



KEEPING A HOLY LENT

SCRIPTURE AND LITURGY



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OPENING PRAYER – COLLECT FOR SECOND SUNDAY IN LENT

○ God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen

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WARM-UP CONVERSATION

- How are your disciplines/devotions going?
 - Any struggles?
 - Any insights gained?

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40 IN SCRIPTURE

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| <ul style="list-style-type: none"> ■ Noah <ul style="list-style-type: none"> □ Rain 40 days and nights to flood the earth (Gen. 7:4:12,17) □ Waited 40 more days to open the window after the flood (Gen 8:6) ■ Isaac and Esau were both 40 when they married (Gen. 25:30 and 26:34) ■ Embalming preparations took 40 days (Gen. 50:3) | <ul style="list-style-type: none"> ■ Life of Moses <ul style="list-style-type: none"> □ 40 years growing up and living in Egypt (Acts 7:20-23) □ 40 years in Midian after killing the Egyptian (Acts 7:29-30) □ 40 years returning to Egypt and leading Israel in the Exodus and in the wilderness (Exo. 7:7; Acts 7:36) |
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40 IN SCRIPTURE

- The Exodus and the Wilderness
 - Moses spent 40 days and nights on Mt. Sinai, fasting – Twice (Exo. 24:18; 34:28; Deut. 9:9, 11, 18, 25; 10:10)
 - Sent spies to the Promised Land for 40 days (Num. 13:25; 14:34)
 - Joshua, Son of Nun, was 40 when he went to spy (Josh. 14:7)
 - After they refused to enter the Promised Land, Israel wandered 40 years (Num. 14:33-34; 32:11-13; Deut. 8:2; Josh. 5:6)
 - God kept their clothing from wearing out (Deut. 8:4; 29:5)
 - Israel received manna (Exo. 16:35; Deut. 8:3, 16)
 - Aaron died 40 years after leaving Egypt (Num. 33:38)

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40 IN SCRIPTURE

- Time of the Judges
 - Three different times, the land has rest for 40 years:
 - Othniel (Jud. 3:11)
 - Deborah and Barak (Jud. 5:31)
 - Gideon (Jud. 8:28)
 - Israel were captive to the Philistines for 40 years (Jud. 13:1)
 - Eli judged Israel 40 years (1 Sam. 4:18)
- Time of the Kings
 - Four Kings reigned 40 years
 - Saul (1 Sam. 13:1)
 - David (1 Kg. 2:11; 2 Sam. 5:4-5)
 - Solomon (1 Kg. 11:42)
 - Joash (2 Chr. 24:1; 2 Kg. 12:1)
 - Goliath taunted Israel 40 days until David defeated him (1 Sam. 17:16)
 - Ishbosheth became king over Israel at 40 (2 Sam. 2:10)

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40 IN SCRIPTURE

- Prophets
 - Elijah fasted 40 days and nights (1 Kg. 19:8)
 - Ezekiel laid on his right side 40 days to “bear the iniquity” of Judah’s sins (Eze. 4:6)
 - Ezekiel proclaimed God’s judgment against Egypt would be 40 years desolation (Eze. 29:10-12)
 - Jonah declared to Nineveh 40 days to repent or be overthrown (Jon. 3:4)
- Jesus
 - Fasted 40 days in the wilderness after his Baptism (Mt. 4:2; Mk. 1:13; Lk. 4:2)
 - 40 days between the Resurrection and the Ascension (Acts 1:3)

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40 IN SCRIPTURE

- The number 40 appears approximately 150 times in the course of Scripture
- It generally symbolizes:
 - Testing, Trial, Judgment
 - Probation, Waiting
 - The length of a generation

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LITURGY AND LENT: NEW BELIEVERS

- Lent
 - ❑ Preparation for Baptism to occur at the Great Vigil of Easter
 - ❑ Period of instruction and learning, often centering on the Creed, the 10 Commandments, and the Lord's Prayer
- Baptism
 - ❑ Aside from exceptional cases, Baptism only occurred at the Great Vigil
 - ❑ Originally done in the presence of the Bishop, those Baptized would immediately receive the laying on of hands
 - ❑ Going forth into the church from the baptistry, they would then share in the celebration of the Easter Eucharist and receive Communion for the first time

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LITURGY AND LENT: PENITENTS

- Notorious Sins
 - ❑ Public acts or scandals
 - ❑ Egregious sin against a member of the body of Christ
 - ❑ Unrepentant
- Penance
 - ❑ Excluded from fellowship and Communion withheld until Easter
 - ❑ Fasting, Prayer
 - ❑ Contrition, Reparation, Repentance, Confession
- Reconciliation with God and Neighbor Culminating at the Great Vigil

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LITURGY AND LENT: THE CHURCH

- Lent is not the goal
- Preparation for Easter
 - Season of Penance and Discipline
 - Preparation for the Renewal of our own Baptismal Covenant

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COMING UP

- Weekly: Touch base on Lenten disciplines and devotions
- March 10 – Practices: Self-examination, Repentance, Confession
- March 17 – Practices: Prayer, Fasting, and Self-denial
- March 24 – Practices: Reading and Meditating on God's holy Word.

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CLOSING PRAYER – COLLECT FOR ASH WEDNESDAY

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen