

MARCH 2025

The Season of Lent

The keeping of Lenten traditions is an ancient practice. Lent is related to the words “long” and “lengthen,” referring to the lengthening hours of sunlight as Springtime creeps nearer. Lent begins on Ash Wednesday and ends at Resurrection Sunday. The season of Lent lasts forty days, which corresponds to the time Jesus spent fasting in the wilderness following his baptism. Sundays are times of rejoicing and celebration, and thus not counted in that 40 day period.

Lenten practices date from the second century when Christians observed fasts prior to Easter. By the early 300's we find reference to a forty-day period of preparation for Easter that was familiar to all churches of that time. During Lent, believers focus their lives on the Lord Jesus, reflect on his deeds, repent of sin, and dedicate themselves to the needs of others. Lent is a time to go deeper.

Lent begins with Ash Wednesday—so named because of the practice of early Christian penitents who put on clothes of mourning sprinkled with ashes—practices taken straight out of the Old Testament. Churches came to mark ashes in the form of the cross on the foreheads of believers.

PRAYER FOR MARCH:

O God, you have made us for yourself,
and against your longing there is no defense.
Mark us with your love,
and release in us a passion for your justice

in our disfigured world;
that we may turn from our guilt and face you,
our heart's desire.

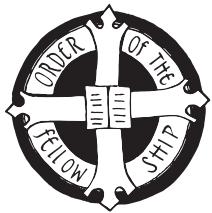
—*Janet Morley*

PRAYER PRACTICE:

Each day this week, begin your prayers by tracing the sign of the cross on your own forehead to remind yourself to take up your cross daily and follow Jesus.

FASTING PRACTICE:

The Lenten season is known as a time of fasting. Choose a food or a habit/practice to “give up” during the Lenten season, and allow the pang of desire for that food or habit/practice to turn your heart to God.



MARCH 2025

WEEK 1

MAR 1

SATURDAY

- Psalm 99;
- Deuteronomy 9:15-24; Luke 10:21-24

WEEK 2

MAR 2-8

SUNDAY

- Exodus 34:29-35
- Psalm 99
- 2 Cor 3:12-4:2
- Luke 9:28-36

MONDAY

- Psalm 35:11-28
- Exodus 35:1-29
- Acts 10:9-23a

TUESDAY

- Psalm 35:11-28
- Ezekiel 1:1; 2:1
- Acts 10:23b-33

ASH WEDNESDAY

- Isaiah 58:1-12
- Psalm 51:1-17
- 2 Cor 5:20b-6:10
- Matt 6:1-6, 16-21

THURSDAY

- Psalm 91:1-2, 9-16
- Exodus 5:10-23
- Acts 7:30-34

FRIDAY

- Psalm 91:1-2, 9-16
- Exodus 6:1-13
- Acts 7:35-42

SATURDAY

- Psalm 91:1-2, 9-16
- Ecclesiastes 3:1-8
- John 12:27-36

WEEK 3

MAR 9-15

SUNDAY

1st Sunday of Lent

- Deut 26:1-11
- Psalm 91:1-2, 9-16
- Romans 10:8b-13
- Luke 4:1-13

MONDAY

- Psalm 17
- 1 Chron 21:1-17
- 1 John 2:1-6

TUESDAY

- Psalm 17
- Zechariah 3:1-10
- 2 Peter 2:4-21

WEDNESDAY

- Psalm 17
- Job 1:1-22
- Luke 21:34-22:6

THURSDAY

- Psalm 27
- Genesis 13:1-7, 14-18
- Philippians 3:2-12

FRIDAY

- Psalm 27
- Genesis 14:17-24
- Philippians 3:17-20

SATURDAY

- Psalm 27
- Psalm 118:26-29
- Matthew 23:37-39

WEEK 4

MAR 16-22

SUNDAY

2nd Sunday of Lent

- Gen 15:1-12, 17-18
- Psalm 27
- Phil 3:17-4:1
- Luke 13:31-35

MONDAY

- Psalm 105:1-42
- Exodus 33:1-6
- Romans 4:1-12

TUESDAY

- Psalm 105:1-42
- Numbers 14:10b-24
- 1 Cor 10:1-13

WEDNESDAY

- Psalm 105:1-42
- 2 Chron 20:1-22
- Luke 13:22-31

THURSDAY

- Psalm 63:1-8
- Daniel 3:19-30
- Revelation 2:8-11

FRIDAY

- Psalm 63:1-8
- Daniel 12:1-4
- Revelation 3:1-6

SATURDAY

- Psalm 63:1-8
- Isaiah 5:1-7
- Luke 6:43-45

WEEK 5

MAR 23-29

SUNDAY

3rd Sunday of Lent

- Is 55:1-9
- Psalm 63:1-8
- 1 Cor 10:1-13
- Luke 13:1-9

MONDAY

- Psalm 39
- Jeremiah 11:1-17
- Romans 2:1-11

TUESDAY

- Psalm 39
- Ezekiel 17:1-10
- Romans 2:12-16

WEDNESDAY

- Psalm 39
- Numbers 13:17-27
- Luke 13:18-21

THURSDAY

- Psalm 32
- Joshua 4:1-13
- 2 Cor 4:16-5:5

FRIDAY

- Psalm 32
- Joshua 4:14-24
- 2 Cor 5:6-15

SATURDAY

- Psalm 32
- Exodus 32:7-14
- Luke 15:1-10

WEEK 6

MAR 30-31

SUNDAY

4th Sunday of Lent

- Isaiah 55:1-9
- Psalm 63:1-8
- 1 Cor 10:1-13
- Luke 13:1-9

MONDAY

- Psalm 53
- Leviticus 23:26-41
- Revelation 19:1-8