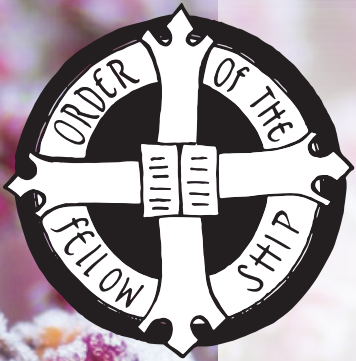


FEBRUARY 2024



Welcome to February! Our Sunday gospels finds Jesus touching and healing and caring. An old Jewish text, the Mishnah, tells of a tradition (Middot 2:2) when crowds would gather for ceremonies on the vast Temple mount. If things were pretty positive in your life, you would walk prayerfully around the Temple counter-clockwise. If you were grieving, or hurting, or being disciplined you would walk clockwise. When you came across someone in pain you would ask: “What happened? Why are you hurting?” Then you listened, and offered a blessing: “May the Holy One comfort you... you are not alone.” This month, look into the eyes of those who walk across your path. Ask a question, listen, offer a blessing.

PRAYER FOR FEBRUARY:

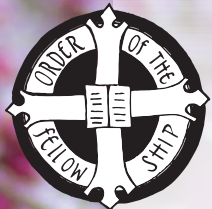
Give us ears to hear, eyes to see, and hearts that feel the pain of the world. Lead us to people who are walking that lonely path of suffering. Thank you for a Savior who knows how to empathize with our weakness. Amen.

PRAYER PRACTICE:

Select a “temple mount” near your home, maybe the block on which you live. Spend a season of prayer walking clockwise, reflecting on the goodness of your life. Spend a second season of prayer walking counterclockwise, opening up to God the pain you bear. Walk one more time around, paying attention to people who cross your path.

FASTING PRACTICE:

The Lenten season begins on February 14. AFTER you have treated yourself (or someone you love) on Valentine’s Day, decide what foods, or actions, or words you will fast from in the days before Easter.



FEBRUARY 2024

WEEK 1

FEB 1-3

THURSDAY

- Ps 147:1-11, 20c
- Proverbs 12:10-21
- Galatians 5:2-15

FRIDAY

- Ps 147:1-11, 20c
- Job 36:1-23
- 1 Corinthians 9:1-16

SATURDAY

- Ps 147:1-11, 20c
- Isaiah 46:1-13
- Matthew 12:9-14

WEEK 2

FEB 4-10

SUNDAY

- Malachi 3:1-4
- Psalm 84
- Hebrews 2:14-18
- Luke 2:22-40

MONDAY

- Psalm 102:12-28
- 2 Kings 4:8-17, 32-37
- Acts 14:1-7

TUESDAY

- Psalm 102:12-28
- 2 Kings 8:1-6
- Acts 15:36-41

WEDNESDAY

- Psalm 102:12-28
- Job 6:1-13
- Mark 3:7-12

THURSDAY

- Psalm 50:1-6
- 1 Kings 11:26-40
- 2 Corinthians 2:12-17

FRIDAY

- Psalm 50:1-6
- 1 Kings 14:1-18
- 1 Timothy 1:12-20

SATURDAY

- Psalm 50:1-6
- 1 Kings 16:1-7
- Luke 19:41-44

WEEK 3

FEB 11-17

SUNDAY

- 2 Kings 2:1-12
- Psalm 50:1-6
- 2 Corinthians 4:3-6
- Mark 9:2-9

MONDAY

- Psalm 110:1-4
- Exodus 19:7-25
- Hebrews 2:1-4

TUESDAY

- Psalm 110:1-4
- Job 19:23-27
- 1 Timothy 3:14-16

ASH WEDNESDAY

- Isaiah 58:1-12
- Psalm 51:1-17
- Matthew 6:1-6, 16-21

THURSDAY

- Psalm 25:1-10
- Daniel 9:1-14
- 1 John 1:3-10

FRIDAY

- Psalm 25:1-10
- Daniel 9:15-25a
- 2 Timothy 4:1-5

SATURDAY

- Psalm 25:1-10
- Psalm 32
- Matthew 9:2-13

WEEK 4

FEB 18-24

SUNDAY

1st Sunday of Lent

- Gen 9:8-17
- Psalm 25:1-10
- 1 Peter 3:18-22
- Mark 1:9-15

MONDAY

- Psalm 77
- Job 4:1-21
- Ephesians 2:1-10

TUESDAY

- Psalm 77
- Job 5:8-27
- 1 Peter 3:8-18a

WEDNESDAY

- Psalm 77
- Proverbs 30:1-9
- Matthew 4:1-11

THURSDAY

- Psalm 22:23-31
- Genesis 15:1-6, 12-18
- Romans 3:21-31

FRIDAY

- Psalm 22:23-31
- Genesis 16:1-6
- Romans 4:1-12

SATURDAY

- Psalm 22:23-31
- Genesis 16:7-15
- Mark 8:27-30

WEEK 5

FEB 25-29

SUNDAY

2nd Sunday of Lent

- Gen 17:1-7, 15-16
- Ps 22:23-31
- Romans 4:13-25
- Mark 8:31-38

MONDAY

- Psalm 105:1-11, 37-45
- Genesis 21:1-7
- Hebrews 1:8-12

TUESDAY

- Ps 105:1-11, 37-45
- Genesis 22:1-19
- Hebrews 11:1-3, 13-19

WEDNESDAY

- Ps 105:1-11, 37-45
- Jeremiah 30:12-22
- John 12:36-43

THURSDAY

- Psalm 19
- Exodus 19:1-9a
- 1 Peter 2:4-10