

SACRED READING FOR LENT 2019

Holy Week



LENT

Christians throughout the world are re-discovering a powerful, ancient form of prayer known as **'sacred reading'** (*lectio divina*). This Lent, what better way to deepen one's friendship with Jesus Christ, than by prayerfully encountering him in the daily Gospel?

We are invited to experience sacred reading for ourselves as we are guided by the Holy Spirit. There are four steps to *lectio divina*: **reading** (taking in the Bible passage slowly and carefully), **meditation** (pondering about the meaning of the passage), **prayer** (interceding for ourselves and for others, as we are led) and **contemplation** (listening to God in silence). Those who engage with the Gospels in this manner often find that the Lord speaks to them in intimate and surprising ways.

This booklet (and the ones that will follow it) will take us on a personal prayer journey with Jesus from Ash Wednesday through the end of Holy Week.

Palm Sunday

The Gospel: Luke 19. 28-40

²⁸After he had said this, he went on ahead, going up to Jerusalem.

²⁹When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, ³⁰saying, '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. ³¹If anyone asks you, "Why are you untying it?" just say this: "The Lord needs it."' ³²So those who were sent departed and found it as he had told them. ³³As they were untying the colt, its owners asked them, 'Why are you untying the colt?' ³⁴They said, 'The Lord needs it.' ³⁵Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. ³⁶As he rode along, people kept spreading their cloaks on the road. ³⁷As 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, ³⁸saying,

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

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

Prayer

Lord, let me praise you too as you head toward your Passion and Death in Jerusalem. In this, you sought no praise, but only to do your Father's will.

Holy Monday

The Gospel: John 12. 1-11

¹Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. ²There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. ³Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. ⁴But Judas Iscariot, one of his disciples (the one who was about to betray him), said, ⁵'Why was this perfume not sold for three hundred denarii and the money given to the poor?' ⁶(He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) ⁷Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. ⁸You always have the poor with you, but you do not always have me.'

⁹When the great crowd of the Jews learned that he was there, they came not only because of Jesus but also to see Lazarus, whom he had raised from the dead. ¹⁰So the chief priests planned to put Lazarus to death as well, ¹¹since it was on account of him that many of the Jews were deserting and were believing in Jesus.

Prayer

Jesus, many followed you because of the miracles you accomplished. Help me to follow you for who you are, and not just for what you do.

Holy Tuesday

The Gospel: John 12. 20-36

²⁰Now among those who went up to worship at the festival were some Greeks. ²¹They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.'

²²Philip went and told Andrew; then Andrew and Philip went and told Jesus. ²³Jesus answered them, 'The hour has come for the Son of Man to be glorified. ²⁴Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. ²⁵Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. ²⁶Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.'

²⁷'Now my soul is troubled. And what should I say— "Father, save me from this hour"? No, it is for this reason that I have come to this hour. ²⁸Father, glorify your name.' Then a voice came from heaven, 'I have glorified it, and I will glorify it again.' ²⁹The crowd standing there heard it and said that it was thunder. Others said, 'An angel has spoken to him.' ³⁰Jesus answered, 'This voice has come for your sake, not for mine. ³¹Now is the judgement of this world; now the ruler of this world will be driven out. ³²And I, when I am lifted up from the earth, will draw all people to myself.' ³³He said this to indicate the kind of death he was to die. ³⁴The crowd answered him, 'We have heard from the law that the Messiah remains for ever. How can you say that the Son of Man must be lifted up? Who is this Son of Man?' ³⁵Jesus said to them, 'The light is with you for a little longer. Walk while you have the light, so that the darkness may not overtake you. If you walk in the darkness, you do not know where you are going. ³⁶While you have the light, believe in the light, so that you may become children of light.'

Prayer

Lord, you died so that we might have a new relationship with God. I choose to believe in you and to be part of those who are bound to you and to the Father.

Holy Wednesday

The Gospel: John 13. 21-32

²¹After saying this Jesus was troubled in spirit, and declared, 'Very truly, I tell you, one of you will betray me.' ²²The disciples looked at one another, uncertain of whom he was speaking. ²³One of his disciples—the one whom Jesus loved—was reclining next to him; ²⁴Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. ²⁵So while reclining next to Jesus, he asked him, 'Lord, who is it?' ²⁶Jesus answered, 'It is the one to whom I give this piece of bread when I have dipped it in the dish.' So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. ²⁷After he received the piece of bread, Satan entered into him. Jesus said to him, 'Do quickly what you are going to do.' ²⁸Now no one at the table knew why he said this to him. ²⁹Some thought

that, because Judas had the common purse, Jesus was telling him, 'Buy what we need for the festival'; or, that he should give something to the poor. ³⁰So, after receiving the piece of bread, he immediately went out. And it was night.

³¹When he had gone out, Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. ³²If God has been glorified in him, God will also glorify him in himself and will glorify him at once.'

Prayer

Jesus, I want to be your beloved disciple, to lie close to your heart and to hear your secret words just for me. Stay with me and tell me what to do.

Maundy Thursday

The Gospel: John 13. 1-17, 31b-35

¹Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. ²The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper ³Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, ⁴got up from the table, took off his outer robe, and tied a towel around himself. ⁵Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. ⁶He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' ⁷Jesus answered, 'You do not know now what I am doing, but later you will understand.' ⁸Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' ⁹Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' ¹⁰Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' ¹¹For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

¹²After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? ¹³You call me Teacher and Lord—and you are right, for that is what I am. ¹⁴So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵For I have set you an example, that you also should do as I have done to you. ¹⁶Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. ¹⁷If you know these things, you are blessed if you do them.'

³¹Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. ³²If God has been glorified in him, God will also glorify him in himself and will glorify him at once. ³³Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come." ³⁴I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. ³⁵By this everyone will know that you are my disciples, if you have love for one another.'

Prayer

Lord and Teacher, wash me so that I may be clean, and let me also serve others (both friends and enemies) so that I may be like you and imitate you.

Good Friday

The Gospel: John 18. 1 - 19. 42

¹After Jesus had spoken these words, he went out with his disciples across the Kidron valley to a place where there was a garden, which he and his disciples entered. ²Now Judas, who betrayed him, also knew the place, because Jesus often met there with his disciples. ³So Judas brought a detachment of soldiers together with police from the chief priests and the Pharisees, and they came there with lanterns and torches and weapons. ⁴Then Jesus, knowing all that was to happen to him, came forward and asked them, 'For whom are you looking?' ⁵They answered, 'Jesus of Nazareth.' Jesus replied, 'I am he.' Judas, who betrayed him, was standing with them. ⁶When Jesus said to them, 'I am he', they stepped back and fell to the ground. ⁷Again he asked them, 'For whom are you looking?' And they said, 'Jesus of Nazareth.' ⁸Jesus answered, 'I told you that I am he. So if you are looking for me, let these men go.' ⁹This was to fulfil the word that he had spoken, 'I did not lose a single one of those whom you gave me.' ¹⁰Then Simon Peter, who had a sword, drew it, struck the high priest's slave, and cut off his right ear. The slave's name was Malchus. ¹¹Jesus said to Peter, 'Put your sword back into its sheath. Am I not to drink the cup that the Father has given me?'

¹²So the soldiers, their officer, and the Jewish police arrested Jesus and bound him. ¹³First they took him to Annas, who was the father-in-law of Caiaphas, the high priest that year. ¹⁴Caiaphas was the one who had advised the Jews that it was better to have one person die for the people.

¹⁵Simon Peter and another disciple followed Jesus. Since that disciple was known to the high priest, he went with Jesus into the courtyard of the high priest, ¹⁶but Peter was standing outside at the gate. So the other disciple, who was known to

the high priest, went out, spoke to the woman who guarded the gate, and brought Peter in. ¹⁷The woman said to Peter, 'You are not also one of this man's disciples, are you?' He said, 'I am not.' ¹⁸Now the slaves and the police had made a charcoal fire because it was cold, and they were standing round it and warming themselves. Peter also was standing with them and warming himself.

¹⁹Then the high priest questioned Jesus about his disciples and about his teaching. ²⁰Jesus answered, 'I have spoken openly to the world; I have always taught in synagogues and in the temple, where all the Jews come together. I have said nothing in secret. ²¹Why do you ask me? Ask those who heard what I said to them; they know what I said.' ²²When he had said this, one of the police standing nearby struck Jesus on the face, saying, 'Is that how you answer the high priest?' ²³Jesus answered, 'If I have spoken wrongly, testify to the wrong. But if I have spoken rightly, why do you strike me?' ²⁴Then Annas sent him bound to Caiaphas the high priest.

²⁵Now Simon Peter was standing and warming himself. They asked him, 'You are not also one of his disciples, are you?' He denied it and said, 'I am not.' ²⁶One of the slaves of the high priest, a relative of the man whose ear Peter had cut off, asked, 'Did I not see you in the garden with him?' ²⁷Again Peter denied it, and at that moment the cock crowed.

²⁸Then they took Jesus from Caiaphas to Pilate's headquarters. It was early in the morning. They themselves did not enter the headquarters, so as to avoid ritual defilement and to be able to eat the Passover. ²⁹So Pilate went out to them and said, 'What accusation do you bring against this man?' ³⁰They answered, 'If this man were not a criminal, we would not have handed him over to you.' ³¹Pilate said to them, 'Take him yourselves and judge him according to your law.' The Jews replied, 'We are not permitted to put anyone to death.' ³²(This was to fulfil what Jesus had said when he indicated the kind of death he was to die.)

³³Then Pilate entered the headquarters again, summoned Jesus, and asked him, 'Are you the King of the Jews?' ³⁴Jesus answered, 'Do you ask this on your own, or did others tell you about me?' ³⁵Pilate replied, 'I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?' ³⁶Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' ³⁷Pilate asked him, 'So you are a king?' Jesus answered, 'You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.'

³⁸Pilate asked him, 'What is truth?'

After he had said this, he went out to the Jews again and told them, 'I find no case against him. ³⁹But you have a custom that I release someone for you at the Passover. Do you want me to release for you the King of the Jews?' ⁴⁰They shouted in reply, 'Not this man, but Barabbas!' Now Barabbas was a bandit.

¹Then Pilate took Jesus and had him flogged. ²And the soldiers wove a crown of thorns and put it on his head, and they dressed him in a purple robe. ³They kept coming up to him, saying, 'Hail, King of the Jews!' and striking him on the face. ⁴Pilate went out again and said to them, 'Look, I am bringing him out to you to let you know that I find no case against him.' ⁵So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, 'Here is the man!' ⁶When the chief priests and the police saw him, they shouted, 'Crucify him! Crucify him!' Pilate said to them, 'Take him yourselves and crucify him; I find no case against him.' ⁷The Jews answered him, 'We have a law, and according to that law he ought to die because he has claimed to be the Son of God.'

⁸Now when Pilate heard this, he was more afraid than ever. ⁹He entered his headquarters again and asked Jesus, 'Where are you from?' But Jesus gave him no answer. ¹⁰Pilate therefore said to him, 'Do you refuse to speak to me? Do you not know that I have power to release you, and power to crucify you?' ¹¹Jesus answered him, 'You would have no power over me unless it had been given you from above; therefore the one who handed me over to you is guilty of a greater sin.' ¹²From then on Pilate tried to release him, but the Jews cried out, 'If you release this man, you are no friend of the emperor. Everyone who claims to be a king sets himself against the emperor.'

¹³When Pilate heard these words, he brought Jesus outside and sat on the judge's bench at a place called The Stone Pavement, or in Hebrew Gabbatha. ¹⁴Now it was the day of Preparation for the Passover; and it was about noon. He said to the Jews, 'Here is your King!' ¹⁵They cried out, 'Away with him! Away with him! Crucify him!' Pilate asked them, 'Shall I crucify your King?' The chief priests answered, 'We have no king but the emperor.' ¹⁶Then he handed him over to them to be crucified.

So they took Jesus; ¹⁷and carrying the cross by himself, he went out to what is called The Place of the Skull, which in Hebrew is called Golgotha. ¹⁸There they crucified him, and with him two others, one on either side, with Jesus between them. ¹⁹Pilate also had an inscription written and put on the cross. It read, 'Jesus of Nazareth, the King of the Jews.'

²⁰Many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. ²¹Then the chief priests of the Jews said to Pilate, 'Do not write, "The King of the Jews", but, "This man said, I am King of the Jews."' ²²Pilate answered, 'What I have written I have written.' ²³When the soldiers had crucified Jesus, they took his clothes and divided them into four parts, one for each soldier. They also took his tunic; now the tunic was seamless, woven in one piece from the top. ²⁴So they said to one another, 'Let us not tear it, but cast lots for it to see who will get it.' This was to fulfil what the scripture says,

'They divided my clothes among themselves,
and for my clothing they cast lots.'

²⁵And that is what the soldiers did.

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' ²⁷Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

²⁸After this, when Jesus knew that all was now finished, he said (in order to fulfil the scripture), 'I am thirsty.' ²⁹A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. ³⁰When Jesus had received the wine, he said, 'It is finished.' Then he bowed his head and gave up his spirit.

³¹Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. ³²Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. ³³But when they came to Jesus and saw that he was already dead, they did not break his legs. ³⁴Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. ³⁵(He who saw this has testified so that you also may believe. His testimony is true, and he knows that he tells the truth.) ³⁶These things occurred so that the scripture might be fulfilled, 'None of his bones shall be broken.' ³⁷And again another passage of scripture says, 'They will look on the one whom they have pierced.'

³⁸After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the

body of Jesus. Pilate gave him permission; so he came and removed his body. ³⁹Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. ⁴⁰They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. ⁴¹Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. ⁴²And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

Prayer

Jesus, this is the narrative of your Passion. I empathise with every detail, and I love you for taking on the sins of the world, and mine. Have mercy on me.

Holy Saturday

The Gospel: Matthew 27. 57-66

⁵⁷When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. ⁵⁸He went to Pilate and asked for the body of Jesus; then Pilate ordered it to be given to him. ⁵⁹So Joseph took the body and wrapped it in a clean linen cloth ⁶⁰and laid it in his own new tomb, which he had hewn in the rock. He then rolled a great stone to the door of the tomb and went away. ⁶¹Mary Magdalene and the other Mary were there, sitting opposite the tomb.

⁶²The next day, that is, after the day of Preparation, the chief priests and the Pharisees gathered before Pilate ⁶³and said, 'Sir, we remember what that impostor said while he was still alive, "After three days I will rise again." ⁶⁴Therefore command that the tomb be made secure until the third day; otherwise his disciples may go and steal him away, and tell the people, "He has been raised from the dead", and the last deception would be worse than the first.' ⁶⁵Pilate said to them, 'You have a guard of soldiers; go, make it as secure as you can.' ⁶⁶So they went with the guard and made the tomb secure by sealing the stone.

Prayer

Lord, no guard of soldiers and no sealed stone will be able to prevent you from rising from death to victory. Help me to share in your victory.

To ponder as we prepare to celebrate the Resurrection

'Even today, there are many who do not dare to believe in the empty tomb. Like the disciples, they are slow to believe. At one point or another, we all recognise that we too can be slow to faith; but we know that faith comes by hearing the Word of God. As we await the glory of Easter, let us invite Jesus to reveal himself to us by his Word, saying, "Alleluia. You are risen from the dead. Come into my heart, Lord. Come into my life."'

