

40 Days of Lent

PULPIT ROCK CHURCH

Lent is a 40-day journey leading to Holy Week and Easter. For believers this journey is focused with intentional purpose to come to closer to Jesus. It's a time to press in to various practices and listen where God is leading and what he is doing in your heart.

~~~Communion~~~

On the night before he was arrested, Jesus gathered around the table with his disciples. He did what Jesus always does – he took the old celebration of Passover (practiced by the people of God as a remembrance of their rescue out of slavery in Egypt) and made it new – breathing fresh meaning and symbolism into this breaking of bread and drinking of wine.

Communion is about remembering.
Remembering the cross and what Jesus did for us.
Remembering our brokenness.
Remembering the intensity of his love
and all that it means for us.



When Jesus shared his Last Supper, it was around the table with friends. There is something special about sharing this practice together. Jesus knew we would need one another to keep these remembrances center of our hearts and at the forefront of our minds.

Within these next 40 days, we encourage you to gather at a table at least *twice* to experience communion with your family, friends, small groups, and/or neighbors. Together, let's remember Jesus' journey to the cross and remind one another of his unconditional love for us.

~~~Four Minutes for 40 Days~~~

Lent is a dedicated time of saying yes to God. Each day we encourage you to P.R.A.Y.

|                |                                                             |
|----------------|-------------------------------------------------------------|
| <b>Pause</b>   | Light a candle and center yourself.                         |
| <b>Reflect</b> | Read the scripture for that day and reflect.                |
| <b>Ask</b>     | What is God inviting me into? What truth can I marinate in? |
| <b>Yield</b>   | Close in prayer surrendering to the Spirit's leading.       |

|                        |                        |
|------------------------|------------------------|
| 2/22. Matthew 21:1-11  | 3/18. John 15:1-17     |
| 2/23. Mark 11:1-11     | 3/19. Free Day         |
| 2/24. Luke 19:28-44    | 3/20. Matthew 26:47-56 |
| 2/25. John 12:12-19    | 3/21. John 18:1-11     |
| 2/26. Free Day         | 3/22. John 18:12-14    |
| 2/27. Matthew 21:12-17 | 3/23. Luke 22:54-62    |
| 2/28. Matthew 21:28-32 | 3/24. John 18:1-11-27  |
| 3/1. Matthew 21:33-46  | 3/25. Mark 14:53-65    |
| 3/2. Matthew 22:1-14   | 3/26. Free Day         |
| 3/3. Matthew 23:1-26   | 3/27. Luke 22:63-71    |
| 3/4. Matthew 23:37-39  | 3/28. Luke 23:6-16     |
| 3/5. Free Day          | 3/29. John 18:28-40    |
| 3/6. Matthew 26:1-5    | 3/30. Matthew 27:15-23 |
| 3/7. Luke 22:7-13      | 3/31. John 19:1-16     |
| 3/8. Matthew 26:14-16  | 4/1. Mark 15:21-32     |
| 3/9. John 13:1-20      | 4/2. Free Day          |
| 3/10. Matthew 26:17-29 | 4/3. John 19:17-27     |
| 3/11. Luke 22:14-23    | 4/4. Matthew 27:45-56  |
| 3/12. Free Day         | 4/5. Mark 15:33-41     |
| 3/13. Mark 14:22-25    | 4/6. John 19:31-37     |
| 3/14. Matthew 26:30-35 | 4/7. Matthew 27: 45-56 |
| 3/15. John 13:21-30    | 4/8. Mark 15:42-47     |
| 3/16. Mark 14:32-42    | 4/9. Easter            |
| 3/17. John 14: 1-14    |                        |

(PRAY Practice taken from Lectio 365)