

DAILY PRAYERS
FOR LENT 2026

A JOURNEY THROUGH THE UPPER ROOM



Prepared for
Yorkminster Citadel
Church Family

AN INTRODUCTION INTO THE UPPER ROOM

For these months in between Christmas and Easter we are journeying with Jesus through John's gospel. In John's gospel we encounter a deeply relational incarnated Jesus, such as the I Am names that invite us to deepen in our relationship with Jesus.

Jesus loved his disciples to the end, and John describes how Jesus gathered the disciples into an Upper Room to intentionally prepare them for his journey to the cross. In the crucible of his internal anguish, knowing the cup he would be asked to drink, Jesus poured out water and washed feet. Jesus taught the depth of God's love, providing an image of deep nourishment to hold fast in the troubles that would come. Jesus abided with the disciples as he taught them how to abide with him.

Over these weeks of Lent, we are going to journey with Jesus through the Upper Room. Each day, from the First Sunday of Lent through to Jesus' arrest on Maundy Thursday, we will read a few verses of Jesus' teaching and offer a prayer based on these verses.

It is our hope and prayer that as you slowly read and pray these verses, you will feel Jesus pouring into you as his disciple.

Steven and Corinne

PREPARING A SPACE TO PRAY

We are inundated with sensory stimuli all the time. Some of these are lovely such as the sun breaking through a dark cloud, birds singing or the laughter that carries up from a playground, others of these are obtrusive such as road repairs and backing up utility vehicles, still others are just there. We also have internal senses, our thoughts at times can be very noisy and it is as if we have an internal radio tuned to the channel of Non-Stop Thinking. In all of this clutter and clatter, it can be hard to hear, yet alone respond to, the word of God.

To centre down our bodily senses, it is helpful to find a comfortable and quiet space in your home to pray, such as a corner of the couch. Others also find it helpful to have a few items on hand that may bring senses into a time of prayer: lighting a candle or holding a smooth stone. By doing this we send a message to our internal selves that something special is going to happen.

It is also helpful to create an internal space to pray. Our brains are working all the time and slowing down our minds takes effort. Some find breathing deeply a few times, to help still the racing thoughts, or repeating a simple bible verse (such as *be still and know that I am God*) a few times. Actions like these quiet our minds creating a space to deeply feel and hear God.

Our spiritual hearing is like a muscle that grows and develops each time we use it. Over time, we will notice how God's voice is turning down our Non-Stop Thinking...and inviting each of us into a rest-filled space of abiding.



AT THE THRESHOLD OF THE UPPER ROOM

ASH WEDNESDAY

February 18

Today, we turn with you toward your cross...and we consider your death. Perhaps our foreheads or wrists are marked with physical ashes, perhaps the marking of ashes is within our own hearts. As we journey with you, help us have the courage to ask – what needs to die in me? As we journey with you, give us the courage to look into suffering, rather than over it or beside it. As we journey with you, soften our hearts, to humbly receive your cross marked on our hearts, on our minds, and over our whole selves. Amen.

February 19 – Philippians 2:5-11

The mind of Christ, Lord dare I ask, that you would give to me. Your attitudes that mark my life, your great humility. The mind which says I'll do my part, whate'er that part may be. When this is so, then I will know, the mind of Christ in me. Amen. (Gwenyth J. Redhead)

February 20 – Colossians 1:15-20

Lord, do you occupy first place in all aspects of my life? I would like to think so, but as I consider my day...my morning quiet times, my meals, my commute to work (or errands), my conversations, my volunteering, my resting...am I really conscious of you with me at each point? What would it look like if you were really first place in each moment? Today, Lord, I ask you to help me be aware of your presence...and as I become aware, to surrender the moment...in order that in that point in time, you will truly be first. Amen.

February 21 – A Prayer of Examen

Today we will look back over this week to see traces of God's gracious activity in our daily life.

ASK FOR LIGHT

Be near me now Lord as I remember this week, help me see it through your loving eyes.

When have I listened to Your voice over this past week?

When did I resist listening to Your voice?

HOLY ONE, YOU HAVE BEEN PRESENT THIS PAST WEEK THROUGHOUT MY LIFE...

I give thanks and praise for these gifts I notice in this time of reflection...

I ask Your healing in...

I ask Your forgiveness and mercy for...

HOLY ONE, AS I ENTER THE UPPER ROOM, BE PRESENT WITH ME...

open my heart and mind to your learning...

graciously give me the courage to follow an invitation you give me.



ENTERING THE UPPER ROOM

FIRST SUNDAY OF LENT

February 22 – John 13:1-5

Jesus, your Upper Room feels like a ‘for such a time as this moment.’ You were aware of what was coming, and lovingly you wanted to prepare your disciples. Your preparation was not a lecture with a fancy slide deck, it was humble. You tied a towel around your waist, lovingly looked in their eyes, and gently washed their feet – an act of deep intimacy. You invite me to live with a *for such a time as this* focus; but so often I want comfort rather than discomfort, I desire surface peace and not true shalom. How are you wanting to prepare me to live in this world? What is the dirt you want to wash off my feet? Help me surrender to you *for such a time* today. Amen.

February 23 – John 13:6-11

I have to confess, Lord, that there are many times I am like Peter. I feel uncomfortable with the closeness of relationship. I am embarrassed to be vulnerable and let you lovingly wash my feet and gaze in my eyes. I feel much more comfortable hurrying and scurrying on behalf of you. I find it easier to be the servant, rather than to be served. Help me grow in both the grace and humility to cease my striving for accomplishment, and to simply rest in the space of your presence and your love. Amen.’

February 24 – John 13:12-20

How did you feel, Lord, to hold the feet of Judas knowing he was going to betray you? Or, to hold the feet of Peter, knowing he would deny you? How did you feel to kneel before each disciple, knowing they would turn their backs and hide when the cost became too great? You forgave before the offense even occurred. I confess, Lord, that I have a hard time forgiving others. There are times I cling to a hurt (or grudge) so much that it becomes a part of my identity. Help me forgive in such a way that I no longer live with anticipated resentment. Open my heart and hands, to deepen in my love for you, and from that love...love others. Amen.

February 25 – John 13:21-30

Lord, feelings of betrayal are known to me. Some betrayals are small, and they fall away from my thoughts. Yet other betrayals run very deep, and they forever colour my perspective and change the way I journey through life. To be honest they even change the way I serve you. Reading these verses, I know you understand the deep hurt I carry, and I thank you for the compassionate way you hold me. How may I learn from you? How may I have compassion for the one who hurt me? Help me turn to you with my hurting heart, so that the landscape of my heart will not become calcified with bitterness, rather it will be a tender place where your love may grow. Amen.

February 26 – John 13:31-35

Jesus, I thank you that you love me, and that your love dwells within me. Your love is unconditional. Your love reaches to those who follow closely, and those who turn away from you (even to those who hurt you). I confess that there are days loving those who hurt me requires an energy I do not possess, just as forgiving even before an offence occurs is beyond me. On these days, help me pause and grow in awareness of your deep love that burns within so that from your love, I may love (even those I feel are against me). May the way I love, reveal your love for others. Amen.

February 27 – John 13:36-38

Dear Jesus, I confess that I am so often like Peter. I am ready to jump in with two feet, before the invitation, but at the point of action I panic, I back away, I even deny. Help me understand all that you have done for me, in order that when you invite me to respond I will do so not in my own strength but through your power living within me. Thank you for all the times you understand when my response is difficult to give. Thank you that for how you extend grace to me, moulding and shaping me, to love and serve you. Amen.

February 28 – A Prayer of Examen

Today we will look back over this week to see traces of God’s gracious activity in our daily life.

ASK FOR LIGHT

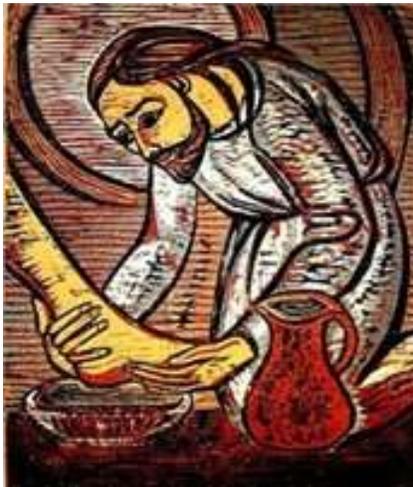
Be near me now Lord as I remember this week, help me see it through your loving eyes.
When have I listened to Your voice over this past week?
When did I resist listening to Your voice?

HOLY ONE, YOU HAVE BEEN PRESENT THIS PAST WEEK THROUGHOUT MY LIFE...

I give thanks and praise for these gifts I notice in this time of reflection...
I ask Your healing in...
I ask Your forgiveness and mercy for...

HOLY ONE, AS I MOVE DEEPER INTO THE UPPER ROOM, BE PRESENT WITH ME...

open my heart and mind to your learning...
graciously give me the courage to follow an invitation you give me.





SECOND SUNDAY OF LENT

March 1 – John 14:1-7

Lord, I thank you that I am known by you, that I belong to you, and that I am loved by you. Thank you for the hope that you grow in my life. I have days when I feel very uncertain, and other days when I feel shadows looming. Living with your hope not only means that I look forward to eternity with you, but it also means on shadowy and uncertain days I may turn to you and rest in the promise that you know me and love me. Thank you that you are not a distant God, remote and unfeeling, that despite your infinity you intimately love me. Amen.

March 2 – John 14:8-14

Dynamic God, you are alive and active in my life and in the world. You call me into active belief, one that does not just say words but opens itself for your work in this world. Forgive me Lord for the days I want to simply have a passive faith, to bundle myself away from the sorrows of this world. Help me remember that I do not live out my faith in my own strength, but that you live within me and will work through me. Help me see your gracious activity in the lives of my community, for often you encourage me through the words of another. May I also be your encouragement to a person who feels they need to bundle away today. Amen.

March 3 – John 14:15-21

God of Spirit and Truth, I thank you for the gift of the Holy Spirit in my life. You not only call me into a loving relationship with you, but you also graciously provide the Spirit to help me live into this relationship with increasing fullness. I confess there are times I try and live my life and faith out of a centre of myself, making myself tired and at times even bitter. Spirit, on these days prick my heart and help me respond to your living within and empowering me. Encourage me to live in rhythm with you, and through this gentle heartbeat invite others into your loving and empowering relationship. Amen.

March 4 – John 14:22-24

Abiding One, I thank you that I do not walk alone, but that you walk with me. I thank you for the way you infuse each of my days with glimpses of your presence. I confess there are days I cannot see you or feel you, sometimes this is because I am really busy, sometimes I am really tired or lonely, still others I just feel the absence. On those days, help me remember these words and claim them in faith, even if I do not feel them in my heart. May your Spirit bring to my mind a memory of your presence with me, so that I may lean into your presence as a simple act of faith. Amen.

March 5 – John 14:25-26

Holy Spirit, thank you for your presence in my life guiding me, teaching me, being a companion to me. There are times I either take this presence for granted, or completely ignore it. Yet, lovingly, Spirit, you call me back and help me remember the loving presence of Jesus in my life. When I strike out into my own paths of striving, when I get overwhelmed by looming uncertainty, when I exhaust myself...call me back to you, to lean on you, to rest in you, and to remember your goodness in my life. Amen.

March 6 – John 14:27-31

My Shalom, you promise peace. Your peace is unique, it is not based on circumstances, nor is it enhanced by surface trappings. Your peace is a promise of your presence in the midst of joy-filled and terrible circumstances, because it is a peace that runs deep within. However, to fully live in this peace I need to open my hands and let go. I exhaust myself by clinging tightly to roles and responsibilities, or vainly striving to maintain a modicum of control in our tumultuous world. As I grow in your peace, help me lovingly share your peace with others. Amen.

March 7 – A Prayer of Examen

Today we will look back over this week to see traces of God's gracious activity in our daily life.

ASK FOR LIGHT

Be near me now Lord as I remember this week, help me see it through your loving eyes.
When have I listened to Your voice over this past week?
When did I resist listening to Your voice?

HOLY ONE, YOU HAVE BEEN PRESENT THIS PAST WEEK THROUGHOUT MY LIFE...

I give thanks and praise for these gifts I notice in this time of reflection...
I ask Your healing in...
I ask Your forgiveness and mercy for...

HOLY ONE, AS I ABIDE WITH YOU IN THE UPPER ROOM, BE PRESENT WITH ME...

open my heart and mind to your learning...
graciously give me the courage to follow an invitation you give me.





THIRD SUNDAY OF LENT

March 8 – John 15:1-5

Jesus, my True Vine, thank you for the indwelling relationship of abiding, that I may abide in you as you will abide in me. It is such a gift to rest in your presence, and in that rest be restored by your nourishment. Help me to really rest in you, in order that the fruit you want to grow in me will be given space to develop and ripen. I am sorry for the times I long for different fruit, or when I compare my fruit to another believer's fruit (and feel I am not good enough). Prune away these unhealthy thoughts and draw me back into this promised relationship of rest. Amen.

March 9 – John 15:6-8

“In my life, Lord, be glorified, be glorified...today.” (SASB 593)

Lord, I am aware that each day I have moments when I consciously try to honour you, reflecting your light and love to others. Thank you for the times, when through the wonderful moving of your Spirit this ‘just happens.’ Sadly, Lord, I am equally aware of the many times I fail to bring you glory, when my will, my ambition, my values, my desires take over like a hungry wolf. In these moments, help me be aware and in that awareness surrender to your pruning and burning. Help me realize that as I live for you, your Spirit will loosen the ties that bind and cut away the dead wood of my facades. That in all ways, at all times, my life will be yours. Amen.

March 10 – John 15:9-17

Loving God, I am overwhelmed by your love for me. Thank you for how I experience this love in microcosms of my life...trees beginning to bud, the smile of a stranger, and the warm embrace of a friend. Yet your love extends far higher, reaches deeper and spreads wider than I will ever comprehend. I love because you first loved me. I am truly sorry for the times I withhold my love from another, when I cast a quick judgment, when I stack up their faults in anticipatory resentment. In these moments, help me hear your voice gently say, ‘love one another...’ Amen.

March 11 – John 15:18-21

Humble Jesus, you model how to live in this world without being tainted or coerced by it. I am sorry for all of the times I look away from suffering without considering how in that act I am looking away from you. I confess the times I lean towards anticipatory obedience and comply just because I expect someone is expecting me to act. Help me have the humility to simply follow your pattern of non-aggressive resistance. Deepen in me your wisdom to know how and when you are nudging me to respond, modeling your love for the whole world. As I child I sang how you have the whole world in your hands, in the authentic simplicity of childlike faith help me believe this today...and ask how you are wanting to hold the world using my hands as your hands? Amen.

March 12 – John 15:22-25

Lord, these are difficult words to read. Help me resist looking away from myself by pointing to the sins of others. I confess the times I do not acknowledge your gracious activity, either consciously or unconsciously. I confess how I hurt you by the disdain (or even hatred) I hold toward others, failing to see your presence in them. I confess the times my love toward you is cold and stingy. Instead, Lord, may your words and your love become alive in me, and in this awakening may I live fully for you. Amen.

March 13 – John 15:26-16:3

Jesus, thank you for the loving way you prepared your disciples for the price they would be asked to pay for staying true to you. You knew they would be cast out of their faith communities, separating them from friends and families. You saw the persecution that would come their way – to the point of death. Sometimes I forget that you never promised that my life would be easy, instead you promised your presence with me when life is going well and when life is filled with hardship. Today, when I face hardship and uncertainty, help me remember these words and lean on your comforting Spirit who breathes life, truth and love into my life. Amen.

March 14 – A Prayer of Examen

Today we will look back over this week to see traces of God's gracious activity in our daily life.

ASK FOR LIGHT

Be near me now Lord as I remember this week, help me see it through your loving eyes.

When have I listened to Your voice over this past week?

When did I resist listening to Your voice?

HOLY ONE, YOU HAVE BEEN PRESENT THIS PAST WEEK THROUGHOUT MY LIFE...

I give thanks and praise for these gifts I notice in this time of reflection...

I ask Your healing in...

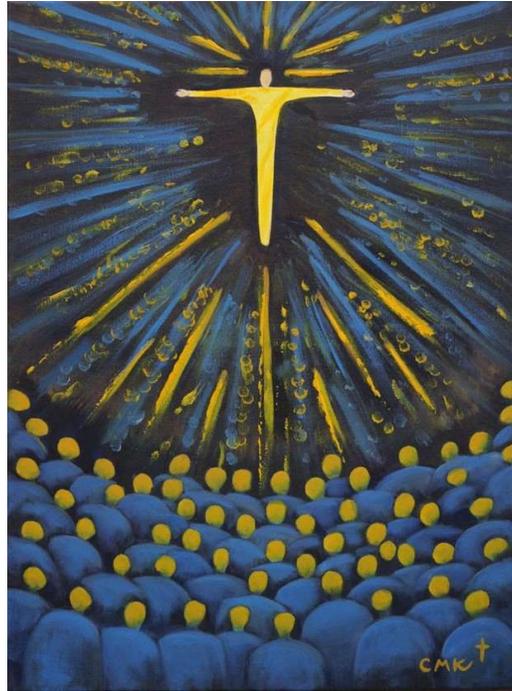
I ask Your forgiveness and mercy for...

HOLY ONE, AS I HEAR THESE WORDS OF PREPARATION, BE PRESENT WITH ME...

open my heart and mind to your learning...

graciously give me the courage to follow an invitation you give me.





FOURTH SUNDAY OF LENT

March 15 – John 16:4

Living God, throughout your Living Word you invite me into joy. Nehemiah proclaimed, “the joy of the Lord is my strength...” (8:10) and Paul frequently reminded the early Christians to “rejoice in the Lord.” I often forget the very hard circumstances in which these proclamations were made, from a city in ruins and from a jail cell. Both Nehemiah and Paul knew that joy is possible even in the midst of horrific circumstances. This is not denial escapism, it is deep faith, carved out by sorrow. As I face the struggles of my day, help me remember that you understand deep pain and sorrow. As I focus in on what is wrong, reorient my eyes to you and the joy you promise to grow deep within the wellspring of my heart. Amen.

March 16 – John 16:5-11

Holy Spirit, thank you for your presence in my life. Thank you that you love me so much that you gently persist to have my will and ambition be moulded into a spirit-controlled temperament. While I may not ‘enjoy’ the convicting and pruning, I understand that it is necessary, and I confess the way I resist your refining. “Spirit of the living God, fall afresh on me. Spirit of the living God, fall afresh on me. Melt me, mould me, fill me, use me. Spirit of the living God, fall afresh on me.” Amen.

March 17 – John 16:12-16

Spirit of truth, you see, and you understand. There are so many voices that clamour for attention whether they be the external chatter of social media or the internal clatter of self-doubt and self-recrimination. In this day and age, it is really hard to know what is true. I confess the times I vainly chase the truth, looking for answers in my own strength. I also confess the times that I proclaim my own truth, without seeking wisdom from the Word you have inspired. Amidst all this clatter and clamour, I pray that you will fill the empty chambers of my soul and nestle your truth deep within. Stir within me a desire for your Word in order that your truth will guard and guide my thoughts. Amen.

March 18 – John 16:17-18

Lord, with a little grin I can picture the disciples looking at each other, asking each other “do you know what he’s talking about?” Yet, I am so like the disciples in so many ways. There is a part of me that wants every minute of every day mapped out for me. The uncertainty of liminal space often causes me deep anxiety, making it harder and harder for me to trust you. These verses reveal that your ways are not my ways, that your thoughts are not my thoughts (Isaiah 55:8-9). Lord, I name before you these uncertainties in my life _____. I pray Lord, that in these ‘in a little while’ moments of my life, you will help me lean into you and trust your plan for my life. Amen.

March 19 – John 16:19-22

Lord, our world is sorrowing. Wars (and the worry of war) are tearing families and nations apart, people on the margins are afraid to leave their homes, mounting debt and job insecurity are just a few of the many concerns I carry, concerns that steal my joy. You not only understand my sorrow you take my sorrow upon yourself. When you invite my heart to rejoice, you are looking ahead to the intense sorrow of your arrest, trial, abandonment and death. These are not empty words they are spoken from true understanding. Help me surrender my sorrowing to you. Help me understand that the depths sorrow is carving in my heart and soul is also deepening the well-spring for joy. Today, Lord, I ask for your joy in my life to make my well-spring complete. Amen.

March 20 – John 16:23-24

Jehovah-Jireh, my provider, you promise that all I have to do is ask. I turn to you today and ask for provision in my life. In asking for these provisions, Lord, help me discern between what I want and what I need. Help me not be like the crowds who just wanted physical bread, but instead to seek your bread that will fill me every day, and your water that will never leave me thirsty (6:35). Even more than that, help me desire your desires for my life, my family and our world. Open in me a heart that breaks for our world, that I may pray for your grace to fill all of the empty spaces in our world. Amen.

March 21 – A Prayer of Examen

Today we will look back over this week to see traces of God’s gracious activity in our daily life, especially God’s many invitations into joy.

ASK FOR LIGHT

Be near me now Lord as I remember this week, help me see it through your loving eyes.

When have I listened to Your voice over this past week?

When did I resist listening to Your voice?

HOLY ONE, YOU HAVE BEEN PRESENT THIS PAST WEEK THROUGHOUT MY LIFE...

I give thanks and praise for these gifts I notice in this time of reflection...

I ask Your healing in...

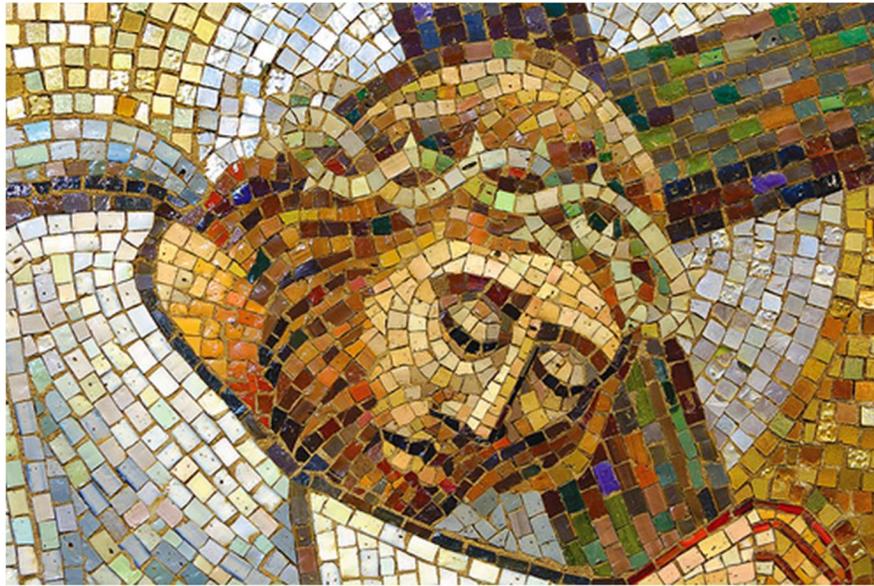
I ask Your forgiveness and mercy for...

HOLY ONE, AS I HEAR THESE WORDS OF PREPARATION, BE PRESENT WITH ME...

open my heart and mind to your learning...

graciously give me the courage to follow an invitation you give me.





FIFTH SUNDAY OF LENT

March 22 – John 16:25

Loving God, I look forward to ‘the time that is coming.’ Thank you for the loving path of salvation you have been unfolding throughout history from raising up a people who are *blessed to be a blessing*, to raising up prophets whose corrective voices still quicken my heart today, through to sending your son to both journey with humanity and journey to the cross. Thank you that the cross does not have the final word, and that as I turn to you, the power of Jesus’ resurrection empowers me to live my life. Yet the story does not end there, because there will be a time when our broken world will be made whole, when all that is still uncertain will become clear, because Jesus will come again. Help me not waste this time of waiting, but to embrace the wholeness your salvation offers to me today. Amen.

March 23 – John 16:26-27

Loving God, I thank you for your deep love. As my prayer today, I claim these lyrics: *How deep the Father’s love for us, how vast beyond all measure, that he should give his only Son to make a wretch his treasure. How great the pain of searing loss – the Father turns his face away, as wounds which mar the chosen one bring many sons to glory...I will not boast in anything, no gifts, no power, no wisdom; but I will boast in Jesus Christ, his death and resurrection. Why should I gain from his reward? I cannot give an answer, but this I know with all my heart, his wounds have paid my ransom.* Amen. (SASB 32).

March 24 – John 16:28

Lord Jesus, thank you that you did not count the cost. Thank you for leaving heaven, leaving behind glory and honour, to take on my likeness. At any point while you were here, you could have returned but you did not give up. At any point in your trial, scourging and crucifixion you could have spoken words that would punish, yet you stayed silent in love. Even as you were dying, you lived out your love speaking words of forgiveness. You did all of this for every human, even for me. In these days that approach Palm Sunday, help me not take your tremendous sacrifice for granted, help me not only lay down palm branches but my heart before you. Amen.

March 25 – John 16:29-30

Jesus, thank you for the gift of belief...and your patience with me while my belief is shaped and reshaped. Thank you for the gift of minds that ask questions, that do not accept easy answers or half-truths. Yet sometimes Lord I become paralyzed by my questions...there are times I need to hear you say to me “you have seen...you believe [and] blessed are those who have not seen and yet believe.” (20:29). Lord, give me the courage to not accept easy answers and dig deeper, give me the grace to accept your basic truths of love and faith, and grant me the wisdom to know the difference. Amen.

March 26 – John 16:31

Rabboni, today you ask me one simple question: ‘do you believe?’ At first my answer is yes! But, do my actions (inactions) support, or give lie, to the yes? Do I clutter my calendar with lots of tasks to prove my holiness? Do I reach out to others to have them support my cause? Do I stay silent because I am afraid of what it would look like to speak up? These patterns of behaviour do reveal the areas of my life where I am not living in fully surrendered belief. You, Jesus, model fully surrendered belief by leaving heaven, by humbly saying ‘not my will but thine’, by crossing over to the margins to include the excluded, and by surrendering your hands to cruel nails. Today, as I come to decisions and actions, help me pause and ask you... ‘does my decision reflect my belief in you?’ Amen.

March 27 – John 16:32-33

Overcoming Lord, thank you for your love that is stronger than every evil, deeper than every sorrow, and wider than every exclusion. There are times national and international events make me feel that evil is ruling the day...there are times my own life circumstances threaten to completely overwhelm me. On these days, and exultant days, your promise rings true: I have overcome the world. The first disciples witnessed your overcoming when you broke the power of death and rose again, and the early church embraced the call to live courageously trusting you will overcome. As I feel overwhelmed, help me hear you say to me: ‘take heart, dear one, I have overcome the world.’ Amen.

March 28 – A Prayer of Examen

Today we will look back over this week to see traces of God’s gracious activity and peace in our daily life.

ASK FOR LIGHT

Be near me now Lord as I remember this week, help me see it through your loving eyes.

When have I listened to Your voice over this past week?

When did I resist listening to Your voice?

HOLY ONE, YOU HAVE BEEN PRESENT THIS PAST WEEK THROUGHOUT MY LIFE...

I give thanks and praise for these gifts I notice in this time of reflection...

I ask Your healing in...

I ask Your forgiveness and mercy for...

HOLY ONE, AS I JOURNEY THROUGH HOLY WEEK, BE PRESENT WITH ME...

open my heart and mind to your learning...

graciously give me the courage to follow an invitation you give me.





PALM SUNDAY

March 29 – John 17:1-5

Jesus, our Faithful Intercessor, I glorify you in my heart today. You came, you dwelt, you taught, you healed, and you prayed. The way you lived your life encourages me to live my life for you. The way you prayed shows me the open way I may approach you and every member of the Trinity in prayer. Today we begin the journey of your last week, when you completed the work you came to do. As you humbly entered Jerusalem, hearing the praises of the crowds who gathered, you knew those same voices would be raised in hatred just a few days later. Yet you did not give up, you faithfully continued in your mission. Help me be faithful to you this week. Help me hold fast, continuing to sing songs that glorify you from my heart. Amen.

March 30 – John 17:6-19

Holy One, it is incredible that just hours before your arrest, you prayed for others. You saw the traumatic events the disciples were about to encounter and the continuing trauma of being faithful to you in a hostile world, and you prayed for them. Thank you that I may rest in your perfect knowledge of my life and my circumstances. Thank you that you not only understand my needs today, but you see what my needs will be in the days and years ahead. I take such comfort that you still intercede for all of your followers. As I look into hostile situations that people in my life face, help me follow your example to humbly pray on their behalf. Amen.

March 31 – John 17:20-23

Triune God, you are perfectly one and you model perfect community. It is hard to be in unity all the time. Sometimes my uniqueness and my passion for ministry drives me to bump against other equally unique and passionate people and in so doing lose sight of your dwelling in them. Forgive me for the times I turn away, instead of turning toward. Forgive me for the times I embrace disunity rather than make a holy sacrifice for your unity. Your prayer teaches me that your light shines brightest, when, in unity with other servants, I seek your glory. Glorify your name in all the earth. Amen.

April 1 – John 17:24-26

Loving God, your whole life revealed your love for the world. Your vulnerability as an infant, your simplicity as a carpenter, your patience as a teacher, and your faithfulness as an intercessor are all glimpses of the multifaceted faces of love. All of this love was poured out even before the pain of your arrest and death. As I prepare my heart for this holy weekend, help me reflect on the many ways your love manifests itself in my life from simple glimpses in nature through to your transformation of my soul. Help me stay with you as you pour out your love to the end. Amen.

April 2 – John 18:1-13

Steadfast Lord, knowing your Father's plan was unfolding you journeyed into a garden, a place that had been a sacred space, and began to face your accusers with the simple words "I Am He." Those words echo your names that describe my relationship with you (my light, my way, my truth, my vine, my shepherd...) and this relationship is possible because you steadfastly journeyed to the garden and willingly drank from your Father's cup. Forgive me for all of my unsteady moments, the flash seconds of denial, and the championing of my own way. Today as your ordeal begins, strengthen me to reach out and embrace the cup you have poured for me. Amen.

April 3 – John 19:16-30

My Jesus, my Saviour, there will never be enough words to express my gratitude to you. You sacrificed your body, you gave up your spirit, all to finish the work your Father designed for you, for the world...for me. As I worship today, help me truly grasp the magnitude of this gift, and surrender my whole heart to you. You died so I may live. You loved right to the end. Open me to embrace your love as I sing: "See, from His head, His hands, His feet, sorrow and love flow mingled down; did e'er such love and sorrow meet, or thorns compose so rich a crown? Were the whole realm of nature mine, that were a present far too small; love so amazing, so divine, demands my soul, my life, my all." (SASB 208) Amen.

April 4 – An Examen for Holy Saturday

This week we with Jesus from the Upper Room, to the garden and to Golgotha. We saw Jesus pour his love on disciples, only for them to run away.

Please sit quietly, take a few deep breaths to help the clutter in your mind settle down. Slowly ask yourself these questions:

Jesus, how have you poured out your love for me?

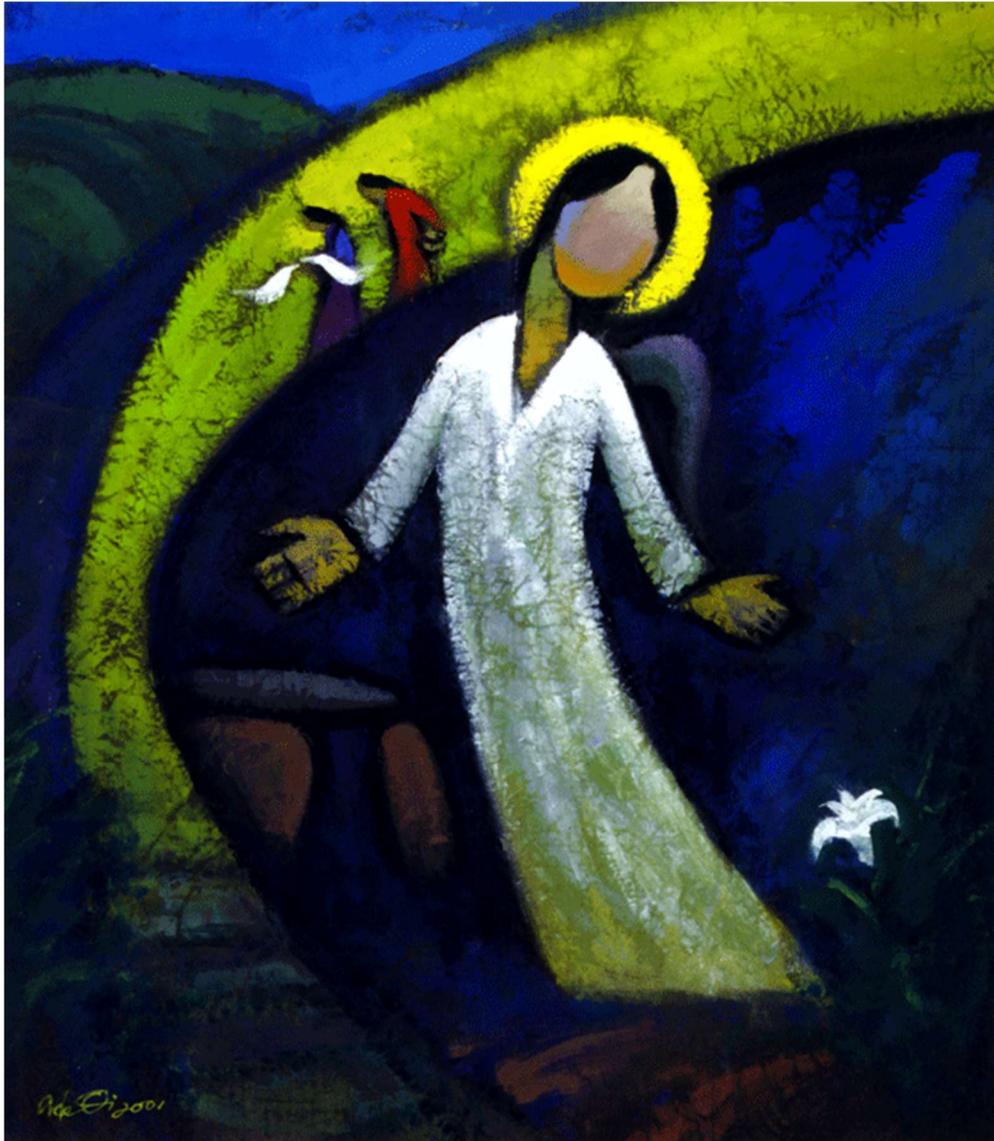
Jesus, how have you interceded for me?

When did I remain steadfast?

When did I decide that it cost me too much to respond to you or for you?

As Nicodemus drew out of the shadows, to give Jesus a place to rest, what am I willing to give to Jesus today?

As the women used this day to rest and prepare to anoint Jesus, how may I use today to rest and prepare to celebrate tomorrow?



RESURRECTION SUNDAY

April 5 – John 20:11-18

Risen Lord, you are alive, you fulfilled the promise of my salvation infusing me with your resurrection power to live my salvation! Hallelujah, you are risen indeed! Open my eyes to see how you will appear in my life today. Whether it be like Mary, transforming despair into hope; or like Thomas, transforming disorientation into belief; or Peter, transforming disillusionment into a restored call. In whatever way you appear, may I respond, you are my Rabboni, you are my Lord. Amen.

Preparing for our Journey	
Feb 18 Ash Wednesday	A prayer for Ash Wednesday
Feb 19	Philippians 2:5-11
Feb 20	Colossians 1:15-20
Feb 21	A Prayer of Examen
Entering the Upper Room	
Feb 22 1 st Sunday	John 13:1-5
Feb 23	John 13:6-11
Feb 24	John 13:12-20
Feb 25	John 13:21-30
Feb 26	John 13:31-35
Feb 27	John 13:36-38
Feb 28	A Prayer of Examen
March 1 2 nd Sunday	John 14:1-7
March 2	John 14:8-14
March 3	John 14:15-21
March 4	John 14:22-24
March 5	John 14:25-26
March 6	John 14:27-31
March 7	A Prayer of Examen
March 8 3 rd Sunday	John 15:1-5
March 9	John 15:6-8
March 10	John 15:9-17
March 11	John 15:18-21
March 12	John 15:22-25
March 13	John 15:26-16:3
March 14	A Prayer of Examen

March 15 4 th Sunday	John 16:4
March 16	John 16:5-11
March 17	John 16:12-16
March 18	John 16:17-18
March 19	John 16:19-22
March 20	John 16:23-24
March 21	A Prayer of Examen
March 22 5 th Sunday	John 16:25
March 23	John 16:26-27
March 24	John 16:28
March 25	John 16:29-30
March 26	John 16:31
March 27	John 16:32-33
March 28	A Prayer of Examen
March 29 Palm Sunday	John 17:1-5
March 30	John 17:6-19
March 31	John 17:20-23
April 1	John 17:24-26
Journeying through the Passion to the Resurrection	
April 2 Maundy Thursday	John 18:1-13
April 3 Good Friday	John 19:16-30
April 4	An Examen for Holy Saturday
April 5 Easter Sunday	John 20:11-18

