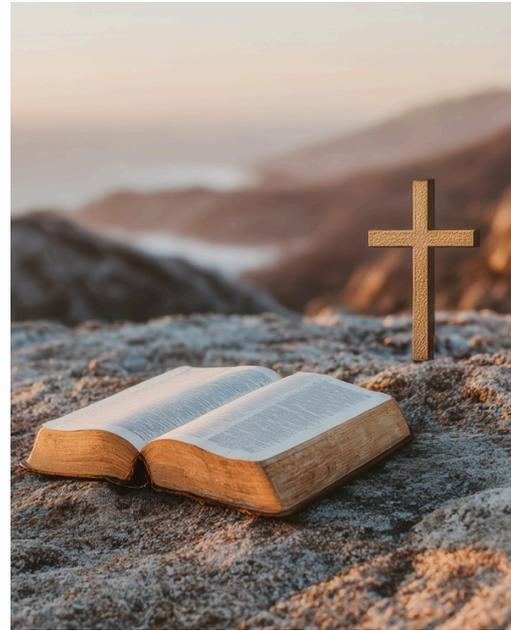




TURN

GIVE UP



GIVE





Lent is the season leading up to Easter, during which Christians symbolically follow Christ into the wilderness, fasting from lesser things so we might be filled with the greater things of the gospel. We intentionally seek to reorient what we love and how we seek love out. Our culture teaches us to seek love by merely following our desires and resisting delayed gratification. Be who you are by reaching for what you want. Lent resists this and seeks to reorient how we seek out love and reform what we love to be formed more like Jesus.

Lent is six weeks, beginning on Ash Wednesday and ending on the day before Easter. It's a season of preparation for Easter joy, of dying to our self and sin in order to experience the resurrection life of Christ in the Spirit! It is meant to stir longings and awaken deep desires for Jesus. Surely, these things are meant to be done daily, not just six weeks out of the year. But Lent invites us into a season of unique intentionality and intensity. It also calls us to resist a version of Christian individualism and join a broader corporate body of Christians all pressing into the same reality and goal.

We will approach Lent with three simple focuses; to **turn** (repentance), **give up** (renounce what enslaves) and **give** (live generously). This is a guide to lead you on a path toward one of these practices each week. There is Scripture to meditate on, prayers to pray through and questions to contemplate. Each week at the end of the message we will give you action steps to help you express what God is doing in you for the good of your neighbor.





THE LENTEN CALENDAR

Celebrated each spring as the days begin to lengthen (the term Lent is from a Saxon word meaning “lengthen”), Lent begins on Ash Wednesday, 46 days before Easter Sunday. It is marked by periods of fasting and feasting. Each week, participants traditionally fast during the week and feast on Sundays. This pattern continues throughout the season as the Church journeys toward the Holy Week commencing on Palm Sunday. The final period of Lent is often referred to as the Triduum, beginning Maundy Thursday and continuing through Easter Sunday.

In our context, it is easy to get lost in the cultural expectations of Easter and miss out on the meaning. Lent is a reminder that the resurrection only occurred after the crucifixion. Rather than skipping over the ministry and crucifixion of Christ, Lent is a season to prepare ourselves for the joy of Resurrection Sunday as we enter the sorrow and pain which preceded it.





HOW TO USE THIS GUIDE

This guide walks you through the seven weeks of Lent. Each week includes a reading from the life of Christ in the Gospels, as well as four supplemental passages to consider throughout the week. Additionally, there is a suggested fast to coincide with each week.

Each Sunday, you should read the provided passage from the life of Christ and also consider journaling, discussing in your small group, praying through and rereading the narrative and supplemental texts throughout the week. This process will hopefully stir up a few questions:

- What do these passages of Scripture reveal about the nature and character of Christ?
- What do these passages reveal about your own heart?
- How can you respond to God's provision in His Son and Spirit in light of your own deficiency?

As Lent is not intended to be pursued merely on Sundays, this guide is not intended to be picked up one day a week. We can only truly enter into the tradition of Lent by establishing a rhythm of consistency. You are encouraged to spend time considering how and when you will pursue the joyful disciplines of reading, praying, meditating and fasting during the season.





HOW TO USE THIS GUIDE

This guide walks you through the seven weeks of Lent. Each week includes a reading from the life of Christ in the Gospels, as well as four supplemental passages to consider throughout the week. Additionally, there is a suggested fast to coincide with each week.

Each Sunday, you should read the provided passage from the life of Christ and also consider journaling, discussing in your small group, praying through and rereading the narrative and supplemental texts throughout the week. This process will hopefully stir up a few questions:

- What do these passages of Scripture reveal about the nature and character of Christ?
- What do these passages reveal about your own heart?
- How can you respond to God's provision in His Son and Spirit in light of your own deficiency?

As Lent is not intended to be pursued merely on Sundays, this guide is not intended to be picked up one day a week. We can only truly enter into the tradition of Lent by establishing a rhythm of consistency. You are encouraged to spend time considering how and when you will pursue the joyful disciplines of reading, praying, meditating and fasting during the season.





WEEKLY FASTS + ACTS OF GENEROSITY

Each week, we have suggested an area of fasting to our lives. Far from a mere responsibility, these weekly fasts give us opportunities to pursue greater communion with Christ. By emptying our lives of commotion, clutter and noise, we hope to find greater room for Him to speak through His Word. Rather than simply subtraction something from our lives, this is an opportunity to add something greater.

Some of the fasts are traditional (food, caffeine, sweets), while others may be novel for many of us (media, sleep, shopping). These particular fasts were chosen because each represents a common comfort to which our culture runs for distraction. The hope for each is that a season of unplugging from the background buzz will be leveraged for the sake of communing with the Lord. Therefore, we should consider ways in which we can leverage the fast to engage in deeper prayer, study, community, meditation, etc.





WEEKLY FASTS + ACTS OF GENEROSITY

Although encouraged to pursue a complete fast on many of the weeks, (i.e. abstaining completely from the area of the week), there are two weeks in particular in which you are encouraged to plan ahead the degree to which you will engage in the fast. Weeks 1 and 7 are not expected to be absolute fasts.

- Week 1 involves a fast from food. You may choose to fast from one meal a day; others will do an entire day; others still might choose a fast of multiple days.
- Week 7 involves a fast from sleep. You are neither expected nor encouraged to abstain from sleep for the entire week. However, the hope is that we might set our alarms an hour or two earlier, stay up an hour or two later and devote one entire night or morning to prayer.

Consider the possibility of building each week upon the next. For instance, an individual could continue the Week 1 fast into Week 2 and so forth to eventually do all seven fasts together. Again, this is not intended to be a burden, but rather an opportunity, and should be stewarded as circumstances allow. If we are to follow Christ in the wilderness, it will take some degree of discomfort and inconvenience. May we begin to prepare our hearts accordingly.





GIVE UP

- Week 1: Food
 - Week 2: Television and internet
 - Week 3: Social Networking and internet
 - Week 4: Caffeine and sweets
 - Week 5: Radio and music
 - Week 6: Shopping for nonessentials
 - Week 7: Sleep
-

GIVE: FOR THE GOOD OF OUR NEIGHBOR

- Week 1:
- Week 2: Notes of Hope
- Week 3:
- Week 4: Care Package for Homeless (socks, shampoo, soap, toothbrush & paste, flashlight in one-gallon baggy)
- Week 5: Prayer Walk
- Week 6:
- Week 7: Buy someone's groceries, dinner ,coffee or gas



SEARCHER OF HEARTS

Searcher of hearts,
It is a good day to me when thou givest me
a glimpse of myself;
Sin is my greatest evil,
But thou art my greatest good;
I have cause to loathe myself,
And not to seek self-honour,
For no one desires to commend his own dunghill.
My country, family, church
Fare worse because of my sins,
For sinners bring judgment in thinking sins are small,
Or that god is not angry with them.
Let me not take other good men as my example,
And think that I am good because I am like them,
For all good men are not so good as thou desirest,
Are not always consistent,
Do not always follow holiness,
Do not feel eternal good in sore affliction.
Show me how to know when a thing is evil
Which I think is right and good,
How to know when what is lawful
Comes from an evil principle,
Such as desire for reputation or wealth by usury.
Give me grace to recall my needs,
My lack of knowing thy will in Scripture,
Of wisdom to guide others,
Of daily repentance, want of which keeps thee at bay,
Of the spirit of prayer, having words without love,
Of zeal for thy glory, seeking my own ends,
Of joy in thee and thy will,
Of love to others.
And let me not lay my pipe too short of the fountain,
Never touching the eternal spring,
Never drawing down water from above.



WEEK 1: TEMPTATION

WEEKLY FASTING (GIVING UP): FOOD

Reading: Luke 4:1-13

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness,² where for forty days he was tempted^[a] by the devil. He ate nothing during those days, and at the end of them he was hungry.

³ The devil said to him, "If you are the Son of God, tell this stone to become bread."

⁴ Jesus answered, "It is written: 'Man shall not live on bread alone.'"

⁵ The devil led him up to a high place and showed him in an instant all the kingdoms of the world.⁶ And he said to him, "I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to.⁷ If you worship me, it will all be yours."

⁸ Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

⁹ The devil led him to Jerusalem and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down from here.¹⁰ For it is written:

"He will command his angels concerning you to guard you carefully;

¹¹ they will lift you up in their hands, so that you will not strike your foot against a stone."

¹² Jesus answered, "It is said: 'Do not put the Lord your God to the test.'"

¹³ When the devil had finished all this tempting, he left him until an opportune time.

Supplemental passages to consider throughout the week

Hebrews 2:14-18, Hebrews 4:14-1 Corinthians 10:6-13, James 1:12-15





WEEK 2: RESPONSE TO LOVE

WEEKLY FASTING (GIVING UP): TELEVISION + MOVIES

GIVING (GENEROSITY): NOTES OF HOPE

Reading: Luke 7:36–50

³⁶ When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. ³⁷ A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. ³⁸ As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

³⁹ When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know who is touching him and what kind of woman she is—that she is a sinner."

⁴⁰ Jesus answered him, "Simon, I have something to tell you." "Tell me, teacher," he said.

⁴¹ "Two people owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. ⁴² Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?"

⁴³ Simon replied, "I suppose the one who had the bigger debt forgiven." "You have judged correctly," Jesus said.

⁴⁴ Then he turned toward the woman and said to Simon, "Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. ⁴⁵ You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. ⁴⁶ You did not put oil on my head, but she has poured perfume on my feet. ⁴⁷ Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."

⁴⁸ Then Jesus said to her, "Your sins are forgiven."

⁴⁹ The other guests began to say among themselves, "Who is this who even forgives sins?"

⁵⁰ Jesus said to the woman, "Your faith has saved you; go in peace."

Supplemental passages to consider throughout the week

Romans 6:1–14, Romans 12:1–2, 2 Corinthians 5:14–15, Galatians 5:16–24





WEEK 3: CONFESSION + COST

WEEKLY FASTING (GIVING UP): SOCIAL NETWORKING AND INTERNET

Reading: Luke 9:18-27

¹⁸ Once when Jesus was praying in private and his disciples were with him, he asked them, "Who do the crowds say I am?"

¹⁹ They replied, "Some say John the Baptist; others say Elijah; and still others, that one of the prophets of long ago has come back to life."

²⁰ "But what about you?" he asked. "Who do you say I am?"

Peter answered, "God's Messiah."

²¹ Jesus strictly warned them not to tell this to anyone. ²² And he said, "The Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to life."

²³ Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. ²⁴ For whoever wants to save their life will lose it, but whoever loses their life for me will save it. ²⁵ What good is it for someone to gain the whole world, and yet lose or forfeit their very self? ²⁶ Whoever is ashamed of me and my words, the Son of Man will be ashamed of them when he comes in his glory and in the glory of the Father and of the holy angels.

²⁷ "Truly I tell you, some who are standing here will not taste death before they see the kingdom of God."

Supplemental passages to Consider throughout the week
Philippians 3:7-16, Colossians 3:1-4, 1 Corinthians 9:24-27, Hebrews 12:1-11





WEEK 4: LEARNING TO PRAY

WEEKLY FASTING (GIVING UP): CAFFEINE + SWEETS
GIVING (GENEROSITY): CARE PACKAGE FOR HOMELESS

Reading: Luke 11:1-13

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."

² He said to them, "When you pray, say: "Father, hallowed be your name, your kingdom come.

³ Give us each day our daily bread.

⁴ Forgive us our sins,

for we also forgive everyone who sins against us.

And lead us not into temptation."

⁵ Then Jesus said to them, "Suppose you have a friend, and you go to him at midnight and say, 'Friend, lend me three loaves of bread; ⁶ a friend of mine on a journey has come to me, and I have no food to offer him.' ⁷ And suppose the one inside answers, 'Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything.' ⁸ I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

⁹ "So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ¹⁰ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

¹¹ "Which of you fathers, if your son asks for a fish, will give him a snake instead? ¹² Or if he asks for an egg, will give him a scorpion? ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

Supplemental passages to consider throughout the week

Ephesians 3:14-21, Philippians 4:4-7, Matthew 6:25-34, James 5:13-18



REFLECTION + RESPONSE

1) In silence, speak the word “Father” to Him slowly, perhaps several times, and listen for how the Spirit might soften or deepen your heart toward this intimate address. What would change in your prayers if you truly believed He delights in you as His child?

2) In what area of your life (a longing, a need, a burden for someone else, or spiritual growth) have you grown weary or stopped asking because it feels pointless, delayed, or embarrassing to keep bringing it to God? Imagine yourself at the door in the middle of the night—persistent, unashamed. What would it look like today to keep knocking with bold trust in God’s character rather than in quick results? Ask the Lord to stir fresh persistence in you, and perhaps name one specific thing you’ll commit to bringing to Him daily.

3) Sit with this quietly: How aware are you of needing—and desiring—the Holy Spirit’s filling, guidance, comfort, conviction, or empowerment right now? Do you approach prayer expecting primarily external answers, or are you open to God giving Himself more deeply?



WEEK 5: HUMILITY + JUSTIFICATION

WEEKLY FASTING (GIVING UP): RADIO AND MUSIC

GIVING (GENEROSITY): PRAYER WALK IN YOUR NEIGHBORHOOD

Reading: Luke 18:9-17

⁹ To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: ¹⁰ “Two men went up to the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. ¹² I fast twice a week and give a tenth of all I get.’

¹³ “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’

¹⁴ “I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

¹⁵ People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. ¹⁶ But Jesus called the children to him and said, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. ¹⁷ Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.”

Supplemental passages to consider throughout the week
James 4:1-10, 1 Peter 5:5-8, Philippians 2:1-13, Matthew 5:3-12





WEEK 6: THE COST OF RICHES

WEEKLY FASTING: SHOPPING FOR NON-ESSENTIALS

Reading: Luke 18:18-34

¹⁸ A certain ruler asked him, “Good teacher, what must I do to inherit eternal life?”

¹⁹ “Why do you call me good?” Jesus answered. “No one is good—except God alone. ²⁰ You know the commandments: ‘You shall not commit adultery, you shall not murder, you shall not steal, you shall not give false testimony, honor your father and mother.’”

²¹ “All these I have kept since I was a boy,” he said.

²² When Jesus heard this, he said to him, “You still lack one thing. Sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”

²³ When he heard this, he became very sad, because he was very wealthy.

²⁴ Jesus looked at him and said, “How hard it is for the rich to enter the kingdom of God! ²⁵ Indeed, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.”

²⁶ Those who heard this asked, “Who then can be saved? ²⁷ Jesus replied, “What is impossible with man is possible with God.” ²⁸ Peter said to him, “We have left all we had to follow you!”

²⁹ “Truly I tell you,” Jesus said to them, “no one who has left home or wife or brothers or sisters or parents or children for the sake of the kingdom of God ³⁰ will fail to receive many times as much in this age, and in the age to come eternal life.”

³¹ Jesus took the Twelve aside and told them, “We are going up to Jerusalem, and everything that is written by the prophets about the Son of Man will be fulfilled. ³² He will be delivered over to the Gentiles. They will mock him, insult him and spit on him; ³³ they will flog him and kill him. On the third day he will rise again.”

³⁴ The disciples did not understand any of this. Its meaning was hidden from them, and they did not know what he was talking about.

Supplemental passages to consider throughout the week

Matthew 13:44-46, Hebrews 13:5-6, 1 Timothy 6:6-12, Matthew 6:19-24





REFLECTION + RESPONSE

1) In quiet honesty before the Lord, ask: What is the “one thing” (or perhaps more) that Jesus might be pointing to in my life right now—something I treasure, rely on for security, identity, or control—that keeps me from fully following Him? It could be possessions, status, relationships, ambitions, comfort, or even religious performance. Picture Jesus looking at you with love (as He did the ruler) and naming that thing. Do I grieve over it like the ruler, or am I willing to release it for the treasure of knowing and following Him? Pray for courage to hear His invitation afresh: “Come, follow me.”

2) Consider your own heart: How well do I understand—and embrace—the Jesus who saves not through power or avoidance of pain, but through humble suffering and resurrection victory? Where might my expectations of following Jesus (ease, success, protection from hardship) blind me to the reality of the cross-centered path? Imagine walking with the disciples toward Jerusalem, hearing Jesus foretell His passion. Does it unsettle you, confuse you, or draw you into deeper awe at His love? Pray: “Lord, open my eyes to see You clearly—the suffering Savior who rises. Help me follow You even when the way leads through difficulty, trusting Your resurrection power.” Let this truth prepare your heart for whatever “Jerusalem” moments lie ahead.



WEEK 7: TRIUMPH + TEARS

WEEKLY FASTING (GIVING UP): SLEEP GIVING (GENEROSITY): BUY SOMEONE'S GROCERIES, DINNER, COFFEE OR GAS

Reading: Luke 19:28–44

²⁸ After Jesus had said this, he went on ahead, going up to Jerusalem. ²⁹ As he approached Bethphage and Bethany at the hill called the Mount of Olives, he sent two of his disciples, saying to them, ³⁰ “Go to the village ahead of you, and as you enter it, you will find a colt tied there, which no one has ever ridden. Untie it and bring it here. ³¹ If anyone asks you, ‘Why are you untying it?’ say, ‘The Lord needs it.’”

³² Those who were sent ahead went and found it just as he had told them. ³³ As they were untying the colt, its owners asked them, “Why are you untying the colt?”

³⁴ They replied, “The Lord needs it.”

³⁵ They brought it to Jesus, threw their cloaks on the colt and put Jesus on it. ³⁶ As he went along, people spread their cloaks on the road.

³⁷ When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen:

³⁸ “Blessed is the king who comes in the name of the Lord!”^[a]

“Peace in heaven and glory in the highest!”

³⁹ Some of the Pharisees in the crowd said to Jesus, “Teacher, rebuke your disciples!”

⁴⁰ “I tell you,” he replied, “if they keep quiet, the stones will cry out.”

⁴¹ As he approached Jerusalem and saw the city, he wept over it ⁴² and said, “If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes. ⁴³ The days will come upon you when your enemies will build an embankment against you and encircle you and hem you in on every side. ⁴⁴ They will dash you to the ground, you and the children within your walls. They will not leave one stone on another, because you did not recognize the time of God’s coming to you.”





GOOD FRIDAY

SORROW

Reading: Luke 22:39-46

³⁹ Jesus went out as usual to the Mount of Olives, and his disciples followed him. ⁴⁰ On reaching the place, he said to them, "Pray that you will not fall into temptation." ⁴¹ He withdrew about a stone's throw beyond them, knelt down and prayed, ⁴² "Father, if you are willing, take this cup from me; yet not my will, but yours be done." ⁴³ An angel from heaven appeared to him and strengthened him. ⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

⁴⁵ When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. ⁴⁶ "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."





EASTER SUNDAY

LIGHT + HOPE

Reading: Luke 24

24 On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. ² They found the stone rolled away from the tomb, ³ but when they entered, they did not find the body of the Lord Jesus. ⁴ While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. ⁵ In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? ⁶ He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ⁷ 'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.' " ⁸ Then they remembered his words.

⁹ When they came back from the tomb, they told all these things to the Eleven and to all the others. ¹⁰ It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. ¹¹ But they did not believe the women, because their words seemed to them like nonsense. ¹² Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.

¹³ Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. ¹⁴ They were talking with each other about everything that had happened. ¹⁵ As they talked and discussed these things with each other, Jesus himself came up and walked along with them; ¹⁶ but they were kept from recognizing him.





EASTER SUNDAY

LIGHT + HOPE

¹⁷ He asked them, “What are you discussing together as you walk along?”

They stood still, their faces downcast. ¹⁸ One of them, named Cleopas, asked him, “Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?”

¹⁹ “What things?” he asked.

“About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. ²⁰ The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; ²¹ but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. ²² In addition, some of our women amazed us. They went to the tomb early this morning ²³ but didn’t find his body. They came and told us that they had seen a vision of angels, who said he was alive. ²⁴ Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus.”

²⁵ He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶ Did not the Messiah have to suffer these things and then enter his glory?” ²⁷ And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

²⁸ As they approached the village to which they were going, Jesus continued on as if he were going farther. ²⁹ But they urged him strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.





EASTER SUNDAY

LIGHT + HOPE

³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹ Then their eyes were opened and they recognized him, and he disappeared from their sight. ³² They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

³³ They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together ³⁴ and saying, “It is true! The Lord has risen and has appeared to Simon.” ³⁵ Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

³⁶ While they were still talking about this, Jesus himself stood among them and said to them, “Peace be with you.”

³⁷ They were startled and frightened, thinking they saw a ghost. ³⁸ He said to them, “Why are you troubled, and why do doubts rise in your minds? ³⁹ Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have.”

⁴⁰ When he had said this, he showed them his hands and feet. ⁴¹ And while they still did not believe it because of joy and amazement, he asked them, “Do you have anything here to eat?” ⁴² They gave him a piece of broiled fish, ⁴³ and he took it and ate it in their presence.

⁴⁴ He said to them, “This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms.”





EASTER SUNDAY

LIGHT + HOPE

⁴⁵ Then he opened their minds so they could understand the Scriptures. ⁴⁶ He told them, “This is what is written: The Messiah will suffer and rise from the dead on the third day, ⁴⁷ and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. ⁴⁸ You are witnesses of these things. ⁴⁹ I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.”

⁵⁰ When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. ⁵¹ While he was blessing them, he left them and was taken up into heaven. ⁵² Then they worshiped him and returned to Jerusalem with great joy. ⁵³ And they stayed continually at the temple, praising God.

Supplemental passages to consider:

Romans 10:1-17, 1 Corinthians 15:1-49, Ephesians 2:1-10, 2 Corinthians 5:16-21



