

# Lent 2024 | Reflect. Repent. Restore

## 40 Days of Fasting & Prayer Guide

February 14, 2024 (Ash Wednesday) – March 31, 2024 (Easter Sunday)

### **Holy Week (3/24-3/31): Journey to the Cross with Jesus**

During the week leading up to Easter, Christians around the world will focus on the last events that led to the crucifixion and the resurrection of the Lord Jesus. This fasting and prayer guide is designed to help us reflect on the meaning of these events and understand the struggles that Jesus went through to redeem our lives from the power of sin and Satan, as well as to prepare our hearts to celebrate the power of the resurrection and the victory over sin on the cross. There will be Biblical reading for each day, a short description of historical events, and suggested reflection and prayer focus.

#### **Palm Sunday | Five Days Before Passover**

**3/24**

#### **Biblical Readings:**

*Humble Savior Proclaims Peace to the Nations: The Lord Rides on a Donkey and Enters into Jerusalem*

**Zechariah 9:9-10**

#### **The Coming of Zion's King**

<sup>9</sup> *Rejoice greatly, O Daughter of Zion!*

*Shout, Daughter of Jerusalem!*

*See, your king comes to you,  
righteous and having salvation,  
gentle and riding on a donkey,  
on a colt, the foal of a donkey.*

<sup>10</sup> *I will take away the chariots from Ephraim  
and the war-horses from Jerusalem,  
and the battle bow will be broken.*

*He will proclaim peace to the nations.*

*His rule will extend from sea to sea  
and from the River to the ends of the earth. (NIV)*

**Matthew 21:1-11**

**The Triumphal Entry**

As they approached Jerusalem and came to Bethphage on the Mount of Olives, Jesus sent two disciples, <sup>2</sup> saying to them, “Go to the village ahead of you, and at once you will find a donkey tied there, with her colt by her. Untie them and bring them to me. <sup>3</sup> If anyone says anything to you, tell him that the Lord needs them, and he will send them right away.”

<sup>4</sup> This took place to fulfill what was spoken through the prophet:

<sup>5</sup> “Say to the Daughter of Zion,  
‘See, your king comes to you,  
gentle and riding on a donkey,  
on a colt, the foal of a donkey.’ ”

<sup>6</sup> The disciples went and did as Jesus had instructed them. <sup>7</sup> They brought the donkey and the colt, placed their cloaks on them, and Jesus sat on them. <sup>8</sup> A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. <sup>9</sup> The crowds that went ahead of him and those that followed shouted,

“Hosanna to the Son of David!”

“Blessed is he who comes in the name of the Lord!”

“Hosanna in the highest!”

<sup>10</sup> When Jesus entered Jerusalem, the whole city was stirred and asked, “Who is this?”

<sup>11</sup> The crowds answered, “This is Jesus, the prophet from Nazareth in Galilee.” (NIV)

**Reflection**

Jesus gives up His place from heaven and incarnate to human flesh to fulfill the salvific work. He is not like the earthly king; He is humble to ride on a donkey to enter into Jerusalem. “Instead of words of violence, the Messiah will speak words of peace to the nations. According to *Zechariah 9:9-10*, the coming of the Messiah does not involve the destruction of the nations but the extension of blessing to the nations....Therefore, we remember Palm Sunday rightly when we remember that God has called the divided peoples of the earth (black, white, Latino, Asian) to peace and reconciliation. This is the application of the good news in Christ to the reality of life in our day. We must long to be reconciled to our brother or we miss a crucial aspect of what Palm Sunday teaches” (Esau McCauley, *The Palms, The Temple, and the Nations*, “*Suffering & Glory*”, Lexham Press, pp4,5)

**Prayer:**

Slowly read and pray through *Zechariah 9:9-10* and *Matthew 21:1-11*, learn from our humble Savior about humility and to proclaim peace to the nations.

**Monday | Four Days Before Passover**

**3/25**

**Biblical Readings:**

***Clear the Temple Court***

**Mark 11:15-18**

<sup>15</sup> On reaching Jerusalem, Jesus entered the temple area and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, <sup>16</sup> and would not allow anyone to carry merchandise through the temple courts. <sup>17</sup> And as he taught them, he said, “Is it not written:

“ ‘My house will be called  
a house of prayer for all nations’?”

But you have made it ‘a den of robbers.’”

<sup>18</sup> The chief priests and the teachers of the law heard this and began looking for a way to kill him, for they feared him, because the whole crowd was amazed at his teaching. (NIV)

**Reflection:**

Jesus is indignant to the selling and buying activity in temple court and that He even drives out the sellers. It testifies what the Bible says, “*Zeal for your house will consume me.*” (John 2:17)

- 1) Jesus is always putting the Heavenly Father’s work in His mind, what occupies your mind most of the time?
- 2) Jesus does not compromise to the economic activities in the temple court for the sake of God’s work, what you can learn from this and what is your reflection?
- 3) The temple and palms do speak with a common voice. They reveal God’s vision for peace between the ethnicities and our reconciliation under the universal kingship of Jesus. Jesus said, “*My house will be called a house of prayer for all nations*” (Mark 11:17)

**Prayer:**

Slowly read and pray through *Mark 11:15-18*, ask for God’s forgiveness that you only see your needs and focus on the worldly business. Ask Jesus to help you to put your focus to God’s kingdom, and ask Him to grant you the ability to respond to the needs of God’s Kingdom and be diligent to serve.

**Tuesday | Three Days Before Passover**

**3/26**

**Biblical Readings:**

*Be Faithful to God: Jesus Teaches the Greatest Commandment (Mark 12:28-34); Be Persevere Until the End (Mark 13:9-13); Jesus Foretells His Crucifixion (Matthew 26:1-5)*

**Mark 12:28-34**

**The Greatest Commandment**

<sup>28</sup> One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?”

<sup>29</sup> “The most important one,” answered Jesus, “is this: ‘Hear, O Israel, the Lord our God, the Lord is one. <sup>30</sup> Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ <sup>31</sup> The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

<sup>32</sup> “Well said, teacher,” the man replied. “You are right in saying that God is one and there is no other but him. <sup>33</sup> To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.”

<sup>34</sup> When Jesus saw that he had answered wisely, he said to him, “You are not far from the kingdom of God.” And from then on no one dared ask him any more questions. (NIV)

### **Mark 13:9-13**

#### **Be Persevere Until the End**

<sup>9</sup> “You must be on your guard. You will be handed over to the local councils and flogged in the synagogues. On account of me you will stand before governors and kings as witnesses to them. <sup>10</sup> And the gospel must first be preached to all nations. <sup>11</sup> Whenever you are arrested and brought to trial, do not worry beforehand about what to say. Just say whatever is given you at the time, for it is not you speaking, but the Holy Spirit.

<sup>12</sup> “Brother will betray brother to death, and a father his child. Children will rebel against their parents and have them put to death. <sup>13</sup> All men will hate you because of me, but he who stands firm to the end will be saved. (NIV)

### **Matthew 26:1-5**

#### **Jesus Foretells His Crucifixion**

<sup>1</sup> When Jesus had finished saying all these things, he said to his disciples, <sup>2</sup> “As you know, the Passover is two days away—and the Son of Man will be handed over to be crucified.”

<sup>3</sup> Then the chief priests and the elders of the people assembled in the palace of the high priest, whose name was Caiaphas, <sup>4</sup> and they plotted to arrest Jesus in some sly way and kill him. <sup>5</sup> “But not during the Feast,” they said, “or there may be a riot among the people.” (NIV)

#### **Reflection:**

The Lord teaches us to “Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love our neighbor as yourself. There is no commandment greater than these”. Jesus has already fulfilled the great commandment and is being crucified on the cross. Jesus suffers great pain for us and He encourages us to endure suffering and persecution and be persevered until the end.

- 1) Jesus commands you to fulfill the Great Commandment, how would you answer to God?
- 2) Is there anything hinder your love to God and weaken your faith to God? What are these things?
- 3) Are you willing to pay the price to suffer for God?

#### **Prayer:**

Slowly read and pray through *Mark 12:28-37*, *Mark 13:9-13*, *Matthew 26:1-5*, ask God to help you to love Him to the deepest and keep your faith to Him at all times, so that you can endure suffering and overcome trials to fulfill what God have entrusted to you.

**Wednesday | Two Days Before Passover  
3/27**

**Biblical Readings:**

**Revere our Lord: The Woman Anoint Jesus (Matthew 26:6-13); Judas Betrays Jesus (Matthew 26:14-16)**

**Matthew 26:6-13**

**Jesus Anointed at Bethany**

<sup>6</sup> While Jesus was in Bethany in the home of a man known as Simon the Leper, <sup>7</sup> a woman came to him with an alabaster jar of very expensive perfume, which she poured on his head as he was reclining at the table.

<sup>8</sup> When the disciples saw this, they were indignant. “Why this waste?” they asked. <sup>9</sup> “This perfume could have been sold at a high price and the money given to the poor.”

<sup>10</sup> Aware of this, Jesus said to them, “Why are you bothering this woman? She has done a beautiful thing to me. <sup>11</sup> The poor you will always have with you, but you will not always have me. <sup>12</sup> When she poured this perfume on my body, she did it to prepare me for burial. <sup>13</sup> I tell you the truth, wherever this gospel is preached throughout the world, what she has done will also be told, in memory of her.” (NIV)

**Matthew 26:14-16**

**Judas Agrees to Betray Jesus**

<sup>14</sup> Then one of the Twelve—the one called Judas Iscariot—went to the chief priests <sup>15</sup> and asked, “What are you willing to give me if I hand him over to you?” So they counted out for him thirty silver coins. <sup>16</sup> From then on Judas watched for an opportunity to hand him over. (NIV)

**Reflection:**

The woman anoints the Lord Jesus with a very precious perfume that is worth a year’s salary, but Judas sells the Lord for thirty dollars. The two see Jesus with different value and that brings out different result, one is with blessing while the other is with curse.

- 1) What is the value of Jesus Christ in your life?
- 2) What position you place Jesus in your life? Why?

**Prayer:**

Slowly read and pray through *Matthew 26:6-13*, *Matthew 26:14-16*, admit to Jesus that you did not put Him in the highest position in your life. You even exclude Him from your life because you did not see the value of Jesus. Holy Spirit, help me to seek the Lord Jesus Christ and make Him my supreme treasure, so that I can put the Lord Jesus first.

**Thursday | One Day Before Passover  
3/28**

**Biblical Readings:**

**Imitate the Lord to Deny Oneself: The Lord Set the Examples to the Disciples to Deny Themselves (John 13:1-7, 15:9-17); The Lord Prays in the Gethsemane (Luke 22:39-46); The Lord is Being Captured (Mark 14:43-51)**

**John 13:1-7**

**Jesus Washes His Disciples' Feet**

<sup>1</sup>It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love.

<sup>2</sup>The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus. <sup>3</sup>Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; <sup>4</sup>so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. <sup>5</sup>After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

<sup>6</sup>He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

<sup>7</sup>Jesus replied, "You do not realize now what I am doing, but later you will understand." (NIV)

**John 15:9-17**

**Love Each Other**

<sup>9</sup>"As the Father has loved me, so have I loved you. Now remain in my love. <sup>10</sup>If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. <sup>11</sup>I have told you this so that my joy may be in you and that your joy may be complete. <sup>12</sup>My command is this: Love each other as I have loved you. <sup>13</sup>Greater love has no one than this, that he lay down his life for his friends. <sup>14</sup>You are my friends if you do what I command. <sup>15</sup>I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. <sup>16</sup>You did not choose me, but I chose you and appointed you to go and bear fruit—fruit that will last. Then the Father will give you whatever you ask in my name. <sup>17</sup>This is my command: Love each other. (NIV)

**Luke 22:39-46**

**Jesus Prays in the Gethsemane**

<sup>39</sup>Jesus went out as usual to the Mount of Olives, and his disciples followed him. <sup>40</sup>On reaching the place, he said to them, "Pray that you will not fall into temptation." <sup>41</sup>He withdrew about a stone's throw beyond them, knelt down and prayed, <sup>42</sup>"Father, if you are willing, take this cup from me; yet not my will, but yours be done." <sup>43</sup>An angel from heaven appeared to him and strengthened him. <sup>44</sup>And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

<sup>45</sup>When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. <sup>46</sup>"Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation." (NIV)

**Mark 14:43-51**

**Jesus Arrested**

<sup>43</sup> Just as he was speaking, Judas, one of the Twelve, appeared. With him was a crowd armed with swords and clubs, sent from the chief priests, the teachers of the law, and the elders.

<sup>44</sup> Now the betrayer had arranged a signal with them: "The one I kiss is the man; arrest him and lead him away under guard." <sup>45</sup> Going at once to Jesus, Judas said, "Rabbi!" and kissed him. <sup>46</sup> The men seized Jesus and arrested him. <sup>47</sup> Then one of those standing near drew his sword and struck the servant of the high priest, cutting off his ear.

<sup>48</sup> "Am I leading a rebellion," said Jesus, "that you have come out with swords and clubs to capture me?" <sup>49</sup> Every day I was with you, teaching in the temple courts, and you did not arrest me. But the Scriptures must be fulfilled." <sup>50</sup> Then everyone deserted him and fled.

<sup>51</sup> A young man, wearing nothing but a linen garment, was following Jesus. When they seized him, <sup>52</sup> he fled naked, leaving his garment behind. (NIV)

**Reflection:**

The Lord Jesus washes the disciples' feet after having the Passover dinner. Jesus struggles to obey the Father's will, but eventually surrenders to be crucified on the cross. The Lord Jesus sacrifices Himself to serve and set an example for us.

- 1) The Lord Jesus set an example and teaches us to deny ourselves to obey the Father's will. In what ways and what area that you struggle and fail to obey the Lord? In what matter do you fail to give up and deny yourself?
- 2) The process of obedience is full of struggles and challenges. How can prayer help you to obey the Father's will?

**Prayer:**

Slowly read and pray through *John 13:1-7, John 15:9-17, Luke 22:39-46, Mark 14:43-51*, admit to God that your heart desires to obey Him and follow His statutes, but you fail to do so. Ask God to help you to face your struggles and weaknesses and give you a submissive heart to deny yourself and follow Him.

**Good Friday**

**3/29**

**Biblical Readings:**

**The Crucifixion of Jesus**

**The Love of the Cross: Jesus is Tried, Verdict, Is Crucified at Golgotha; Jesus Died and Being Buried (Matthew 27:11-60; Mark 15; Luke 23; John 18:28-42)**

**Matthew 27:11-60**

**Jesus Before Pilate**

<sup>11</sup> Meanwhile Jesus stood before the governor, and the governor asked him, "Are you the king of the Jews?"

"Yes, it is as you say," Jesus replied.

<sup>12</sup> When he was accused by the chief priests and the elders, he gave no answer. <sup>13</sup> Then Pilate asked him, “Don’t you hear the testimony they are bringing against you?” <sup>14</sup> But Jesus made no reply, not even to a single charge—to the great amazement of the governor.

<sup>15</sup> Now it was the governor’s custom at the Feast to release a prisoner chosen by the crowd. <sup>16</sup> At that time they had a notorious prisoner, called Barabbas. <sup>17</sup> So when the crowd had gathered, Pilate asked them, “Which one do you want me to release to you: Barabbas, or Jesus who is called Christ?” <sup>18</sup> For he knew it was out of envy that they had handed Jesus over to him.

<sup>19</sup> While Pilate was sitting on the judge’s seat, his wife sent him this message: “Don’t have anything to do with that innocent man, for I have suffered a great deal today in a dream because of him.”

<sup>20</sup> But the chief priests and the elders persuaded the crowd to ask for Barabbas and to have Jesus executed.

<sup>21</sup> “Which of the two do you want me to release to you?” asked the governor.

“Barabbas,” they answered.

<sup>22</sup> “What shall I do, then, with Jesus who is called Christ?” Pilate asked.

They all answered, “Crucify him!”

<sup>23</sup> “Why? What crime has he committed?” asked Pilate.

But they shouted all the louder, “Crucify him!”

<sup>24</sup> When Pilate saw that he was getting nowhere, but that instead an uproar was starting, he took water and washed his hands in front of the crowd. “I am innocent of this man’s blood,” he said. “It is your responsibility!”

<sup>25</sup> All the people answered, “Let his blood be on us and on our children!”

<sup>26</sup> Then he released Barabbas to them. But he had Jesus flogged, and handed him over to be crucified.

### **The Soldiers Mock Jesus**

<sup>27</sup> Then the governor’s soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. <sup>28</sup> They stripped him and put a scarlet robe on him, <sup>29</sup> and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand and knelt in front of him and mocked him. “Hail, king of the Jews!” they said. <sup>30</sup> They spit on him, and took the staff and struck him on the head again and again. <sup>31</sup> After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him.

### **The Crucifixion**

<sup>32</sup> As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry the cross. <sup>33</sup> They came to a place called Golgotha (which means The Place of the Skull). <sup>34</sup> There they offered Jesus wine to drink, mixed with gall; but after tasting it, he refused to drink it. <sup>35</sup> When they had crucified him, they divided up his clothes by casting lots. <sup>36</sup> And sitting down, they kept watch over him there. <sup>37</sup> Above his head they placed the written charge against him: THIS IS JESUS, THE KING OF THE JEWS. <sup>38</sup> Two robbers were crucified with him, one on his right and one on his left. <sup>39</sup> Those who passed by hurled insults at him, shaking their heads <sup>40</sup> and saying, “You who are going to destroy the temple and build it in three days, save yourself! Come down from the cross, if you are the Son of God!”

<sup>41</sup> In the same way the chief priests, the teachers of the law and the elders mocked him. <sup>42</sup> “He saved others,” they said, “but he can’t save himself! He’s the King of Israel! Let him come down now from the cross, and we will believe in him. <sup>43</sup> He trusts in God. Let God rescue him



now if he wants him, for he said, 'I am the Son of God.' ”<sup>44</sup> In the same way the robbers who were crucified with him also heaped insults on him.

### **The Death of Jesus**

<sup>45</sup> From the sixth hour until the ninth hour darkness came over all the land. <sup>46</sup> About the ninth hour Jesus cried out in a loud voice, “Eloi, Eloi, lama sabachthani?”—which means, “My God, my God, why have you forsaken me?”

<sup>47</sup> When some of those standing there heard this, they said, “He’s calling Elijah.”

<sup>48</sup> Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a stick, and offered it to Jesus to drink. <sup>49</sup> The rest said, “Now leave him alone. Let’s see if Elijah comes to save him.”

<sup>50</sup> And when Jesus had cried out again in a loud voice, he gave up his spirit.

<sup>51</sup> At that moment the curtain of the temple was torn in two from top to bottom. The earth shook and the rocks split. <sup>52</sup> The tombs broke open and the bodies of many holy people who had died were raised to life. <sup>53</sup> They came out of the tombs, and after Jesus’ resurrection they went into the holy city and appeared to many people.

<sup>54</sup> When the centurion and those with him who were guarding Jesus saw the earthquake and all that had happened, they were terrified, and exclaimed, “Surely he was the Son of God!”

<sup>55</sup> Many women were there, watching from a distance. They had followed Jesus from Galilee to care for his needs. <sup>56</sup> Among them were Mary Magdalene, Mary the mother of James and Joses, and the mother of Zebedee’s sons.

### **The Burial of Jesus**

<sup>57</sup> As evening approached, there came a rich man from Arimathea, named Joseph, who had himself become a disciple of Jesus. <sup>58</sup> Going to Pilate, he asked for Jesus’ body, and Pilate ordered that it be given to him. <sup>59</sup> Joseph took the body, wrapped it in a clean linen cloth, <sup>60</sup> and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb and went away. (NIV)

## **Mark 15**

### **Jesus Before Pilate**

<sup>1</sup>Very early in the morning, the chief priests, with the elders, the teachers of the law and the whole Sanhedrin, reached a decision. They bound Jesus, led him away and handed him over to Pilate.

<sup>2</sup> “Are you the king of the Jews?” asked Pilate.

“Yes, it is as you say,” Jesus replied.

<sup>3</sup> The chief priests accused him of many things. <sup>4</sup> So again Pilate asked him, “Aren’t you going to answer? See how many things they are accusing you of.”

<sup>5</sup> But Jesus still made no reply, and Pilate was amazed.

<sup>6</sup> Now it was the custom at the Feast to release a prisoner whom the people requested. <sup>7</sup> A man called Barabbas was in prison with the insurrectionists who had committed murder in the uprising. <sup>8</sup> The crowd came up and asked Pilate to do for them what he usually did.

<sup>9</sup> “Do you want me to release to you the king of the Jews?” asked Pilate, <sup>10</sup> knowing it was out of envy that the chief priests had handed Jesus over to him. <sup>11</sup> But the chief priests stirred up the crowd to have Pilate release Barabbas instead.

<sup>12</sup> “What shall I do, then, with the one you call the king of the Jews?” Pilate asked them.

<sup>13</sup> “Crucify him!” they shouted.

<sup>14</sup> “Why? What crime has he committed?” asked Pilate.

But they shouted all the louder, “Crucify him!”

<sup>15</sup> Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified.

### **The Soldiers Mock Jesus**

<sup>16</sup> The soldiers led Jesus away into the palace (that is, the Praetorium) and called together the whole company of soldiers. <sup>17</sup> They put a purple robe on him, then twisted together a crown of thorns and set it on him. <sup>18</sup> And they began to call out to him, “Hail, king of the Jews!” <sup>19</sup> Again and again they struck him on the head with a staff and spit on him. Falling on their knees, they paid homage to him. <sup>20</sup> And when they had mocked him, they took off the purple robe and put his own clothes on him. Then they led him out to crucify him.

### **The Crucifixion**

<sup>21</sup> A certain man from Cyrene, Simon, the father of Alexander and Rufus, was passing by on his way in from the country, and they forced him to carry the cross. <sup>22</sup> They brought Jesus to the place called Golgotha (which means The Place of the Skull). <sup>23</sup> Then they offered him wine mixed with myrrh, but he did not take it. <sup>24</sup> And they crucified him. Dividing up his clothes, they cast lots to see what each would get.

<sup>25</sup> It was the third hour when they crucified him. <sup>26</sup> The written notice of the charge against him read: THE KING OF THE JEWS. <sup>27</sup> They crucified two robbers with him, one on his right and one on his left. <sup>29</sup> Those who passed by hurled insults at him, shaking their heads and saying, “So! You who are going to destroy the temple and build it in three days, <sup>30</sup> come down from the cross and save yourself!”

<sup>31</sup> In the same way the chief priests and the teachers of the law mocked him among themselves. “He saved others,” they said, “but he can’t save himself! <sup>32</sup> Let this Christ, this King of Israel, come down now from the cross, that we may see and believe.” Those crucified with him also heaped insults on him.

### **The Death of Jesus**

<sup>33</sup> At the sixth hour darkness came over the whole land until the ninth hour. <sup>34</sup> And at the ninth hour Jesus cried out in a loud voice, “Eloi, Eloi, lama sabachthani?”—which means, “My God, my God, why have you forsaken me?”

<sup>35</sup> When some of those standing near heard this, they said, “Listen, he’s calling Elijah.”

<sup>36</sup> One man ran, filled a sponge with wine vinegar, put it on a stick, and offered it to Jesus to drink. “Now leave him alone. Let’s see if Elijah comes to take him down,” he said.

<sup>37</sup> With a loud cry, Jesus breathed his last.

<sup>38</sup> The curtain of the temple was torn in two from top to bottom. <sup>39</sup> And when the centurion, who stood there in front of Jesus, heard his cry and saw how he died, he said, “Surely this man was the Son of God!”

<sup>40</sup> Some women were watching from a distance. Among them were Mary Magdalene, Mary the mother of James the younger and of Joses, and Salome. <sup>41</sup> In Galilee these women had followed him and cared for his needs. Many other women who had come up with him to Jerusalem were also there.

## ***The Burial of Jesus***

<sup>42</sup> It was Preparation Day (that is, the day before the Sabbath). So as evening approached, <sup>43</sup> Joseph of Arimathea, a prominent member of the Council, who was himself waiting for the kingdom of God, went boldly to Pilate and asked for Jesus' body. <sup>44</sup> Pilate was surprised to hear that he was already dead. Summoning the centurion, he asked him if Jesus had already died. <sup>45</sup> When he learned from the centurion that it was so, he gave the body to Joseph. <sup>46</sup> So Joseph bought some linen cloth, took down the body, wrapped it in the linen, and placed it in a tomb cut out of rock. Then he rolled a stone against the entrance of the tomb. <sup>47</sup> Mary Magdalene and Mary the mother of Joseph saw where he was laid. (NIV)

## ***Luke 23***

<sup>1</sup> Then the whole assembly rose and led him off to Pilate. <sup>2</sup> And they began to accuse him, saying, "We have found this man subverting our nation. He opposes payment of taxes to Caesar and claims to be Christ, a king."

<sup>3</sup> So Pilate asked Jesus, "Are you the king of the Jews?"

"Yes, it is as you say," Jesus replied.

<sup>4</sup> Then Pilate announced to the chief priests and the crowd, "I find no basis for a charge against this man."

<sup>5</sup> But they insisted, "He stirs up the people all over Judea by his teaching. He started in Galilee and has come all the way here."

<sup>6</sup> On hearing this, Pilate asked if the man was a Galilean. <sup>7</sup> When he learned that Jesus was under Herod's jurisdiction, he sent him to Herod, who was also in Jerusalem at that time.

<sup>8</sup> When Herod saw Jesus, he was greatly pleased, because for a long time he had been wanting to see him. From what he had heard about him, he hoped to see him perform some miracle. <sup>9</sup> He plied him with many questions, but Jesus gave him no answer. <sup>10</sup> The chief priests and the teachers of the law were standing there, vehemently accusing him. <sup>11</sup> Then Herod and his soldiers ridiculed and mocked him. Dressing him in an elegant robe, they sent him back to Pilate. <sup>12</sup> That day Herod and Pilate became friends—before this they had been enemies.

<sup>13</sup> Pilate called together the chief priests, the rulers and the people, <sup>14</sup> and said to them, "You brought me this man as one who was inciting the people to rebellion. I have examined him in your presence and have found no basis for your charges against him. <sup>15</sup> Neither has Herod, for he sent him back to us; as you can see, he has done nothing to deserve death. <sup>16</sup> Therefore, I will punish him and then release him."

<sup>18</sup> With one voice they cried out, "Away with this man! Release Barabbas to us!" <sup>19</sup> (Barabbas had been thrown into prison for an insurrection in the city, and for murder.)

<sup>20</sup> Wanting to release Jesus, Pilate appealed to them again. <sup>21</sup> But they kept shouting, "Crucify him! Crucify him!"

<sup>22</sup> For the third time he spoke to them: "Why? What crime has this man committed? I have found in him no grounds for the death penalty. Therefore I will have him punished and then release him."

<sup>23</sup> But with loud shouts they insistently demanded that he be crucified, and their shouts prevailed. <sup>24</sup> So Pilate decided to grant their demand. <sup>25</sup> He released the man who had been thrown into prison for insurrection and murder, the one they asked for, and surrendered Jesus to their will.

## **The Crucifixion**

<sup>26</sup> As they led him away, they seized Simon from Cyrene, who was on his way in from the country, and put the cross on him and made him carry it behind Jesus. <sup>27</sup> A large number of people followed him, including women who mourned and wailed for him. <sup>28</sup> Jesus turned and said to them, “Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children. <sup>29</sup> For the time will come when you will say, ‘Blessed are the barren women, the wombs that never bore and the breasts that never nursed!’ <sup>30</sup> Then

“ they will say to the mountains, “Fall on us!”  
and to the hills, “Cover us!” ’

<sup>31</sup> For if men do these things when the tree is green, what will happen when it is dry?”

<sup>32</sup> Two other men, both criminals, were also led out with him to be executed. <sup>33</sup> When they came to the place called the Skull, there they crucified him, along with the criminals—one on his right, the other on his left. <sup>34</sup> Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up his clothes by casting lots.

<sup>35</sup> The people stood watching, and the rulers even sneered at him. They said, “He saved others; let him save himself if he is the Christ of God, the Chosen One.”

<sup>36</sup> The soldiers also came up and mocked him. They offered him wine vinegar <sup>37</sup> and said, “If you are the king of the Jews, save yourself.”

<sup>38</sup> There was a written notice above him, which read: THIS IS THE KING OF THE JEWS.

<sup>39</sup> One of the criminals who hung there hurled insults at him: “Aren’t you the Christ? Save yourself and us!”

<sup>40</sup> But the other criminal rebuked him. “Don’t you fear God,” he said, “since you are under the same sentence? <sup>41</sup> We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong.”

<sup>42</sup> Then he said, “Jesus, remember me when you come into your kingdom.”

<sup>43</sup> Jesus answered him, “I tell you the truth, today you will be with me in paradise.”

## **Jesus’ Death**

<sup>44</sup> It was now about the sixth hour, and darkness came over the whole land until the ninth hour, <sup>45</sup> for the sun stopped shining. And the curtain of the temple was torn in two. <sup>46</sup> Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last.

<sup>47</sup> The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.” <sup>48</sup> When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away. <sup>49</sup> But all those who knew him, including the women who had followed him from Galilee, stood at a distance, watching these things.

## **Jesus’ Burial**

<sup>50</sup> Now there was a man named Joseph, a member of the Council, a good and upright man, <sup>51</sup> who had not consented to their decision and action. He came from the Judean town of Arimathea and he was waiting for the kingdom of God. <sup>52</sup> Going to Pilate, he asked for Jesus’ body. <sup>53</sup> Then he took it down, wrapped it in linen cloth and placed it in a tomb cut in the rock,

one in which no one had yet been laid. <sup>54</sup> It was Preparation Day, and the Sabbath was about to begin.

<sup>55</sup> The women who had come with Jesus from Galilee followed Joseph and saw the tomb and how his body was laid in it. <sup>56</sup> Then they went home and prepared spices and perfumes. But they rested on the Sabbath in obedience to the commandment. (NIV)

### **John 18:28-40**

#### **Jesus Before Pilate**

<sup>28</sup> Then the Jews led Jesus from Caiaphas to the palace of the Roman governor. By now it was early morning, and to avoid ceremonial uncleanness the Jews did not enter the palace; they wanted to be able to eat the Passover. <sup>29</sup> So Pilate came out to them and asked, "What charges are you bringing against this man?"

<sup>30</sup> "If he were not a criminal," they replied, "we would not have handed him over to you."

<sup>31</sup> Pilate said, "Take him yourselves and judge him by your own law."

"But we have no right to execute anyone," the Jews objected. <sup>32</sup> This happened so that the words Jesus had spoken indicating the kind of death he was going to die would be fulfilled.

<sup>33</sup> Pilate then went back inside the palace, summoned Jesus and asked him, "Are you the king of the Jews?"

<sup>34</sup> "Is that your own idea," Jesus asked, "or did others talk to you about me?"

<sup>35</sup> "Am I a Jew?" Pilate replied. "It was your people and your chief priests who handed you over to me. What is it you have done?"

<sup>36</sup> Jesus said, "My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jews. But now my kingdom is from another place."

<sup>37</sup> "You are a king, then!" said Pilate.

Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me."

<sup>38</sup> "What is truth?" Pilate asked. With this he went out again to the Jews and said, "I find no basis for a charge against him. <sup>39</sup> But it is your custom for me to release to you one prisoner at the time of the Passover. Do you want me to release 'the king of the Jews'?"

<sup>40</sup> They shouted back, "No, not him! Give us Barabbas!" Now Barabbas had taken part in a rebellion. (NIV)

#### **Reflection:**

The Cross represents pain and suffering, and is essentially a symbol of death. Jesus is already atoned for our sins. The Lord call us to die for our sins and give up our path. We are also called to live for righteousness and to take up our cross.

- 1) When Jesus said, "carry your cross?" What does it mean to you? Is Christ the Lord of your life?
- 2) Have you put to death your own plans and sins, and surrendered your life to Jesus?

#### **Prayer:**

Slowly read and pray through *Luke 23*, Lord Jesus, I will faithfully carry my own cross, just as you faithfully carried yours. I will die to myself and will willingly surrender to you daily. May the blood that flows out from the cross cleanses me, so that sin no longer has a foothold in my life. Help me to walk your path and deny myself.

## **Easter Sunday**

### **3/31**

#### **Biblical Readings:**

#### **Jesus Is Resurrected and Victorious**

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

##### ***The Resurrection***

*<sup>1</sup>On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. <sup>2</sup>They found the stone rolled away from the tomb, <sup>3</sup>but when they entered, they did not find the body of the Lord Jesus. <sup>4</sup>While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. <sup>5</sup>In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? <sup>6</sup>He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: <sup>7</sup>'The Son of Man must be delivered into the hands of sinful men, be crucified and on the third day be raised again.' " <sup>8</sup>Then they remembered his words.*

*<sup>9</sup>When they came back from the tomb, they told all these things to the Eleven and to all the others. <sup>10</sup>It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. <sup>11</sup>But they did not believe the women, because their words seemed to them like nonsense. <sup>12</sup>Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened. (NIV)*

#### **Reflection:**

Jesus fulfilled every Scripture that was written about Him, His suffering, death and resurrection. He fully paid for the price of redemption. Sin, Satan and death are powerless over us.

#### **Prayer:**

Slowly read and pray through *Luke 24:1-12*, Jesus, thank you for completing the work of redemption on the cross for us. You died on the cross but you rose again. You have defeated sin, Satan and death once and for all eternity. You have set us free from the power of Satan and the curse of sin. Because of your victory on the cross I have eternal life and hope for tomorrow. And today, I receive the new life you have made available to me through your victory over death. I want the world to see the power and victory of the cross in my life, so that they too may follow you.