

Praying with Scripture during Lent

Reflecting on a passage of Scripture each day allows you to encounter the Person of Jesus and to go deeper in your friendship with Him. You will come to know how much He loves you, that He is faithful and that you can trust Him. Follow the steps that are listed below.

Sign of the Cross

The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

- (Pray together aloud when praying with others.) Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me. Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart
- Read one Scripture passage each day, beginning with Day 1. After Day 7, start over with Day 1.
- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **READ** the same Scripture a second time, silently more slowly than the first time, from the heart.
- **CHOOSE a word** or phrase from the Bible passage that stood out for you. Silently think about it, speak with God about it, (and share it aloud with those with whom you are praying).
- **THANK** our Heavenly Father in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

Close this time of prayer with the Sign of the Cross

Day 1: Luke 22:14-20

Institution of the Holy Eucharist at the Last Supper

And when the hour came, Jesus reclined at table, and the Apostles with him. And He said to them, "I



have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the Kingdom of God." And Jesus took a cup, and when He had given thanks He said, "Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the Kingdom of God comes." And He took bread, and when He had given thanks, He broke it and gave it to them, saying, "This is my Body, which is given for you. Do this in remembrance of Me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my Blood. (*What stood out for you? Why?*)

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Day 2: Luke 22:39-46 The Agony in the Garden

Then going out He went, as was His custom, to the Mount of Olives, and the disciples followed Him. When He arrived at the place He said to them, "Pray that you may not undergo the test." After withdrawing about a stone's throw from them and kneeling, He prayed, saying, "Father, if you are willing, take this cup away from Me; still, not My will but Yours be done." And to strengthen Him an angel from Heaven appeared to Him. He was in such agony and He prayed so fervently that His sweat became like drops of blood falling on the ground. When He rose from prayer and returned to His disciples, He found them sleeping from grief. He said to them, "Why are you sleeping? Get up and pray that you may not undergo the test."

(*What stood out?*)

Day 3: John 18:37-40 19:1 The Scouring at the Pillar

So Pilate said to Him, "Then you are a king?" Jesus said,



“You say I am a king. For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to My voice.” Pilate said to Him, “What is truth?” When He had said this, He again went out to the Jews and said to them, “I find no guilt in Him. But you have a custom that I release one prisoner to you at Passover. Do you want me to release to you the King of the Jews?” They cried out again, “Not this one but Barabbas!” Now Barabbas was a revolutionary. Then Pilate took Jesus and had Him scourged. (*What stood out?*)

Day 4: Matthew 27:27-31 The Crowning with Thorns Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around Him. They stripped off His clothes and threw a scarlet military cloak about Him. Weaving a crown out of thorns, they placed it on His head, and a reed in His right hand. And kneeling before Him, they mocked Him, saying, “Hail, King of the Jews!” They spat upon Him and took the reed and kept striking Him on the head. And when they had mocked Him, they stripped Him of the cloak, dressed Him in His own clothes, and led Him off to crucify Him. (*What stood out?*)

Day 5: Luke 23:27-28 and Matthew 27:32 The Carrying of the Cross As they were going out, they met a Cyrenian named Simon; this man they pressed into service to help carry Jesus’ cross. And there followed Him a great multitude of the people, and of women who bewailed and lamented Him. But Jesus turning to them said, “Daughters of Jerusalem, do not weep for Me, but weep for yourselves and for your children.” (*What stood out for you?*)

Day 6: John 19: 25-30 The Crucifixion of Jesus Christ Near the cross of Jesus there stood His Mother, His mother’s sister, Mary the wife of Clopas, and Mary Magdalene. Seeing His Mother there with the disciple whom He loved,

Jesus said to His Mother, “Woman, there is your son.” In turn He said to the disciple, “There is your Mother.” From that hour onward, the



disciple took her into his care. After that, Jesus realizing that everything was not completed, said to fulfill the Scripture, “I thirst.” There was a jar there, full of vinegar. They stuck a sponge soaked in this vinegar on some

hyssop and raised it to His lips. When Jesus had received the vinegar, He said, “It is finished”; and He bowed His head and gave us His spirit.

Day 7: Matthew 27:35-54 The Death of Jesus Christ When they had crucified Jesus, they divided His garments among them by casting lots. Then they kept watch over Him. Over His head they put the charge against Him, “This is Jesus, the King of the Jews.” Two robbers were crucified with Him. Those who passed by derided Him, saying, “You who would destroy the temple and rebuild it in three days, save Yourself! If you are the Son of God, come down from the cross.” The scribes and elders mocked Him, saying, “He saved others. Let Him come down from the cross, and we will believe in Him. He trusts in God; let God deliver Him.” From the sixth hour there was darkness over all the land until the ninth hour. Jesus cried out, saying, “My God, my God, why have You forsaken Me? Father, into your hands I commend My spirit”; and then He breathed His last. The curtain of the temple was torn in two, from top to bottom. The earth shook, and the tombs were opened. Many bodies of the saints who had fallen asleep were raised, and coming out of the tombs after His resurrection they went into the holy city and appeared to many. When the centurion and those keeping watch over Jesus saw the earthquake and what took place, they were filled with awe and said, “Truly this was the Son of God!” (*What stood out?*)

