

# Lent 2023



“I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word.”

(BCP 265)



## *Being a Disciple in the Season of Lent*

Jesus gives a clear invitation to the people to be his disciples:

*As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, "Follow me, and I will make you fish for people." Immediately they left their nets and followed him.*

*As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.*

*Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people. ~ Matt 4:18-23 (NRSV)*

The instruction manual for "How to be a disciple" is the rest of the gospel account, or should I say, four gospel accounts.

What quickly becomes obvious is being a disciple is not a task to check off, but a life we live. It is not meant to be a part of our lives. Instead, it is meant to shape every part of our lives. In the life and worship of the church, we have certain sacramental markers along the journey of discipleship which include Holy Baptism at the beginning, perhaps Confirmation or Reception as public professions of our being disciples, and of course, Holy Eucharist, as our sacramental food for the journey each week. Discipleship encompasses all of these, but it is also more - it is the rest of our lives in what we do, how we do it, and allowing Jesus to shape us in the entire process. So it is not a task to be done, but a life that we live, growing, learning, maturing, stumbling and getting back up again.

One part of discipleship for me is moving from focusing on the noun "disciple" to the active life or verb form "disciple-ing" where following Jesus explores not just the title of disciple, but also how we do it or make discipleship an action.

Having sat so much and been in isolation so much over the past few years, this Lent, I invite you to join me in getting active, being connected, growing, moving, stretching in how we are disciples, or how we are disciple-ing. For the next forty days, engage in the physical activity of being a disciple.

There is not one way to do this process. Christian discipleship is done in a wide variety of ways. You will need to pick!

Examples include, but are not limited to the following:

### **Find a time each day to pray intentionally.**

It is not a matter of how long, stand, sit kneel, or a special type of prayer. It is a matter of claiming the time each day. Explore what posture helps you pray with the most attentiveness to listen to God. The prayer book has several guides to use. But be sure to make the time, even at the expense, or especially at the expense, of doing something else. This can be done alone, with family, or with a friend. But do it.

### **Find a time to serve.**

An easy Lenten-themed model is finding 40 hours to serve over the next 40 days. If that seems a bit too much, then how about one or two hours each week over the next five weeks? Whatever the time you pick, the goal is the commitment to stick with that commitment. Here you can have some fun:

Do you want your service to be physical such as packing lunches at Bright Futures, folding laundry at CCAP, stacking food in the food pantry at CCAP or the Salvation Army? Do you like to cook and may help with a meal at Rescue Mission? Do you want more interaction with people as you serve them, or less? That is up to you. Are you not sure where to begin? Check the websites or Facebook pages for local organizations such as [CCAP](#), [Rescue Mission](#), [Salvation Army](#), the [Laurel Center](#), the [Evans Home](#), and [Bright Futures](#).

You might also find ways to help out neighbors who may need some help. The number one rule with this is ASK THE NEIGHBOR FIRST. When you ask the neighbor, remember that you are humbly there to serve, not to fix them. Offer, and know that they may accept or decline.

However you choose to do this, be sure to make the time, even at the expense, or especially at the expense of doing something else. This can be done alone, with family, or with a friend.

### **Find a time to read and reflect on scripture each day.**

Similar to prayer, there are a variety of ways to do this. In this booklet are readings that walk you through the season of Lent. They come from our Book of Occasional Services and include a Collect (or a thematic prayer) for that day. You do not have to read all of the readings. I encourage you to read from texts you are less familiar with such as psalms, or the Old Testament, or the Gospel readings.

If you choose to do this, be sure to make the time, even at the expense, or especially at the expense of doing something else. This can be done alone, with family, or with a friend.

### **Try out a ministry that helps around Christ Church.**

We have a variety of ways and areas that we need help from parishioners. That includes in Sunday worship - ushers, video streaming, coffee hour hosts. It can be something during the week where you can check with staff about helping with weed pulling, folding, cleaning, clipping, dusting, stuffing, etc. Many of these jobs are not the glorious jobs that happen up front. Instead, they happen behind the scenes. However, we still need help getting them done.

If you choose to do this, be sure to make the time, even at the expense, or especially at the expense of doing something else. This can be done alone, with family, or with a friend.

Christ Church website information: [www.christchurchwinchester.org](http://www.christchurchwinchester.org)

You may have noticed that there is a refrain as you go through this list of options:

*If you choose to do this, be sure to make the time, even at the expense, or especially at the expense of doing something else. This can be done alone, with family, or with a friend.*

The reason has to do with what makes Lent so important. In the season of Lent, it is customary to both give up and take on a discipline or habit to impact our daily journey of faith through this season. The forty days means having enough time to do this new part of being a disciple so that it eventually become a natural part of your discipleship.

The other part of the refrain has to do with that old notion of having company for the journey. Jesus was smart when he sent the disciples out in twos. Jesus knew that it provided a way for them to hold each other accountable, encourage one another when they were struggling, and having someone to share the joys and challenges of the work that they were doing. WE are not intended to be disciples in isolation. We are the church, a community of the faithful, the body of Christ. You are not a disciple by yourself.

Of course, the other part of Christian discipleship is proclamation. It is sharing with others about the love of Jesus in our lives. A great way to help spread the Gospel is to invite friends whom you may know are looking to find a bit more meaning and purpose in their lives. They may be asking questions, so invite them to come with you.

Don't worry about what to say. Be yourself, and be about your disciple-ing with your friend so they can watch and participate. St. Francis gave good advice: "Preach the Gospel. And if you need to, use words." I often see people speak Jesus AT other people, not WITH other people. Some of my best conversations with people occur while we are setting up for coffee hour, serving pancakes, or stacking food. As we serve together, we learn and grow in how much we trust one another. As we grow in trust, the conversation can become more meaningful. Jesus is encountered in that whole process of friendship, work and community.

So remember through Lent:

*If you choose to do this, be sure to make the time, even at the expense, or especially at the expense of doing something else. This can be done alone, with family, or with a friend.*

One final note: As you do this important work of disciple-ing, if you find that you enjoy this new habit, you do not have to stop once Lent is over! Lent seeks to open our hearts and minds to the possibilities of God's redeeming love, not just for ourselves, but for others around us. New habits that change our lives also change the lives of those around us.

So you do not have to stop just because Lent ends. Keep living out discipleship. It is a lifetime of work which we never finish. Our hope is that the completion of the work of Jesus will ultimately be completed by Jesus. We have the privilege of being a part of the work of Jesus.

Faithfully,  
The Rev. Webster Gibson

### **A Prayer of Self-Dedication**

Almighty and eternal God, so draw our hearts to thee, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly thine, utterly dedicated unto thee; and then use us, we pray thee, as thou wilt, and always to thy glory and the welfare of thy people; through our Lord and Savior Jesus Christ. Amen.

## **Ash Wednesday**

Collect of the day: 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.

Old Testament: Joel 2:1-2,12-17

Psalm: Psalm 103 or 103:8-14

Epistle: 2 Corinthians 5:20b-6:10

Gospel: Matthew 6:1-6,16-21

## **Thursday after Ash Wednesday, February 23, 2023**

Collect of the day: Direct us, O Lord, in all our doings with your most gracious favor, and further us with your continual help; that in all our works begun continued, and ended in you, we may glorify your holy Name, and finally, by your mercy, obtain everlasting life; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 1

Deuteronomy 30:15-20

Luke 9:18-25

## **Friday after Ash Wednesday, February 24, 2023**

Collect of the day: Support us, O Lord, with your gracious favor through the fast we have begun; that as we observe it by bodily self-denial, so we may fulfill it with inner sincerity of heart; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 51:1-10

Isaiah 58:1-9a

Matthew 9:10-17

## **Saturday after Ash Wednesday, February 25, 2023**

Collect of the day: Almighty and everlasting God, mercifully look upon our infirmities, and in all our dangers and necessities stretch forth your right hand to help and defend us; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 86:1-11

Isaiah 58:9b-14

Luke 5:27-32



## **Monday in the First Week of Lent, February 27, 2023**

Collect of the day: Almighty and everlasting God, mercifully increase in us your gifts of holy discipline, in almsgiving, prayer, and fasting; that our lives may be directed to the fulfilling of your most gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 19:7-14

Leviticus 19:1-2,11-18

Matthew 25:31-46

## **Tuesday in the First Week of Lent**

Collect of the day: Grant to your people, Lord, grace to withstand the temptations of the world, the flesh, and the devil, and with pure hearts and minds to follow you, the only true God; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 34:15-22

Isaiah 55:6-11

Matthew 6:7-15

## **Wednesday in the First Week of Lent**

Collect of the day: Bless us, O God, in this holy season, in which our hearts seek your help and healing; and so purify us by your discipline that we may grow in grace and in the knowledge of our Lord and Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 51:11-18

Jonah 3:1-10

Luke 11:29-32

## **Thursday in the First Week of Lent**

Collect of the day: Strengthen us, O Lord, by your grace, that in your might we may overcome all spiritual enemies, and with pure hearts serve you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 138

Esther (Apocrypha) 14:1-6,12-14

Matthew 7:7-12

## **Friday in the First Week of Lent**

Collect of the day: Lord Christ, our eternal Redeemer, grant us such fellowship in your sufferings, that, filled with your Holy Spirit, we may subdue the flesh to the spirit, and the spirit to you, and at the last attain to the glory of your resurrection; who live and reign with the Father and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 130

Ezekiel 18:21-28

Matthew 5:20-26

## **Saturday in the First Week of Lent**

Collect of the day: O God, by your Word you marvelously carry out the work of reconciliation: Grant that in our Lenten fast we may be devoted to you with all our hearts, and united with one another in prayer and holy love; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 119:1-8

Deuteronomy 26:16-19

Matthew 5:43-48

## **Monday in the Second Week of Lent, March 6, 2023**

Collect of the day: Let your Spirit, O Lord, come into the midst of us to wash us with the pure water of repentance, and prepare us to be always a living sacrifice to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 79:1-9

Daniel 9:3-10

Luke 6:27-38

## **Tuesday in the Second Week of Lent**

Collect of the day: O God, you willed to redeem us from all iniquity by your Son: Deliver us when we are tempted to regard sin without abhorrence, and let the virtue of his passion come between us and our mortal enemy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 50:7-15,22-24

Isaiah 1:2-4,16-20

Matthew 23:1-12

### **Wednesday in the Second Week of Lent**

**Collect of the day:** O God, you so loved the world that you gave your only-begotten Son to reconcile earth with heaven: Grant that we, loving you above all things, may love our friends in you, and our enemies for your sake; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 31:9-16

Jeremiah 18:1-11,18-20

Matthew 20:17-28

### **Thursday in the Second Week of Lent**

**Collect of the day:** O Lord, strong and mighty, Lord of hosts and King of glory: Cleanse our hearts from sin, keep our hands pure, and turn our minds from what is passing away; so that at the last we may stand in your holy place and receive your blessing; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 1

Jeremiah 17:5-10

Luke 16:19-31

### **Friday in the Second Week of Lent**

**Collect of the day:** Grant, O Lord, that as your Son Jesus Christ prayed for his enemies on the cross, so we may have grace to forgive those who wrongfully or scornfully use us, that we ourselves may be able to receive your forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 105:16-22

Genesis 37:3-4,12-28

Matthew 21:33-43

### **Saturday in the Second Week of Lent**

**Collect of the day:** Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 103:1-4(5-8)9-12

Micah 7:14-15,18-20

Luke 15:11-32

## **Monday in the Third Week of Lent, March 13, 2023**

**Collect of the day:** Look upon the heart-felt desires of your humble servants, Almighty God, and stretch forth the right hand of your majesty to be our defense against all our enemies; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 42:1-7

2 Kings 5:1-15b

Luke 4:23-30

## **Tuesday in the Third Week of Lent**

**Collect of the day:** O Lord, we beseech you mercifully to hear us; and grant that we, to whom you have given a fervent desire to pray, may, by your mighty aid, be defended and comforted in all dangers and adversities; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 25:3-10

Daniel 3:25-27,34-43

Matthew 18:21-35

## **Wednesday in the Third Week of Lent**

**Collect of the day:** Give ear to our prayers, O Lord, and direct the way of your servants in safety under your protection, that, amid all the changes of our earthly pilgrimage, we may be guarded by your mighty aid; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 78:1-6

Deuteronomy 4:1-2,5-9

Matthew 5:17-19

## **Thursday in the Third Week of Lent**

**Collect of the day:** Keep watch over your Church, O Lord, with your un failing love; and, since it is grounded in human weakness and cannot maintain itself without your aid, protect it from all danger, and keep it in the way of salvation; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 95:6-11

Jeremiah 7:23-28

Luke 11:14-23

## **Friday in the Third Week of Lent**

**Collect of the day:** Grant us, O Lord our Strength, a true love of your holy Name; so that, trusting in your grace, we may fear no earthly evil, nor fix our hearts on earthly goods, but may rejoice in your full salvation; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 81:8-14  
Hosea 14:1-9  
Mark 12:28-34

## **Saturday in the Third Week of Lent**

**Collect of the day:** O God, you know us to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: Grant us such strength and protection as may support us in all dangers, and carry us through all temptations; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 51:15-20  
Hosea 6:1-6  
Luke 18:9-14

## **Monday in the Fourth Week of Lent, March 20, 2023**

**Collect of the day:** O Lord our God, in your holy Sacraments you have given us a foretaste of the good things of your kingdom: Direct us, we pray, in the way that leads to eternal life, that we may come to appear before you in that place of light where you dwell for ever with your saints; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 30:1-6,11-13  
Isaiah 65:17-25  
John 4:43-54

## **Tuesday in the Fourth Week of Lent**

**Collect of the day:** O God, with you is the well of life, and in your light we see light: Quench our thirst with living water, and flood our darkened minds with heavenly light; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 46:1-8  
Ezekiel 47:1-9,12  
John 5:1-18

### **Wednesday in the Fourth Week of Lent**

Collect of the day: O Lord our God, you sustained your ancient people in the wilderness with bread from heaven: Feed now your pilgrim flock with the food that endures to everlasting life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 145:8-19

Isaiah 49:8-15

John 5:19-29

### **Thursday in the Fourth Week of Lent**

Collect of the day: Almighty and most merciful God, drive from us all weakness of body, mind, and spirit; that, being restored to wholeness, we may with free hearts become what you intend us to be and accomplish what you want us to do; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 106:6-7,19-23

Exodus 32:7-14

John 5:30-47

### **Friday in the Fourth Week of Lent**

Collect of the day: O God, you have given us the Good News of your abounding love in your Son Jesus Christ: So fill our hearts with thankfulness that we may rejoice to proclaim the good tidings we have received; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 34:15-22

Wisdom 2:1a,12-24

John 7:1-2,10,25-30

### **Saturday in the Fourth Week of Lent**

Collect of the day: Mercifully hear our prayers, O Lord, and spare all those who confess their sins to you; that those whose consciences are accused by sin may by your merciful pardon be absolved; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 7:6-11

Jeremiah 11:18-20

John 7:37-52

## **Monday in the Fifth Week of Lent, March 27, 2023**

Collect of the day: Be gracious to your people, we entreat you, O Lord, that they, repenting day by day of the things that displease you, may be more and more filled with love of you and of your commandments; and, being supported by your grace in this life, may come to the full enjoyment of eternal life in your everlasting kingdom; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 23

Susanna 41-62

John 8:12-20

## **Tuesday in the Fifth Week of Lent**

Collect of the day: Almighty God, through the incarnate Word you have caused us to be born anew of an imperishable and eternal seed: Look with compassion upon those who are being prepared for Holy Baptism, and grant that they may be built as living stones into a spiritual temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 102:15-22

Numbers 21:4-9

John 8:21-30

## **Wednesday in the Fifth Week of Lent**

Collect of the day: Almighty God our heavenly Father, renew in us the gifts of your mercy; increase our faith, strengthen our hope, enlighten our understanding, widen our charity, and make us ready to serve you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Canticle 2

Daniel 3:14-20,24-28

John 8:31-42

## **Thursday in the Fifth Week of Lent**

Collect of the day: O God, you have called us to be your children, and have promised that those who suffer with Christ will be heirs with him of your glory: Arm us with such trust in him that we may ask no rest from his demands and have no fear in his service; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 105:4-11

Genesis 17:1-8

John 8:51-59

## **Friday in the Fifth Week of Lent**

Collect of the day: O Lord, you relieve our necessity out of the abundance of your great riches: Grant that we may accept with joy the salvation you bestow, and manifest it to all the world by the quality of our lives; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Psalm 18:1-7

Jeremiah 20:7-13

John 10:31-42

## **Saturday in the Fifth Week of Lent**

Collect of the day: O Lord, in your goodness you bestow abundant graces on your elect: Look with favor, we entreat you, upon those who in these Lenten days are being prepared for Holy Baptism, and grant them the help of your protection; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Psalm 85:1-7

Ezekiel 37:21-28

John 11:45-53

## **Monday in Holy Week**

Collect of the day: Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Isaiah 42:1-9

Psalm 36:5-11

Hebrews 9:11-15

John 12:1-11



## **Tuesday of Holy Week**

Collect of the day: O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Isaiah 49:1-7

Psalm 71:1-14

1 Corinthians 1:18-31

John 12:20-36

## **Wednesday of Holy Week**

Collect of the day: Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Isaiah 50:4-9a

Psalm 70

Hebrews 12:1-3

John 13:21-32

## **Maundy Thursday**

Collect of the day: Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Exodus 12:1-4, (5-10), 11-14

Psalm 116:1, 10-17

1 Corinthians 11:23-26

John 13:1-17, 31b-35

## **Good Friday**

Collect of the day: Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Isaiah 52:13-53:12

Psalm 22

Hebrews 10:16-25 or 4:14-16; 5:7-9

John 18:1-19:42

## **Holy Saturday**

Collect of the day: O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so may we await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Lamentations 3:1-9,19-24

Psalm 31:1-4,15-16

1 Peter 4:1-8

Matthew 27:57-66





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