

Lenten Footsteps



Introduction

This is an invitation to walk with Christ through the eyes of many witnesses, the people spoken about in the bible. What was it that they saw or felt about what was happening? What was their experience of God's love, their acceptance and forgiveness?

These are short readings, concluding with a prayer of encouragement. Lent has a total of 47 days if we take Ash Wednesday to Easter Sunday.

Many of these readings are about forgiveness, as when we recognise the extent of our forgiveness, we are transformed. Christ's words are life-giving and when we see this in others, we realise it is possible in us.

The preparation of these notes has brought me great joy and learning and I pray that your footsteps through this period of Lent, will enable and increase your faith and empower you to witness to others. Remember, each footstep leaves a mark.

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Ash Wednesday

The Word Became Flesh - John 1:1-5

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him, nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.



Mary was familiar with the scriptures and the coming of the Messiah. God's call on Mary was to be the bearer of his Son through the Holy Spirit, Jesus our saviour - and Mary said yes!

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Father God, through the incarnation of Christ your son, may your light break through our darkness and set us free, to become all we're created to be. Amen.

Day 2

Announcing good news - Luke 1:26-33

In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. The angel went to her and said, "Greetings, you who are highly favoured! The Lord is with you."



Mary was greatly troubled at his words and wondered what kind of greeting this might be. But the angel said to her, "Do not be afraid, Mary; you have found favour with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end."

John 1: 15-18

(John testified concerning him. He cried out, saying, "This is the one I spoke about when I said, 'He who comes after me has surpassed me because he was before me.'") Out of his fullness we have all received grace in place of grace already given. For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.

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Prayer

Mary, Elizabeth, and John were compelled to speak out. The joy within them could not be withheld.

May my soul cry out your name and resound throughout my being. Abide within me oh Lord, bring peace to my heart and mind. Amen.

Day 3

Jesus Presented in the Temple Luke 2:22-35

When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him to Jerusalem to present him to the Lord (as it is written in the Law of the Lord, “Every firstborn male is to be consecrated to the Lord,” and to offer a sacrifice in keeping with what is said in the Law of the Lord: “a pair of doves or two young pigeons.”



Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord’s Messiah. Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, Simeon took him in his arms and praised God, saying: “Sovereign Lord, as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel.”

The child’s father and mother marvelled at what was said about him. Then Simeon blessed them and said to Mary, his mother: “This child is destined to cause the falling and rising of many in Israel and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too.”

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Prayer

Lord, when time is right – may I hear your words through my everyday living. Though my duties seem small and my steps falter; you are there beside me. Amen.

Day 4

The Boy Jesus at the Temple Luke 2:41-52

Every year Jesus’ parents went to Jerusalem for the Festival of the Passover. When he was twelve years old, they went up to the festival, according to the custom. After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. Thinking he was in their company, they travelled on for a day. Then they began looking for him among their relatives and friends. When they did not find him, they went back to Jerusalem to look for him. After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers. When his parents saw him, they were astonished. His mother said to him, “Son, why have you treated us like this? Your father and I have been anxiously searching for you.”



“Why were you searching for me?” he asked. “Didn’t you know I had to be in my Father’s house?” But they did not understand what he was saying to them.

Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. And Jesus grew in wisdom and stature, and in favour with God and man.

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Prayer

Heavenly Father, may I not worry too much about what people think of me. I love you and trust in your guiding Spirit. Draw me closer to you, that I may be your voice to all people. Amen

Day 5

First Sunday of Lent

Jesus Changes Water into Wine John 2:1-10

On the third day, a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine."



"Woman, why do you involve me?" Jesus replied. "My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim. Then he told them, "Now draw some out and take it to the master of the banquet."

They did so, and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now."

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Prayer

Many did not know what happened that day, but those who served would remember. Each day I am called to serve, each day I experience God's love and witness his grace among us. Amen

Day 6

The baptism of Jesus Mark 1:9-11

At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased."



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Prayer

John and the crowds gathered that day, were to witness the announcement of God made flesh. The Father's words are spoken to us today. He loves us and is well pleased – may I listen more to the voice of my Father and less to that of the many voices within and without me. Amen.

Day 7

Jesus Calls His First Disciples Mark 1:16-20

As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. “Come, follow me,” Jesus said, “and I will send you out to fish for people.” At once they left their nets and followed him.



When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. Without delay, he called them, and they left their father Zebedee in the boat with the hired men and followed him.

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Prayer

Master, when you call may I answer. Recognising your voice may I follow you. Help me to leave behind that which is not important and to see your purpose in my world. Amen.

Day 8

The Transfiguration Matthew 17:1-9

After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. Just then there appeared before them Moses and Elijah, talking with Jesus.



Peter said to Jesus, “Lord, it is good for us to be here. If you wish, I will put up three shelters—one for you, one for Moses and one for Elijah.”

While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!”

When the disciples heard this, they fell facedown to the ground, terrified. ⁷But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.” When they looked up, they saw no one except Jesus.

As they were coming down the mountain, Jesus instructed them, “Don’t tell anyone what you have seen, until the Son of Man has been raised from the dead.”

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Prayer

For all we have seen and for all we have heard, we believe in the love of God that radiates towards us. The Son of Man is risen - tell the world. Amen

Day 9

The Calling of Matthew Matt 9: 9-13

As Jesus went on from there, he saw a man named Matthew sitting at the tax collector's booth. "Follow me," he told him, and Matthew got up and followed him.



While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?"

On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick. But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners."

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Prayer

No matter where I have come from or what I have done - You call me to come, to follow the Light of the world. You see into my very soul, and still you love me.

Your love has conquered, has set us free - to become all you've called us to be.

Each day my Lord, I choose to follow you. Amen.

Day 10

Jesus Predicts Peter's Denial John 13:31-38

When he was gone, Jesus said, "Now the Son of Man is glorified, and God is glorified in him. If God is glorified in him, God will glorify the Son in himself and will glorify him at once.



"My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come.

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this, everyone will know that you are my disciples if you love one another."

Simon Peter asked him, "Lord, where are you going?"

Jesus replied, "Where I am going, you cannot follow now, but you will follow later."

Peter asked, "Lord, why can't I follow you now? I will lay down my life for you."

Then Jesus answered, "Will you really lay down your life for me? Very truly I tell you, before the rooster crows, you will disown me three times!

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Prayer

How could I ever refuse you; how could I ever deny you, my saviour my God. For without you, I am nothing. Yet there are times I know when I fall - and still you are there.
I pray today that I be more aware of your presence, more aware of your love. Amen.

Day 11

Jesus the Way to the Father John 14:1-7

“Do not let your hearts be troubled. You believe in God; believe also in me. My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.”

Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?”

Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”

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Prayer

Lord, I believe,
Lord, I believe you are the Christ,
Lord, I believe.



Day 12

Second Sunday of Lent

The Parable of the Lost Sheep Luke 15:1-7

Now the tax collectors and sinners were all gathering around to hear Jesus. But the Pharisees and the teachers of the law muttered, “This man welcomes sinners and eats with them.”

Then Jesus told them this parable: “Suppose one of you has a hundred sheep and loses one of them. Doesn’t he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbours together and says, ‘Rejoice with me; I have found my lost sheep.’ I tell you that in the same way, there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

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Prayer

Be my shepherd, seek me out. Oft do I stray though nothing shall I find.
You are my hope and my strength, on you do I rest. Amen.



Day 13

Jesus Is Tested in the Wilderness Matthew 4:1-11

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."



Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written:

"He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone."

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. "All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God and serve him only.'"

Then the devil left him, and angels came and attended him.

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Prayer

We know temptation is real, it finds us every day. Never obvious but subtle like a serpent.

Our protection is the closeness of God. Help me, dear Father, that no matter where I go, I may be aware of your presence for you are closer than my breath. Amen.

Day 14

The Vine and the Branches John 15:1-17

"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.



"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so

that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. This is my command: Love each other.

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Prayer

Father, without you we can do nothing. Our fruit is dependent upon remaining in You, the vine. Prune our withered branches, search within us for barren stems so that we may love each other, as you love us. Amen.

Day 15

Jesus Talks with a Samaritan Woman John 4:1-26

Now Jesus learned that the Pharisees had heard that he was gaining and baptizing more disciples than John, although in fact it was not Jesus who baptized, but his disciples. So he left Judea and went back once more to Galilee.



Now he had to go through Samaria. So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" (His disciples had gone into the town to buy food.)

The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.)

Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

"Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

He told her, "Go, call your husband and come back."

"I have no husband," she replied.

Jesus said to her, "You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

“Sir,” the woman said, “I can see that you are a prophet. Our ancestors worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.”

“Woman,” Jesus replied, “believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.”

The woman said, “I know that Messiah” (called Christ) “is coming. When he comes, he will explain everything to us.”

Then Jesus declared, “I, the one speaking to you—I am he.”

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Prayer

Who else can know me, who else can see what is hidden? The parts of me I have not yet opened, for I am blind. Open my eyes Lord to your knowledge of my becoming. Lay bare my iniquity and wash me in pure water. For you are my God. Amen.

Day 16

The Faith of the Centurion Matthew 8:5-13

When Jesus had entered Capernaum, a centurion came to him, asking for help. “Lord,” he said, “my servant lies at home paralyzed, suffering terribly.”



Jesus said to him, “Shall I come and heal him?”

The centurion replied, “Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, ‘Go,’ and he goes; and that one, ‘Come,’ and he comes. I say to my servant, ‘Do this,’ and he does it.”

When Jesus heard this, he was amazed and said to those following him, “Truly I tell you, I have not found anyone in Israel with such great faith. I say to you that many will come from the east and the west, and will take their places at the feast with Abraham, Isaac and Jacob in the kingdom of heaven. But the subjects of the kingdom will be thrown outside, into the darkness, where there will be weeping and gnashing of teeth.”

Then Jesus said to the centurion, “Go! Let it be done just as you believed it would.” And his servant was healed at that moment.

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Prayer

The Centurion understood a word of command – speak and it shall be done, he commanded a hundred men. Lord, I am not worthy for you to enter under my roof, say but the word and I shall be healed. Amen.

Day 17

Woman caught in adultery John 8:2-11

At dawn, he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, "Teacher, this woman was caught in the act of adultery. In the Law, Moses commanded us to stone such women. Now what do you say?" They were using this question as a trap, in order to have a basis for accusing him.



But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her." Again, he stooped down and wrote on the ground.

At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"

"No one, sir," she said.

"Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

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Prayer

I am not like that woman; her sin is public though my mistakes are many. Jesus, what were you writing? Was it the many sins of those who were accusing? The forgiveness of my sin is equal to that of the woman, there should be no condemnation of others in my heart. God of love, God of peace remain in me. Amen.

Day 18

The Escape to Egypt Matthew 2:13-15

When they had gone, an angel of the Lord appeared to Joseph in a dream. "Get up," he said, "take the child and his mother and escape to Egypt. Stay there until I tell you, for Herod is going to search for the child to kill him."



So he got up, took the child and his mother during the night and left for Egypt, where he stayed until the death of Herod. And so was fulfilled what the Lord had said through the prophet: "Out of Egypt I called my son."

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Prayer

Often, I feel I am on the run, trying to escape my fears. Help me Lord to trust you in all things. Amen.

Day 19

Third Sunday of Lent

Of David Psalm 103:1-5

Praise the Lord, my soul;
all my inmost being, praise his holy name.
Praise the Lord, my soul,
and forget not all his benefits—
who forgives all your sins
and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.



Light and Darkness, Sin and Forgiveness 1 John 1:3-10

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.

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Prayer

Lord be my light, enable me to see through my darkness.

Day 20

Blot out our sin Isaiah 43:25-26

"I, even I, am he who blots out
your transgressions, for my own sake,
and remembers your sins no more.
Review the past for me,
let us argue the matter together;
state the case for your innocence.



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Prayer

Such love, that can blot out our transgressions and remember them no more. This is beyond our understanding, so we must treasure it in our hearts and live accordingly. Heavenly Father grant us faith. Amen.

Day 21

Judging Others Lk 6:37-38

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”



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Prayer

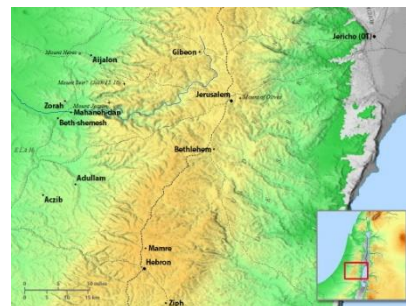
How we measure is based on our life experiences. Lord God, may we experience your love and grace – causing us to respond to others in your measure. Amen.

Day 22

New heart Ezekiel 11:17-20

“Therefore say: ‘This is what the Sovereign Lord says: I will gather you from the nations and bring you back from the countries where you have been scattered, and I will give you back the land of Israel again.’

“They will return to it and remove all its vile images and detestable idols. I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh. Then they will follow my decrees and be careful to keep my laws. They will be my people, and I will be their God.



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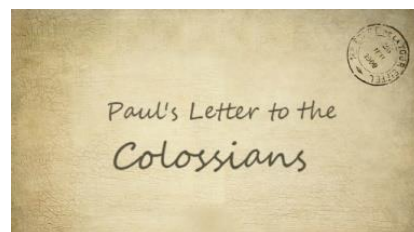
Prayer

Your words oh Lord are true, imprint them upon our hearts. That your promises may be fulfilled, and we may dwell in the land you have prepared for us. Amen.

Day 23

Encouragement Col 1:9-14

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.



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Prayer

Paul pours his heart out onto paper for people he has met; for those he has not, the people of Colossae and for us. We hear the passion and urgency in Paul's words. How will we respond today, what will be our take on this? To agree and say Amen!

Day 24

Right with God Galatians 3:11-14

No one is made right with God by doing what the Law says. For, "The man right with God will live by faith." The Law does not use faith. It says, "You must obey all the Law or you will die." Christ bought us with His blood and made us free from the Law. In that way, the Law could not punish us. Christ did this by carrying the load and by being punished instead of us. It is written, "Anyone who hangs on a cross is hated and punished." Because of the price Christ Jesus paid, the good things that came to Abraham might come to the people who are not Jews. And by putting our trust in Christ, we receive the Holy Spirit He has promised.



*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Try as I might, there is nothing I can do. It is already accomplished; the load has been lifted up with Christ and dealt with. My part remains, to receive faith through God's Holy Spirit. Amen.

Day 25

Jesus Heals a Man Let Down through the Roof of a House Luke 5:17-39

On one of the days while Jesus was teaching, some proud religious law-keepers and teachers of the Law were sitting by Him. They had come from every town in the countries of Galilee and Judea and from Jerusalem. The power of the Lord was there to heal them. Some men took a man who was not able to move his body to Jesus. He was carried on a bed. They looked for a way to take the man into the house where Jesus was. But they could not find a way to take him in because of so many people. They made a hole in the roof over where Jesus stood. Then they let the bed with the sick man on it down before Jesus. When Jesus saw their faith, He said to the man, "Friend, your sins are forgiven."



The teachers of the Law and the proud religious law-keepers thought to themselves, "Who is this Man Who speaks as if He is God? Who can forgive sins but God only?" Jesus knew what they were thinking. He said to them, "Why do you think this way in your hearts? Which is easier to say, 'Your sins are forgiven,' or, 'Get up and walk'?"

"So that you may know the Son of Man has the right and the power on earth to forgive sins," He said to the man who could not move his body, "I say to you, get up. Take your bed and go to your home." At once the sick man got up in front of them. He took his bed and went to his home thanking God. All those who were there were surprised and gave thanks to God, saying, "We have seen very special things today."

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Can I believe what happened here, did Jesus forgive the man's sin or did he heal him? It must be both, for if we believe one – we will believe the other. The man got up and walked. Lord forgive my sin, that I may walk your ways. Amen.

Day 26

Fourth Sunday in Lent

Whoever Is Not Against Us Is for Us Mark 9:38-41

"Teacher," said John, "we saw someone driving out demons in your name and we told him to stop because he was not one of us."

"Do not stop him," Jesus said. "For no one who does a miracle in my name can in the next moment say anything bad about me, for whoever is not against us is for us. Truly I tell you, anyone who gives you a cup of water in my name because you belong to the Messiah will certainly not lose their reward."

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Heavenly Father forgive our arrogance. Our sense of importance and feeling we "have it all." Increase our humility and faith, that you are sufficient in all things. Amen.



Day 27

The Healing at the Pool John 5:5-15

Sometime later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie - the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

"Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."

Then Jesus said to him, "Get up! Pick up your mat and walk." At once the man was cured; he picked up his mat and walked.

The day on which this took place was a Sabbath, and so the Jewish leaders said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat."

But he replied, "The man who made me well said to me, 'Pick up your mat and walk.' "

So they asked him, "Who is this fellow who told you to pick it up and walk?"

The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.



Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.” The man went away and told the Jewish leaders that it was Jesus who had made him well.

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Again, Jesus spoke the words “Get up, pick up your mat and walk.” The man did not ask, he only complained there was no one to help him. God intervened and healing occurred. Speak into our lives Lord and command us to walk. Amen.

Day 28

Jesus Heals Ten Men with Leprosy Luke 17:11-19

Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. As he was going into a village, ten men who had leprosy met him. They stood at a distance and called out in a loud voice, “Jesus, Master, have pity on us!”



When he saw them, he said, “Go, show yourselves to the priests.” And as they went, they were cleansed.

One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus’ feet and thanked him—and he was a Samaritan.

Jesus asked, “Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?” Then he said to him, “Rise and go; your faith has made you well.”

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Lord, I believe, Lord I believe, I believe you are the Christ, Lord I believe.

Day 29

Sin, Faith, Duty Luke 17:1-10

Jesus said to his disciples: “Things that cause people to stumble are bound to come, but woe to anyone through whom they come. It would be better for them to be thrown into the sea with a millstone tied around their neck than to cause one of these little ones to stumble. So watch yourselves.



“If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying, ‘I repent,’ you must forgive them.”

The apostles said to the Lord, “Increase our faith!”

He replied, “If you have faith as small as a mustard seed, you can say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it will obey you.

“Suppose one of you has a servant ploughing or looking after the sheep. Will he say to the servant when he comes in from the field, ‘Come along now and sit down to eat’? Won’t he rather say, ‘Prepare my supper, get yourself ready and wait on me while I eat and drink; after that, you may eat and drink’? Will he thank the servant because he did what he was told to do? So you also, when you have done everything you were told to do, should say, ‘We are unworthy servants; we have only done our duty.’”

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

My Lord and my God.

All that I am and all that I will ever be – rests upon you. My life is to follow your ways – increase my faith.
Amen.

Day 30

Introduction to the Sermon on the Mount Matthew 5

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them.

The Beatitudes

He said:

“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

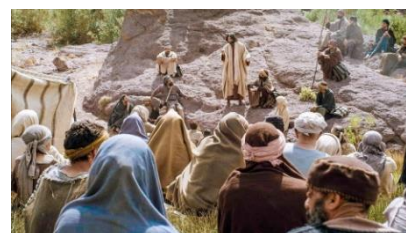
Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*



Prayer

What is my attitude to what I should be?

How must I strive to be all to all?

I will stay as close as a heartbeat to you my Lord, for your promise is to never leave me.

Hold me fast, never let me go. Amen.

Day 31

Jesus Calms the Storm Mark 4:35-41

That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"



He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

He said to his disciples, "Why are you so afraid? Do you still have no faith?"

They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Jesus, you are there amidst my storms, not sleeping but waiting. Waiting for me to call; "Jesus, I need you."

Calm my storm and teach me to trust in you. Amen.

Day 32

Jesus Feeds the Five Thousand Matthew 14:13-21

When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.



As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."

Jesus replied, "They do not need to go away. You give them something to eat."

"We have here only five loaves of bread and two fish," they answered.

"Bring them here to me," he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. The number of those who ate was about five thousand men, besides women and children.

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

We look to the Lord for food, when it is in our hands. See, when we recognise what we have; our Lord multiplies it. We are grateful Lord for what we have – enable us to share. Amen.

Day 33

Fifth Sunday of Lent

The Parables of the Hidden Treasure and the Pearl Matthew 13:44-46

“The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.

“Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it.

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Father God, our treasure is hidden within us through your desire.

We are that field and our longing is to own it. Grant us the strength to let go of all that is unnecessary in our lives, to hold the pearl of great price. Amen.



Day 34

The Parable of the Bags of Gold Matthew 25:14-30

“Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability. Then he went on his journey. The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who had received one bag went off, dug a hole in the ground and hid his master’s money.

“After a long time, the master of those servants returned and settled accounts with them. The man who had received five bags of gold brought the other five. ‘Master,’ he said, ‘you entrusted me with five bags of gold. See, I have gained five more.’

“His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

“The man with two bags of gold also came. ‘Master,’ he said, ‘you entrusted me with two bags of gold; see, I have gained two more.’

“His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’



“Then the man who had received one bag of gold came. ‘Master,’ he said, ‘I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you.’

“His master replied, ‘You wicked, lazy servant! So you knew that I harvest where I have not sown and gather where I have not scattered seed? Well then, you should have put my money on deposit with the bankers, so that when I returned, I would have received it back with interest.

“So take the bag of gold from him and give it to the one who has ten bags. For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.’

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

When we are challenged and held to account, that’s when the excuses can start. Or perhaps it is truly fear, through lack of understanding. Our perception of what we have, may be that we have nothing. But God sees the abundance of what we have. Father God help us to see with your eyes and to share your abundant love. Amen.

Day 35

Jesus Questioned About Fasting Matthew 9:14-17

Then John’s disciples came and asked him, “How is it that we and the Pharisees fast often, but your disciples do not fast?”

Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

“No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse. Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.”

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

The followers of John the Baptist questioned Jesus and his answer was clear. There will be time enough for fasting, rejoice now with the bridegroom. Jesus though ascended – is still with us through the Holy Spirit. Help us Lord, to kneel at your feet and offer what we have in the name of Jesus. Amen.



Day 36

The Spirit of Truth John 14:15-19

"If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever - the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live.



*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

We know the Spirit at our deepest level, for the Father sent him. Our prayer is that we awaken to the Spirit – active in our lives. Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created and thou shalt renew the face of the earth. Amen.

Day 37

Show us the Father John 14:8-10

Philip said, "Lord, show us the Father and that will be enough for us."

Jesus answered: "Don't you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, 'Show us the Father'? Don't you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work.



*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

How long must the Lord be with us before we recognise him? The Son of God, one with the Father who sends his Spirit to abide with us. Father God, we feed on your Word, help us to see you as one, and to love one another. Amen.

Day 38

Who do people say I am Mark 8:27-30

Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, "Who do people say I am?"

They replied, "Some say John the Baptist; others say Elijah; and still others, one of the prophets."

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

Peter answered, "You are the Messiah."

Jesus warned them not to tell anyone about him.



*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

My Lord and my God, Son of the Most High, increase our faith and all things will be well. Amen.

Day 39

Jesus Predicts His Death Matthew 16:21

From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life.



*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Master, we must journey with you. Grant us the strength to face darkness, for you are with us always and to the end of time. Amen.

Day 40

Sixth Sunday of Lent

Palm Sunday John 12:12-13

Jesus Comes to Jerusalem as King

The next day the great crowd that had come for the festival heard that Jesus was on his way to Jerusalem. They took palm branches and went out to meet him, shouting,

“Hosanna!”

“Blessed is he who comes in the name of the Lord!”

“Blessed is the king of Israel!”

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Hosanna in the highest! Take your rightful throne. Be our king, rule in our hearts and direct our feet. Amen.



Holy Week

Day 41

Jesus Prays for All Believers John 18:20-26



“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one— I in them and you in me - so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

“Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

“Righteous Father, though the world does not know you, I know you, and they know that you have sent me. I have made you known to them and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.”

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

To be one, in the same way as the Father and the Son are one. For Christ and the Father with the Holy Spirit, to be as one within me. My thoughts and deeds would truly be transformed in all things, particularly in my relationships with all mankind (God’s creation). Not something we have to work at, more about allowing it to happen. Being as one is the closest of a relationship. Pray as Jesus prayed, that we may draw closer to God, close enough to feel his breath. Amen.

Day 42

The Soldiers Mock Jesus Matthew 27:27-31



Then the governor’s soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. “Hail, king of the Jews!” they said. They spit on him and took the staff and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him.

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

Father God forgive our mistakes. When we blaspheme or speak unkindly of others, we surely play the part of one of these soldiers. We turn to you Father, in the knowledge of your love. Forgive us our sins as we forgive those who sin against us. Amen.

Day 43

Carrying the cross Luke 23:26-31

As the soldiers led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus. A large number of people followed him, including women who mourned and wept for him. Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. For the time will come when you say, 'Blessed are the childless women, the wombs that never bore and the breasts that never nursed!' Then



"They will say to the mountains, 'Fall on us!' and to the hills, 'Cover us!'"

For if people do these things when the tree is green, what will happen when it is dry?"

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

An innocent bystander caught up in the drama, there was no choice for him as the soldiers pulled him out of the crowd. In a small way, we carry some of this pain – and it may seem unbearable at times. God's grace sustains us through these times and strengthens us. Enable us Father, to see through this pain and live to your glory. Amen.

Day 44

Blood poured out Matt 26:26-29

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."



Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

In eating and drinking together (the most basic of things), we experience the presence of God. As Christ told us, so we remember and once again draw into his presence. Pray that we may enter fully into this new covenant with God, creator of all things visible and invisible. Amen.

Peter – Maundy Thursday meditation: <https://www.youtube.com/watch?v=ERUh2p9zfN8&feature=youtu.be>

Good Friday

The Death of Jesus John 19:25-30

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman, here is your son," and to the disciple, "Here is your mother." From that time on, this disciple took her into his home.



Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "I am thirsty." A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

There is a sense of total despair when it feels like everything is lost. The cry from the cross was a cry of relationship. Mother, this is your Son – Son, this is your Mother. The Father Son and Holy Spirit (three persons in one) exist in a relationship of Love. Pray then that as we are called into that love – that we too recognise that we are all one in God's eyes. Amen.

Mary's thoughts: <https://www.youtube.com/watch?v=M76ZTh4dpwU>

Holy Saturday

The Burial of Jesus Luke 23:50-56

Now there was a man named Joseph, a member of the Council, a good and upright man, who had not consented to their decision and action. He came from the Judean town of Arimathea, and he himself was waiting for the kingdom of God. Going to Pilate, he asked for Jesus' body. Then he took it down, wrapped it in linen cloth and placed it in a tomb cut in the rock, one in which no one had yet been laid. It was Preparation Day, and the Sabbath was about to begin.



The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment.

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

There is a process, and it helps in our dealing with loss, coming to terms with the things of this world and recognising the onward journey. Pray that we may become stronger, through the processes of life and recognise the new life that is growing within us daily. Amen.

Easter Sunday

The Empty Tomb John 20:1-16

Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, "They have taken the Lord out of the tomb, and we don't know where they have put him!"



So Peter and the other disciple started for the tomb. Both were running, but the other disciple outran Peter and reached the tomb first. He bent over and looked in at the strips of linen lying there but did not go in. Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, as well as the cloth that had been wrapped around Jesus' head. The cloth was still lying in its place, separate from the linen. Finally, the other disciple, who had reached the tomb first, also went inside. He saw and believed. (They still did not understand from Scripture that Jesus had to rise from the dead.) Then the disciples went back to where they were staying.

Jesus Appears to Mary Magdalene

Now Mary stood outside the tomb crying. As she wept, she bent over to look into the tomb and saw two angels in white, seated where Jesus' body had been, one at the head and the other at the foot.

They asked her, "Woman, why are you crying?"

"They have taken my Lord away," she said, "and I don't know where they have put him." At this, she turned around and saw Jesus standing there, but she did not realize that it was Jesus.

He asked her, "Woman, why are you crying? Who is it you are looking for?"

Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

Jesus said to her, "Mary."

Lazarus John 11:20-27

Then Martha, as soon as she heard that Jesus was coming, went and met Him, but Mary was sitting in the house. Now Martha said to Jesus, "Lord, if You had been here, my brother would not have died. But even now I know that whatever You ask of God, God will give You."

Jesus said to her, "Your brother will rise again."

Martha said to Him, "I know that he will rise again in the resurrection at the last day."

Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?"

She said to Him, "Yes, Lord, I believe that You are the Christ, the Son of God, who is to come into the world."

*Take a moment for these words to sit at peace within you.
It is not our task to analyse them but to notice what rises within us.*

Prayer

The Old Testament predicted it; Christ told us about it – but dare we believe?

Pray that through the Holy Spirit, we may experience the promises of God, repent, and believe.

Now that we believe that he rose from the dead, now that we know he is God. There is no more crying, the door is wide open for us to become truly Easter people.

Hallelujah He is risen. Hallelujah.

