



Dear Friends in Christ,

As the baptized people of God, we journey together once again through the season of Lent, to the cross and the empty tomb. Throughout the year and throughout our lives, God calls us to remember who we are and to whom we belong. During this season in particular, however, the Church invites us to examine our lives and to reflect more deeply on the ways Christ we follow him.

At our Ash Wednesday worship service, we will hear these words: “As disciples of Jesus, we are called to a discipline that contends against evil and resists whatever leads us away from love of God and neighbor. I invite you, therefore, to the discipline of Lent—self-examination and repentance, prayer and fasting, sacrificial giving and works of love—strengthened by the gifts of word and sacrament. Let us continue our journey through these forty days to the great Three Days of Jesus’ death and resurrection” ([sundaysandseasons.com](http://sundaysandseasons.com)).

Throughout the season of Lent 2025 at Christ Lutheran Church, we will focus mainly on the discipline of prayer and how it prepares us for sacrificial giving and works of love. Each Wednesday at 7:00pm we gather for Evening Prayer which will include extended reflections on the prayers of intercession. Adults are invited to gather in the chapel following the service for a time of study and conversation. Each day, I invite you to pray the following well-known prayers. I will share a new prayer each week. The daily “Reflection Prompts” can be used for conversation with others or for personal journaling.

May our prayer this season inspire and empower us to give of ourselves and to share the abundant love of God in our homes, our community, our world.

In Peace,  
*Pastor Cindy*

**Ash Wednesday, March 5 – Saturday, March 8**

**Psalm 51 (NRSVue) – *Pray each day***

- 1 Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy,  
blot out my transgressions.
- 2 Wash me thoroughly from my iniquity,  
and cleanse me from my sin.
- 3 For I know my transgressions,  
and my sin is ever before me.
- 4 Against you, you alone, have I sinned  
and done what is evil in your sight,  
so that you are justified in your sentence  
and blameless when you pass judgment.
- 5 Indeed, I was born guilty,  
a sinner when my mother conceived me.
- 6 You desire truth in the inward being;  
therefore teach me wisdom in my secret heart.
- 7 Purge me with hyssop, and I shall be clean;  
wash me, and I shall be whiter than snow.
- 8 Let me hear joy and gladness;  
let the bones that you have crushed rejoice.
- 9 Hide your face from my sins,  
and blot out all my iniquities.
- 10 Create in me a clean heart, O God,  
and put a new and right spirit within me.
- 11 Do not cast me away from your presence,  
and do not take your holy spirit from me.
- 12 Restore to me the joy of your salvation,  
and sustain in me a willing spirit.
- 13 Then I will teach transgressors your ways,  
and sinners will return to you.
- 14 Deliver me from bloodshed, O God,  
O God of my salvation,  
and my tongue will sing aloud of your deliverance.

15 O Lord, open my lips,  
and my mouth will declare your praise.  
16 For you have no delight in sacrifice;  
if I were to give a burnt offering, you would not be pleased.  
17 The sacrifice acceptable to God is a broken spirit;  
a broken and contrite heart, O God, you will not despise.  
18 Do good to Zion in your good pleasure;  
rebuild the walls of Jerusalem;  
19 then you will delight in right sacrifices,  
in burnt offerings and whole burnt offerings;  
then bulls will be offered on your altar.

### **Reflection Prompts**

*Ash Wednesday, March 5, 2025*

- \*Pray again Psalm 51:1-4
- \*What specific transgressions do you need God to “blot out” today?
- \*How does God’s “abundant mercy” empower you to forgive yourself and others?

#### Prayer of the Day for Ash Wednesday

Gracious God, out of your love and mercy you breathed into dust the breath of life, creating us to serve you and our neighbors. Call forth our prayers and acts of kindness, and strengthen us to face our mortality with confidence in the mercy of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*Thursday, March 6, 2025*

- \*Pray again Psalm 51:6-9
- \*Who are the people in your life who have shared faithful wisdom with you? How have they inspired you to give of yourself and share the love of God with others?
- \*Offer a prayer of thanks for those people. Pray for God’s guidance to be an example of faithful wisdom to others.

*Friday, March 7, 2025*

- \*Pray again Psalm 51:10-12
- \*Reflect on times that you have felt “cast away” from God’s presence (or imagine what that would feel like). How does that experience affect your ability to love and care for others?

\*What does it mean to you to experience the “joy of salvation”? How will you share that joy in the coming days and weeks?

\*Offer a prayer of thanks for the gift of God’s joyful Spirit in your life. Pray for opportunities to share that joy with others.

*Saturday, March 8, 2025*

\*Pray again Psalm 51:15-17

\*In what ways do you regularly “praise” God? With your words? In your relationships? In your work? Through your decisions?

\*Offer a prayer of thanks to God for the gift of worship. Pray to be inspired to new ways of praising God in the coming days and weeks.

### **First Sunday in Lent, March 9, 2025**

#### **Psalm 91:1-2, 9-16**

1 You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,

2 will say to the Lord, “My refuge and my fortress;  
my God, in whom I trust.”

9 Because you have made the Lord your refuge,  
the Most High your dwelling place,

10 no evil shall befall you,  
no scourge come near your tent.

11 For he will command his angels concerning you  
to guard you in all your ways.

12 On their hands they will bear you up,  
so that you will not dash your foot against a stone.

13 You will tread on the lion and the adder;  
the young lion and the serpent you will trample under foot.

14 Those who love me, I will deliver;  
I will protect those who know my name.

15 When they call to me, I will answer them;  
I will be with them in trouble;  
I will rescue them and honor them.

16 With long life I will satisfy them  
and show them my salvation.

### Prayer of the Day

O Lord God, you led your people through the wilderness and brought them to the promised land. Guide us now, so that, following your Son, we may walk safely through the wilderness of this world toward the life you alone can give, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

### **Monday, March 10 – Saturday, March 15**

#### **The Lord's Prayer** – *Pray each day*

Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses,  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
forever and ever. Amen.

OR

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial

and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and forever. Amen.

## **Reflection Prompts**

*Monday, March 10, 2025*

From *The Small Catechism of Martin Luther*:

Our Father in heaven.

What does this mean?

With these words God wants to attract us, so that we come to believe he is truly our Father and we are truly his children, in order that we may ask him boldly and with complete confidence, just as loving children ask their loving father.

\*Reflect on some times in your own life that you have prayed to God "...boldly and with complete confidence..." Does it make a difference if you are praying about your own needs or those of someone else? Why or why not?

\*Offer a prayer of thanks for God's love and desire to be in relationship with you and with others. Share your needs with God in confidence that God is listening. Pray boldly for the needs of others and for the world.

*Tuesday, March 11, 2025*

From *The Small Catechism of Martin Luther*:

Your kingdom come.

What does this mean?

In fact, God's kingdom comes on its own without our prayer, but we ask in this prayer that it may also come to us.

How does this come about?

Whenever our heavenly Father gives us his Holy Spirit, so that through the Holy Spirit's grace we believe God's holy word and live godly lives here in time and hereafter in eternity.

\*Why is it important for us to pray for God's Kingdom even though it "...comes on its own..."?

\*What do you imagine the Kingdom of God to be like? How can/do you live your life now in anticipation?

\*Offer a prayer of thanks to God for the grace to believe in God's word and live in God's love. Pray for the will to live each day in anticipation of God's Kingdom of justice, peace, and love.

*Wednesday, March 12, 2025*

From *The Small Catechism of Martin Luther*:

Your will be done on earth as in heaven.

What does this mean?

In fact, God's good and gracious will comes about without our prayer, but we ask in this prayer that it may also come about in and among us.

How does this come about?

Whenever God breaks and hinders every evil scheme and will - as are present in the will of the devil, the world, and our flesh - that would not allow us to hallow God's name and would prevent the coming of his kingdom, and instead whenever God strengthens us and keeps us steadfast in his word and in faith until the end of our lives. This is God's gracious and good will.

\*Where and how do you see and experience God's will being done? In your community? In our world? Through you?

\*Offer a prayer of thanks for the ability to do God's work in the world. Pray for guidance and inspiration to live out your faith in tangible ways today and in the week to come.

*Thursday, March 13, 2025*

From *The Small Catechism of Martin Luther*:

Give us today our daily bread.

What does this mean?

In fact, God gives daily bread without our prayer, even to all evil people, but we ask in this prayer that God cause us to recognize what our daily bread is and to receive it with thanksgiving.

What then does "daily bread" mean?

Everything included in the necessities and nourishment for our bodies, such as food, drink, clothing, shoes, house, farm, fields, livestock, money, property, an upright spouse, upright children, upright members of the household, upright and faithful rulers, good government, good weather, peace, health, decency, honor, good friends, faithful neighbors, and the like.

\*Why is it important for us to pray to God for “daily bread” even though God gives it to all people “without our prayer”?

\*How is God working through you to provide necessities and nourishment for others? How is God calling you to expand that work this season? This year?

\*Offer a prayer of thanks for providing all that we (and all people) need to live healthy lives. Pray for those who lack “daily bread” and ask for guidance to serve them with your actions, decisions, and voice.

*Friday, March 14, 2025*

From *The Small Catechism of Martin Luther*:

Forgive us our sins, as we forgive those who sin against us.

What does this mean?

We ask in this prayer that our heavenly Father would not regard our sins nor deny these petitions on their account, for we are worthy of nothing for which we ask, nor have we earned it. Instead we ask that God would give us all things by grace, for we daily sin much and indeed deserve only punishment. So, on the other hand, we, too, truly want to forgive heartily and to do good gladly to those who sin against us.

\*How does God’s love and forgiveness inspire you to love and forgive others – both loved ones and strangers?

\*Do you need to forgive or seek forgiveness from someone else? Consider how you can do that during this Lenten season.

\*Offer a prayer of thanks for God’s love and forgiveness. Be specific about what that means in your own life. Pray for the strength to give forgiveness to and receive forgiveness from others.

*Saturday, March 15, 2025*

From *The Small Catechism of Martin Luther*:

Save us from the time of trial.

What does this mean?

It is true that God tempts no one, but we ask in this prayer that God would preserve and keep us, so that the devil, the world, and our flesh may not deceive us or mislead us into false belief, despair, and other great and shameful sins, and that, although we may be attacked by them, we may finally prevail and gain the victory.



\*What tempts you away from fully living out your identity as a child of God? How does your prayer life help you in this struggle?

\*How can/do you draw on your own experience with trial and temptation to care for others?

\*Offer a prayer of thanksgiving to God for claiming you as a beloved child. Pray for the strength to embrace that identity in the face of temptation and for opportunities to help others do the same.

### **Second Sunday in Lent, March 16, 2025**

#### **Psalm 27 (NRSVue)**

1 The Lord is my light and my salvation;  
whom shall I fear?

The Lord is the stronghold of my life;  
of whom shall I be afraid?

2 When evildoers assail me  
to devour my flesh—  
my adversaries and foes—  
they shall stumble and fall.

3 Though an army encamp against me,  
my heart shall not fear;  
though war rise up against me,  
yet I will be confident.

4 One thing I asked of the Lord;  
this I seek:

to live in the house of the Lord  
all the days of my life,  
to behold the beauty of the Lord,  
and to inquire in his temple.

5 For he will hide me in his shelter  
in the day of trouble;  
he will conceal me under the cover of his tent;  
he will set me high on a rock.

6 Now my head is lifted up  
above my enemies all around me,  
and I will offer in his tent  
sacrifices with shouts of joy;  
I will sing and make melody to the Lord.

7 Hear, O Lord, when I cry aloud;  
    be gracious to me and answer me!  
8 “Come,” my heart says, “seek his face!”  
    Your face, Lord, do I seek.  
9 Do not hide your face from me.  
Do not turn your servant away in anger,  
    you who have been my help.  
Do not cast me off; do not forsake me,  
    O God of my salvation!  
10 If my father and mother forsake me,  
    the Lord will take me up.  
11 Teach me your way, O Lord,  
    and lead me on a level path  
    because of my enemies.  
12 Do not give me up to the will of my adversaries,  
    for false witnesses have risen against me,  
    and they are breathing out violence.  
13 I believe that I shall see the goodness of the Lord  
    in the land of the living.  
14 Wait for the Lord;  
    be strong, and let your heart take courage;  
    wait for the Lord!

#### Prayer of the Day

God of the covenant, in the mystery of the cross you promise everlasting life to the world. Gather all peoples into your arms, and shelter us with your mercy, that we may rejoice in the life we share in your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

#### **Monday, March 17 – Saturday, March 22**

#### **Prayer Attributed to St. Francis of Assisi – *Pray each day***

Lord, make us instruments of your peace.  
Where there is hatred, let us sow love;  
where there is injury, pardon;  
where there is discord, union;  
where there is doubt, faith;

where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
Grant that we may not so much  
seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen.

Though likely not original to St. Francis of Assisi, this prayer embodies his spirit of simplicity and poverty. Also called the Peace Prayer, its first known appearance was on a prayer card featuring St. Francis was during WWI. During World War II and immediately after, this prayer for peace began circulating widely as the Prayer of St. Francis. Though we may not know the entirety of the prayer's history, its message remains timeless.

### **Reflection Prompts**

*Monday, March 17, 2025*

Lord, make us instruments of your peace.  
Where there is hatred, let us sow love...

\*How is God using you to be an "instrument of peace"? As you pray this week, listen for the ways God is calling you to the work of peacemaking today and in the weeks to come.

\*What hatreds are you holding onto? How might the love of Christ be calling you to let them go this week? This year?

\*Offer a prayer of thanksgiving to God for the ways and people through whom you experience God's love. Pray for God's guidance to work for peace today.

*Tuesday, March 18, 2025*

...where there is injury, [let us sow] pardon;  
where there is discord, union...

\*What are the "injuries" for which you need to seek pardon from another? From God?

\*How are you working toward faithful unity in your home, community, nation?

\*Offer a prayer of thanksgiving for God's forgiveness for the ways you have "injured" others and sowed disunity. Pray for the faith to work for unity and, at the same time, the inspiration to seek the best for all people.

*Wednesday, March 19, 2025*

...where there is doubt, [let us sow] faith;  
where there is despair, hope...

\*How would you define the terms "doubt" and "faith"? Can a person of faith have doubts about God? Why or why not?

\*Reflect on times in your life that you have experienced despair. What or who gave you the hope to carry on and move forward? How can that experience empower you to care for others and to work for justice today?

\*Offer a prayer of thanksgiving for the faith that only God can give. Pray for the power to use your experiences and gifts to serve others and God's creation.

*Thursday, March 20, 2025*

...where there is darkness, [let us sow] light;  
where there is sadness, joy...

\*Recall a time that you have experienced great darkness/sadness. What or who helped you move from darkness to light, from sadness to joy?

\*With what dark/sad places or people do you most relate? How can your faith move you to bring light and joy?

\*Offer a prayer of thanksgiving for the light and joy in your life. Prayer for the inspiration to share that light and joy in your life and in the world.

*Friday, March 21, 2025*

Grant that we may not so much  
seek to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

\*Reflect on those times in your life when you have received consolation, understanding and love. How have you/could you share that same consolation, understanding and love with others? In your family? With friends? In your community? In our nation? In the world?

\*Offer a prayer of thanksgiving for the people who have consoled you, tried to understand you, and loved you. Pray for the will to do the same for others (especially when that's hard to do).

*Saturday, March 22, 2025*

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.

\*Reflect on the times in your life that you have received more than you have given. How has your love and care for others enriched your own life?

\*How is God calling you to give and forgive today? How might the difficulty of giving empower you to share even more?

\*Offer a prayer of thanks for God's gifts of forgiveness and new life. Prayer for the will to share those gifts with others, especially when it is hard to do.

### **Third Sunday in Lent, March 23, 2025**

**Psalm 63:1-8** (NRSVue)

<sup>1</sup> O God, you are my God; I seek you;  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and weary land where there is no water.  
<sup>2</sup> So I have looked upon you in the sanctuary,  
beholding your power and glory.  
<sup>3</sup> Because your steadfast love is better than life,  
my lips will praise you.  
<sup>4</sup> So I will bless you as long as I live;  
I will lift up my hands and call on your name.  
<sup>5</sup> My soul is satisfied as with a rich feast,  
and my mouth praises you with joyful lips  
<sup>6</sup> when I think of you on my bed  
and meditate on you in the watches of the night,  
<sup>7</sup> for you have been my help,  
and in the shadow of your wings I sing for joy.  
<sup>8</sup> My soul clings to you;  
your right hand upholds me.

### Prayer of the Day

Eternal God, your kingdom has broken into our troubled world through the life, death, and resurrection of your Son. Help us to hear your word and obey it, and bring your saving love to fruition in our lives, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

### **Monday, March 24 – Saturday, March 29**

#### **Psalm 23** (NRSVue) – *Pray each day*

<sup>1</sup> The Lord is my shepherd; I shall not want.  
<sup>2</sup> He makes me lie down in green pastures;  
he leads me beside still waters;  
<sup>3</sup> he restores my soul.  
He leads me in right paths  
for his name's sake.  
<sup>4</sup> Even though I walk through the darkest valley,  
I fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
<sup>5</sup> You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
<sup>6</sup> Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.

Brief Background on Psalm 23 - [Psalm 23 – The Lord Is My Shepherd - Enter the Bible](#)

#### **Reflection Prompts**

*Monday, March 24, 2025*

The Lord is my shepherd; I shall not want.

\*Consider the relationship between a sheep and shepherd. Do you find this to be a helpful way to understand your own relationship with God? Why or why not?

\*In what ways does your relationship with God fulfill your needs? How does your faith inspire you to work with God to meet the needs of others?

\*Offer a prayer of thanksgiving for God's desire to live in relationship with you. Pray for guidance to work with God to provide for others.

*Tuesday, March 25, 2025*

The Lord makes me lie down in green pastures;  
he leads me beside still waters;  
he restores my soul...

\*Green pastures and still waters provide rest, food, and drink for sheep. How is God calling you this week/this season to help provide those gifts to others in need?

\*Through what faith practices does God work to "restore your soul"? How might you share that gift with someone else?

\*Offer of prayer of thanksgiving to God for providing for your needs and for the Lord's presence in your life. Pray to God for help to provide for the physical needs of others and to support others in their spiritual needs.

*Wednesday, March 26, 2025*

The Lord leads me in right paths  
for his name's sake.

\*Reflect on some times in your life when you had to choose which "path" to take. How did your relationship with God and others help you in your decision making? How might God be inviting you to support someone you know as they make big (or small) decisions this week?

\*Offer a prayer of thanksgiving to God for walking with you throughout your life's journey. Pray for guidance in your own upcoming decisions and for the compassion to help others experience your love throughout their own journeys.

*Thursday, March 27, 2025*

Even though I walk through the darkest valley,  
I fear no evil,  
for you are with me;

your rod and your staff,  
they comfort me.

\*Reflect on some of the “dark valleys” through which you have walked throughout your life. Did your faith in Christ give you comfort? Why or why not?

\*What people in your life are walking through “dark valleys” today? Make a plan to reach out to them this week.

\*Offer a prayer of thanksgiving for God’s love and comfort throughout the “dark valleys” of your life. Pray for the will and the confidence to share God’s love and grace with others who are suffering.

*Friday, March 28, 2025*

You, Lord, prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.

\*Reflect on the ways God has blessed (or is blessing) you even in the midst of difficult times and experiences. Are you able to find moments of joy even in times of suffering or hardship? Why or why not? How is God calling you to be a blessing to someone who is hurting today?

\*Offer a prayer of thanksgiving to God for all the blessings of this life. Pray to God to empower you to be a blessing in the lives of others.

*Saturday, March 29, 2025*

Surely goodness and mercy shall follow me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.

\*What does it mean to you to “dwell in the house of the Lord”? How do you think your own housing situation (past and present) affects your understanding?

\*How does the gift of dwelling in God’s house move you to care for others who are in need of safe and adequate housing?

\*Offer a prayer of thanksgiving for safe shelter in this life and the next. Pray for the will and the knowledge to help others who are in need of housing today.



## **Fourth Sunday in Lent, March 30, 2025**

### **Psalm 32 (NRSVue)**

- 1 Happy are those whose transgression is forgiven,  
whose sin is covered.
- 2 Happy are those to whom the Lord imputes no iniquity  
and in whose spirit there is no deceit.
- 3 While I kept silent, my body wasted away  
through my groaning all day long.
- 4 For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer.
- 5 Then I acknowledged my sin to you,  
and I did not hide my iniquity;  
I said, "I will confess my transgressions to the Lord,"  
and you forgave the guilt of my sin.
- 6 Therefore let all who are faithful  
offer prayer to you;  
at a time of distress, the rush of mighty waters  
shall not reach them.
- 7 You are a hiding place for me;  
you preserve me from trouble;  
you surround me with glad cries of deliverance.
- 8 I will instruct you and teach you the way you should go;  
I will counsel you with my eye upon you.
- 9 Do not be like a horse or a mule, without understanding,  
whose temper must be curbed with bit and bridle,  
else it will not stay near you.
- 10 Many are the torments of the wicked,  
but steadfast love surrounds those who trust in the Lord.
- 11 Be glad in the Lord and rejoice, O righteous,  
and shout for joy, all you upright in heart.

### **Prayer of the Day**

God of compassion, you welcome the wayward, and you embrace us all with your mercy. By our baptism clothe us with garments of your grace, and feed us at the table of your love, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Monday, March 31 – Saturday, April 5**

**Hannah's Prayer (1 Samuel 2:1-10) – Pray each day**

- 1 "My heart exults in the Lord;  
my strength is exalted in my God.  
My mouth derides my enemies  
because I rejoice in your victory.
- 2 There is no Holy One like the Lord,  
no one besides you;  
there is no Rock like our God.
- 3 Talk no more so very proudly;  
let not arrogance come from your mouth,  
for the Lord is a God of knowledge,  
and by him actions are weighed.
- 4 The bows of the mighty are broken,  
but the feeble gird on strength.
- 5 Those who were full have hired themselves out for bread,  
but those who were hungry are fat with spoil.  
The barren has borne seven,  
but she who has many children is forlorn.
- 6 The Lord kills and brings to life;  
he brings down to Sheol and raises up.
- 7 The Lord makes poor and makes rich;  
he brings low; he also exalts.
- 8 He raises up the poor from the dust;  
he lifts the needy from the ash heap  
to make them sit with princes  
and inherit a seat of honor.  
For the pillars of the earth are the Lord's,  
and on them he has set the world.
- 9 He will guard the feet of his faithful ones,  
but the wicked will perish in darkness,  
for not by might does one prevail.
- 10 The Lord! His adversaries will be shattered;  
the Most High will thunder in heaven.  
The Lord will judge the ends of the earth;  
he will give strength to his king  
and exalt the power of his anointed."

Hannah was a childless woman who vowed that if God gave her a son she would give him to the Lord all the days of his life. In due course Samuel was born. While he was still a child, Hannah kept her promise and brought Samuel to the priest Eli at the shrine at Shiloh to serve the Lord there. (<https://enterthebible.org/glossary/hannah>)

## **Reflection Prompts**

*Monday, March 31, 2025*

My heart exults in the Lord;  
my strength is exalted in my God.  
My mouth derides my enemies  
because I rejoice in your victory.  
There is no Holy One like the Lord,  
no one besides you;  
there is no Rock like our God.

\*In the book of First Samuel, Hannah brings her child to the priest once he has been weaned (likely around three years-old). She sings her song just after young Samuel is consecrated to the Lord. Reflect on the many emotions she must have been feeling at the time – gratefulness and joy, but also sadness and fear at having to leave him at such a young age – and on times you have experienced conflicting emotions. How has your faith helped you navigate those events and feelings?

\*In what ways has God been strengthening you to speak and serve others in recent days and weeks?

\*Offer a prayer of thanksgiving for the faith that inspires you throughout the ups and downs of life. Pray for “exalted” strength to do hard things in service to God and others.

*Tuesday, April 1, 2025*

Talk no more so very proudly;  
let not arrogance come from your mouth,  
for the Lord is a God of knowledge,  
and by him actions are weighed.

\*How do you determine the difference between sharing helpful knowledge and arrogance?

\*How can you (or do you) live out your faith with humility *and* confidence?

\*Offer a prayer of thanksgiving for the “knowledge” you have gained about the goodness of God. Pray for a spirit of both humility and confidence to share the love of God with others in ways that are faithful and true.

*Wednesday, April 2, 2025*

Those who were full have hired themselves out for bread,  
but those who were hungry are fat with spoil.

\*Imagine a world in which no one was hungry. According to the United Nations World Food Program, there is more than enough food produced to feed everyone in the world (<https://www.wfp.org/who-we-are>). How is God calling you to use your resources, your voice, your votes, and more, to work toward a world in which no one is hungry?

\*Offer a prayer of thanksgiving for the food you eat each day. Pray for the will and the inspiration to use your resources, voice, and votes to ensure that others eat well too.

*Thursday, April 3, 2025*

The Lord kills and brings to life;  
he brings down to Sheol and raises up.

\*What does it mean to you to think and speak of God as the giver of both life and death? What role does God give humans in caring for people in life and in death?

\*As Christians we know God seeks life even in the midst of death. How is God calling you to advocate for fullness of life for all people, now and in the life to come?

\*Offer a prayer of thanksgiving for the life you have been given. Pray for the wisdom and the will to seek wholeness of life for all people.

*Friday, April 4, 2025*

The Lord makes poor and makes rich;  
he brings low; he also exalts.

He raises up the poor from the dust;  
he lifts the needy from the ash heap  
to make them sit with princes  
and inherit a seat of honor.

\*God is calling you into the work of reversal. How will you work with our Lord in the coming days and weeks to “raise up the poor”?

\*Offer a prayer of thanksgiving for the call to serve others in God’s name. Pray for the motivation and the desire to lift up those in need with a spirit of humility and love.

*Saturday, April 5, 2025*

For the pillars of the earth are the Lord’s,

and on them he has set the world.

\*How does it affect your attitudes and decisions to acknowledge that the whole world is the creation and gift of God?

\*Consider the ways you might care better for the earth and its creatures. Commit to (at least) one small act in the coming week.

\*Offer a prayer of thanksgiving for the place you call home. Pray for the desire to care for God's creation in ways that may not directly impact you.

### **Fifth Sunday in Lent, April 6, 2025**

#### **Psalm 126 (NRSVue)**

1 When the Lord restored the fortunes of Zion,  
we were like those who dream.

2 Then our mouth was filled with laughter  
and our tongue with shouts of joy;  
then it was said among the nations,

“The Lord has done great things for them.”

3 The Lord has done great things for us,  
and we rejoiced.

4 Restore our fortunes, O Lord,  
like the watercourses in the Negeb.

5 May those who sow in tears  
reap with shouts of joy.

6 Those who go out weeping,  
bearing the seed for sowing,  
shall come home with shouts of joy,  
carrying their sheaves.

#### **Prayer of the Day**

Creator God, you prepare a new way in the wilderness, and your grace waters our desert. Open our hearts to be transformed by the new thing you are doing, that our lives may proclaim the extravagance of your love given to all through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Monday, April 7 – Saturday, April 12**

*Monday, April 7, 2025*

**A Prayer of Martin Luther** (Evangelical Lutheran Worship, p. 87)

Behold, Lord, an empty vessel that needs to be filled. My Lord, fill it. I am weak in the faith; strengthen me. I am cold in love; warm me and make me fervent, that my love may go out to my neighbor. I do not have a strong and firm faith; at times I doubt and am unable to trust you altogether. O Lord, help me. Strengthen my faith and trust in you. In you I have sealed the treasure of all I have. I am poor; you are rich and came to be merciful to the poor. I am a sinner; you are upright. With me, there is an abundance of sin; in you is the fullness of righteousness. Therefore I will remain with you, of whom I can receive, but to whom I may not give. Amen.

\*What parts of this prayer most resonate with you? Why?

\*In what ways have you been “cold in love” recently? Pay particular attention to that feeling in the coming week so that your “love may go out to [your] neighbor.”

\*Offer a prayer of thanksgiving for God’s gifts of faith and love. Pray for opportunities to share those gifts with others in the coming days and weeks.

*Tuesday, April 8, 2025*

**A Prayer of Mother Teresa of Calcutta** (Evangelical Lutheran Worship, p. 87)

Make us worthy, Lord, to serve our fellow human beings throughout the world who live and die in poverty and hunger. Give them through our hands this day their daily bread, and by our understanding love, give peace and joy. Amen.

\*Why do you think Saint Teresa prays to be made worthy to serve people who are poor and hungry? How does it make you feel to pray those words?

\*Seek out an opportunity this week to share “daily bread” and “understanding love.”

\*Offer a prayer of thanksgiving for God’s willingness to care for others through you. Pray that God would continue to lead you to more and more ways to live as Christ’s body in the world.

*Wednesday, April 9, 2025*

**A Prayer of Julian of Norwich** (Evangelical Lutheran Worship, p. 87)

In you, Father all-mighty, we have our preservation and our bliss. In you, Christ, we have our restoring and our saving. You are our mother, brother, and savior. In you, our Lord the Holy Spirit, is marvelous and plenteous grace. You are our clothing; for love you wrap us

and embrace us. You are our maker, our lover, our keeper. Teach us to believe that by your grace all shall be well, and all shall be well, and all manner of things shall be well. Amen.

\*Which of the many descriptors of God – mother, bother, savior, Holy Spirit, clothing, maker, lover, keeper – fits closest with your own understanding of and relationship with God? How might the others expand your conception of who God is in your life and in the world?

\*Offer a prayer of thanksgiving for God's "marvelous and plenteous grace." Pray for the will and the desire to share it and for the inspiration and power to do it.

*Thursday, April 10, 2025*

**A Prayer of Catherine of Siena** (Evangelical Lutheran Worship, p. 87)

Power of the eternal Father, help me. Wisdom of the Son, enlighten the eye of my understanding. Tender mercy of the Holy Spirit, unite my heart to yourself. Eternal God, restore health to the sick and life to the dead. Give us a voice, your own voice, to cry out to you for mercy for the world. You, light, give us light. You, wisdom, give us wisdom. You, supreme strength, strengthen us. Amen.

\*For what people or groups of people do you find yourself crying out to God for mercy in recent day? Why? How does it feel to imagine your prayers being lifted up in God's own voice?

\*Offer a prayer of thanksgiving to God for the light, wisdom, and strength we have been given. Pray for the discipline to tap into those gifts as you face personal, familial, national and global challenges.

*Friday, April 11, 2025*

**A Prayer of Augustine of Hippo** (Evangelical Lutheran Worship, p. 87)

O loving God, to turn away from you is to fall, to turn toward you is to rise, and to stand before you is to abide forever. Grant us, dear God, in all our duties your help; in all our uncertainties your guidance; in all our dangers your protection; and in all our sorrows your peace; through Jesus Christ our Lord. Amen.

\*Which of the gifts for which St. Augustine prays feels most relevant to you today – help in your duties, guidance in your uncertainties, protection from dangers, or peace in your sorrows? How could you use your own challenges and needs to connect with and care for others in their challenges and needs?

\*Offer a prayer of thanksgiving for God's desire to "abide" with you forever. Pray for God to use you to help, guide, protect, and bring peace to others.

*Saturday, April 12, 2025*

**A Prayer for Guidance** (Evangelical Lutheran Worship, p. 317)

O God, you have called your servants to ventures of which we cannot see the ending, by paths untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.

\*What unknown endings, untrodden paths, and unknown perils are causing you the most anxiety in recent days?

\*How/where/with whom do you find peace in the midst of the unknowns of life/relationships/society? How might you gently share your experience of such peace with others who are feeling scared and anxious?

\*Offer a prayer of thanksgiving for God's leading hand and supporting love. Pray for the faith to live with courage, especially when it's most difficult.

**Palm Sunday, April 13, 2025**

**Luke 19:29-40 (NRSV)**

<sup>29</sup> When [Jesus] had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, <sup>30</sup> saying, "Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. <sup>31</sup> If anyone asks you, 'Why are you untying it?' just say this, 'The Lord needs it.'" <sup>32</sup> So those who were sent departed and found it as he had told them. <sup>33</sup> As they were untying the colt, its owners asked them, "Why are you untying the colt?" <sup>34</sup> They said, "The Lord needs it." <sup>35</sup> Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. <sup>36</sup> As he rode along, people kept spreading their cloaks on the road. <sup>37</sup> As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, <sup>38</sup> saying,

"Blessed is the king  
who comes in the name of the Lord!  
Peace in heaven,  
and glory in the highest heaven!"

<sup>39</sup> Some of the Pharisees in the crowd said to him, "Teacher, order your disciples to stop." <sup>40</sup> He answered, "I tell you, if these were silent, the stones would shout out."

**Prayer of the Day**

Sovereign God, you have established your rule in the human heart through the servanthood of Jesus Christ. By your Spirit, keep us in the joyful procession of those who



with their tongues confess Jesus as Lord and with their lives praise him as Savior, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Readings and Prayers for Holy Week – Monday, April 14-Sunday, April 20**

*Monday in Holy Week, April 14, 2025*

**Psalm 36:5-11 (NRSVue)**

- <sup>5</sup> Your steadfast love, O Lord, extends to the heavens,  
your faithfulness to the clouds.
- <sup>6</sup> Your righteousness is like the mighty mountains;  
your judgments are like the great deep;  
you save humans and animals alike, O Lord.
- <sup>7</sup> How precious is your steadfast love, O God!  
All people may take refuge in the shadow of your wings.
- <sup>8</sup> They feast on the abundance of your house,  
and you give them drink from the river of your delights.
- <sup>9</sup> For with you is the fountain of life;  
in your light we see light.
- <sup>10</sup> O continue your steadfast love to those who know you  
and your salvation to the upright of heart!
- <sup>11</sup> Do not let the foot of the arrogant tread on me  
or the hand of the wicked drive me away.

**Prayer of the Day**

O God, your Son chose the path that led to pain before joy and the cross before glory. Plant his cross in our hearts, so that in its power and love we may come at last to joy and glory, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*Tuesday in Holy Week, April 15, 2025*

**Psalm 71:1-14 (NRSVue)**

- <sup>1</sup> In you, O Lord, I take refuge;  
let me never be put to shame.
- <sup>2</sup> In your righteousness deliver me and rescue me;  
incline your ear to me and save me.
- <sup>3</sup> Be to me a rock of refuge,  
a strong fortress to save me,  
for you are my rock and my fortress.

- <sup>4</sup> Rescue me, O my God, from the hand of the wicked,  
from the grasp of the unjust and cruel.
- <sup>5</sup> For you, O Lord, are my hope,  
my trust, O Lord, from my youth.
- <sup>6</sup> From my birth I have leaned upon you,  
my protector since my mother's womb.  
My praise is continually of you.
- <sup>7</sup> I have been like a portent to many,  
but you are my strong refuge.
- <sup>8</sup> My mouth is filled with your praise  
and with your glory all day long.
- <sup>9</sup> Do not cast me off in the time of old age;  
do not forsake me when my strength is spent.
- <sup>10</sup> For my enemies speak concerning me,  
and those who watch for my life consult together.
- <sup>11</sup> They say, "Pursue and seize that person  
whom God has forsaken,  
for there is no one to deliver."
- <sup>12</sup> O God, do not be far from me;  
O my God, make haste to help me!
- <sup>13</sup> Let my accusers be put to shame and consumed;  
let those who seek to hurt me  
be covered with scorn and disgrace.
- <sup>14</sup> But I will hope continually  
and will praise you yet more and more.

### Prayer of the Day

Lord Jesus, you have called us to follow you. Grant that our love may not grow cold in your service, and that we may not fail or deny you in the time of trial, for you live and reign with the Father and the Holy Spirit, one God, now and forever. Amen.

*Wednesday in Holy Week, April 16, 2025*

### **Psalm 70 (NRSVue)**

- <sup>1</sup> Be pleased, O God, to deliver me.  
O Lord, make haste to help me!
- <sup>2</sup> Let those be put to shame and confusion  
who seek my life.  
Let those be turned back and brought to dishonor

who desire to hurt me.  
<sup>3</sup> Let those who say, "Aha, Aha!"  
turn back because of their shame.  
<sup>4</sup> Let all who seek you  
rejoice and be glad in you.  
Let those who love your salvation  
say evermore, "God is great!"  
<sup>5</sup> But I am poor and needy;  
hasten to me, O God!  
You are my help and my deliverer;  
O Lord, do not delay!

### Prayer of the Day

Almighty God, your Son our Savior suffered at human hands and endured the shame of the cross. Grant that we may walk in the way of his cross and find it the way of life and peace, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*Maundy Thursday, April 17, 2025*

### **1 Corinthians 11:23-26 (NRSV)**

<sup>23</sup> For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, <sup>24</sup> and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." <sup>25</sup> In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." <sup>26</sup> For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

### **Psalms 116:1-2, 12-19 (NRSV)**

<sup>1</sup> I love the LORD, because he has heard  
my voice and my supplications.  
<sup>2</sup> Because he inclined his ear to me,  
therefore I will call on him as long as I live.  
<sup>12</sup> What shall I return to the LORD  
for all his bounty to me?  
<sup>13</sup> I will lift up the cup of salvation  
and call on the name of the LORD,  
<sup>14</sup> I will pay my vows to the LORD  
in the presence of all his people.

<sup>15</sup>Precious in the sight of the LORD  
is the death of his faithful ones.  
<sup>16</sup>O LORD, I am your servant;  
I am your servant, the child of your serving girl.  
You have loosed my bonds.  
<sup>17</sup>I will offer to you a thanksgiving sacrifice  
and call on the name of the LORD.  
<sup>18</sup>I will pay my vows to the LORD  
in the presence of all his people,  
<sup>19</sup>in the courts of the house of the LORD,  
in your midst, O Jerusalem.  
Praise the LORD!

### Prayer of the Day

Holy God, source of all love, on the night of his betrayal, Jesus gave us a new commandment, to love one another as he loves us. Write this commandment in our hearts, and give us the will to serve others as he was the servant of all, your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*Good Friday, April 18, 2025*

### **Psalm 22** (NRSV)

<sup>1</sup>My God, my God, why have you forsaken me?  
Why are you so far from helping me, from the words of my groaning?  
<sup>2</sup>O my God, I cry by day, but you do not answer;  
and by night, but find no rest.  
<sup>3</sup>Yet you are holy,  
enthroned on the praises of Israel.  
<sup>4</sup>In you our ancestors trusted;  
they trusted, and you delivered them.  
<sup>5</sup>To you they cried, and were saved;  
in you they trusted, and were not put to shame.  
<sup>6</sup>But I am a worm, and not human;  
scorned by others, and despised by the people.  
<sup>7</sup>All who see me mock at me;  
they make mouths at me, they shake their heads;  
<sup>8</sup>"Commit your cause to the LORD; let him deliver —  
let him rescue the one in whom he delights!"

<sup>9</sup>Yet it was you who took me from the womb;  
you kept me safe on my mother's breast.  
<sup>10</sup>On you I was cast from my birth,  
and since my mother bore me you have been my God.

<sup>11</sup>Do not be far from me,  
for trouble is near  
and there is no one to help.

<sup>12</sup>Many bulls encircle me,  
strong bulls of Bashan surround me;  
<sup>13</sup>they open wide their mouths at me,  
like a ravening and roaring lion.

<sup>14</sup>I am poured out like water,  
and all my bones are out of joint;  
my heart is like wax;  
it is melted within my breast;  
<sup>15</sup>my mouth is dried up like a potsherd,  
and my tongue sticks to my jaws;  
you lay me in the dust of death.

<sup>16</sup>For dogs are all around me;  
a company of evildoers encircles me.  
My hands and feet have shriveled;

<sup>17</sup>I can count all my bones.  
They stare and gloat over me;  
<sup>18</sup>they divide my clothes among themselves,  
and for my clothing they cast lots.

<sup>19</sup>But you, O LORD, do not be far away!  
O my help, come quickly to my aid!

<sup>20</sup>Deliver my soul from the sword,  
my life from the power of the dog!

<sup>21</sup>Save me from the mouth of the lion!  
From the horns of the wild oxen you have rescued me.

<sup>22</sup>I will tell of your name to my brothers and sisters  
in the midst of the congregation I will praise you:

<sup>23</sup>You who fear the LORD, praise him!  
All you offspring of Jacob, glorify him;  
stand in awe of him, all you offspring of Israel!

<sup>24</sup>For he did not despise or abhor  
the affliction of the afflicted;

he did not hide his face from me,  
but heard when I cried to him.

<sup>25</sup>From you comes my praise in the great congregation;  
my vows I will pay before those who fear him.

<sup>26</sup>The poor shall eat and be satisfied;  
those who seek him shall praise the LORD.

May your hearts live forever!

<sup>27</sup>All the ends of the earth shall remember  
and turn to the LORD;

and all the families of the nations  
shall worship before him.

<sup>28</sup>For dominion belongs to the LORD,  
and he rules over the nations.

<sup>29</sup>To him, indeed, shall all who sleep in the earth bow down;  
before him shall bow all who go down to the dust,  
and I shall live for him.

<sup>30</sup>Posterity will serve him;  
future generations will be told about the LORD,

<sup>31</sup>and proclaim his deliverance to a people yet unborn,  
saying that he has done it.

### Prayer of the Day

Merciful God, your Son was lifted up on the cross to draw all people to himself. Grant that we who have been born out of his wounded side may at all times find mercy in him, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*Holy Saturday, April 19, 2025*

### **Romans 6:3-11 (NRSV)**

<sup>3</sup> Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup> Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

<sup>5</sup> For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. <sup>6</sup> We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. <sup>7</sup> For whoever has died is freed from sin. <sup>8</sup> But if we have died with Christ, we believe that we will also live with him. <sup>9</sup> We know that Christ, being raised from the dead, will never die

again; death no longer has dominion over him. <sup>10</sup> The death he died, he died to sin, once for all; but the life he lives, he lives to God. <sup>11</sup> So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

### Prayer of the Day

Eternal giver of life and light, this holy night shines with the radiance of the risen Christ. Renew your church with the Spirit given us in baptism, that we may worship you in sincerity and truth and may shine as a light in the world, through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*EASTER SUNDAY, April 12, 2025*

### **Psalm 118:1-2, 14-24 (NRSV)**

<sup>1</sup>O give thanks to the LORD, for he is good;  
his steadfast love endures forever!

<sup>2</sup>Let Israel say,  
"His steadfast love endures forever."

<sup>14</sup>The LORD is my strength and my might;  
he has become my salvation.

<sup>15</sup>There are glad songs of victory in the tents of the righteous:  
"The right hand of the LORD does valiantly;

<sup>16</sup>the right hand of the LORD is exalted;  
the right hand of the LORD does valiantly."

<sup>17</sup>I shall not die, but I shall live,  
and recount the deeds of the LORD.

<sup>18</sup>The LORD has punished me severely,  
but he did not give me over to death.

<sup>19</sup>Open to me the gates of righteousness,  
that I may enter through them  
and give thanks to the LORD.

<sup>20</sup>This is the gate of the LORD;  
the righteous shall enter through it.

<sup>21</sup>I thank you that you have answered me  
and have become my salvation.

<sup>22</sup>The stone that the builders rejected  
has become the chief cornerstone.

<sup>23</sup>This is the LORD's doing;  
it is marvelous in our eyes.

<sup>24</sup>This is the day that the LORD has made;  
let us rejoice and be glad in it.

### **Luke 24:1-12**

<sup>1</sup> On the first day of the week, at early dawn, [the women] came to the tomb, taking the spices that they had prepared. <sup>2</sup> They found the stone rolled away from the tomb, <sup>3</sup> but when they went in, they did not find the body. <sup>4</sup> While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. <sup>5</sup> The women were terrified and bowed their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here, but has risen. <sup>6</sup> Remember how he told you, while he was still in Galilee, <sup>7</sup> that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again." <sup>8</sup> Then they remembered his words, <sup>9</sup> and returning from the tomb, they told all this to the eleven and to all the rest. <sup>10</sup> Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. <sup>11</sup> But these words seemed to them an idle tale, and they did not believe them. <sup>12</sup> But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

### **Prayer of the Day**

God of mercy, we no longer look for Jesus among the dead, for he is alive and has become the Lord of life. Increase in our minds and hearts the risen life we share with Christ, and help us to grow as your people toward the fullness of eternal life with you, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.