

LENT

Weekly Reflections

February 22 - April 8, 2023



**We may look forward to
Easter yet treat lightly the
fateful days that led up to it.**

**This Lent, take time to pause,
pray and meditate.**

More info at www.thecity.sg/lent

A Note on Lent

As Christ-followers, Lent is to prepare our hearts to focus on the life, death and resurrection of Jesus, through participating in repentance and reflection.

These weekly reflections, with carefully selected passages from the gospel of Mark, are meant to help you to pause, pray and meditate. They are flexible enough to be used as your weekly devotional or as an additional reflection material for the six weeks of Lent.

We hope that you will find this an enriching resource for your life with God.

Meditative Reading

For these six weeks of Lent reflections, we are leaning into passages from Mark using this 5-R Meditative Reading tool:

1

RELAX

Prepare your heart and unbusy your mind. Turn off distractions. Get away, slow down, and breathe.

2

READ

Read a scripture passage. Read aloud if it helps. Notice what captures your attention.

3

REFLECT

Read the passage slowly a second time. What comes to mind? What is God highlighting?

4

RESPOND

Read a third time. Is there a reminder, challenge or prompting to respond to or obey?

5

REST

After reading, rest and wait in God's presence. Allow some time to just "be".

Lent Weekly Reflections



ASH

WEDNESDAY

February 22, 2023

RELAX

Turn off your phone.

Get away from distraction.

Slow down. Take a deep breath.

Unbusy your mind and make room to hear the voice of God.

Meditative Reading

Mark 7:6-23

And he said to them, “Well did Isaiah prophesy of you hypocrites, as it is written, “‘This people honors me with their lips, but their heart is far from me; in vain do they worship me, teaching as doctrines the commandments of men.’ ...There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him.” ...For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.”

Lent Weekly Reflections 

ASH WEDNESDAY

READ

**What word or phrase catches
your attention?**

*Feel free to read the passage out loud and/or
paraphrase the passage in your own words.*

ASH WEDNESDAY REFLECT

Read through the passage a second time.

Mark 7:6-23

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ASH WEDNESDAY REFLECT

Read through the passage a second time.

What does this passage reveal to you about God?

What does it reveal about yourself or people?

ASH WEDNESDAY RESPOND

Read through the passage a third time.

**Where do you need to obey
what the passage is telling?**

**Where are you resistant or
want to push back?**

**What do you need
to pray for?**

ASH WEDNESDAY

REST

**Spend some time in prayer
thanking God for what He's
shown you today in His Word.**

**Resolve today to put what
you learned from God's Word
today into practice.**

Prayer for the week

*Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
Amen.*

From The Book of Common Prayer (1979)

Lent Weekly Reflections



WEEK 1

February 26 - March 4, 2023

RELAX

Turn off your phone.

Get away from distraction.

Slow down. Take a deep breath.

Unbusy your mind and make room to hear the voice of God.

Meditative Reading

Mark 10:41-45

And when the ten heard it, they began to be indignant at James and John. And Jesus called them to him and said to them, “You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. But it shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

Lent Weekly Reflections 

WEEK 1

READ

**What word or phrase catches
your attention?**

*Feel free to read the passage out loud and/or
paraphrase the passage in your own words.*

Read through the passage a second time.

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Lent Weekly Reflections 

WEEK 1

REFLECT

Read through the passage a second time.

**What does this passage reveal
to you about God?**

**What does it reveal about
yourself or people?**

Read through the passage a third time.

**Where do you need to obey
what the passage is telling?**

**Where are you resistant or
want to push back?**

**What do you need
to pray for?**

**Spend some time in prayer
thanking God for what He's
shown you today in His Word.**

**Resolve today to put what
you learned from God's Word
today into practice.**

Prayer for the week

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

From The Book of Common Prayer (1979)

Lent Weekly Reflections



WEEK 2

March 5 - 11, 2023

RELAX

Find quiet.

Get away from distraction.

Slow down. Take a deep breath.

Unbusy your mind and make room to hear the voice of God.

Meditative Reading

Mark 10:46-52

And they came to Jericho. And as he was leaving Jericho with his disciples and a great crowd, Bartimaeus, a blind beggar, the son of Timaeus, was sitting by the roadside. And when he heard that it was Jesus of Nazareth, he began to cry out and say, “Jesus, Son of David, have mercy on me!” And many rebuked him, telling him to be silent. But he cried out all the more, “Son of David, have mercy on me!” And Jesus stopped and said, “Call him.” And they called the blind man ...And throwing off his cloak, he sprang up and came to Jesus. And Jesus said to him, “What do you want me to do for you?” ...“Rabbi, let me recover my sight.” ...“Go your way; your faith has made you well.” And immediately he recovered his sight and followed him on the way.

What word or phrase catches your attention?

*Feel free to read the passage out loud and/or
paraphrase the passage in your own words.*

Read through the passage a second time.

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Read through the passage a second time.

What does this passage reveal to you about God?

What does it reveal about yourself or people?

Read through the passage a third time.

**Where do you need to obey
what the passage is telling?**

**Where are you resistant
or want to push back?**

**What do you need
to pray for?**

**Spend some time in prayer
thanking God for what He's
shown you today in His Word.**

**Resolve today to put what
you learned from God's Word
today into practice.**

Prayer for the week

*O God, whose glory it is always to have mercy.
Be gracious to all who have gone astray from your
ways, and bring them again with penitent hearts
and steadfast faith to embrace and hold fast
the unchangeable truth of your Word, Jesus Christ
your Son; who with you and the Holy Spirit
lives and reigns, one God, for ever and ever.*

Amen.

From The Book of Common Prayer (1979)

Lent Weekly Reflections



WEEK 3

March 12 - 18, 2023

RELAX

Find quiet.

Get away from distraction.

Slow down. Take a deep breath.

Unbusy your mind and make room to hear the voice of God.

Meditative Reading

Mark 14:3-9

And while he was at Bethany in the house of Simon the leper, as he was reclining at table, a woman came with an alabaster flask of ointment of pure nard, very costly, and she broke the flask and poured it over his head. There were some who said to themselves indignantly, “Why was the ointment wasted like that? For this ointment could have been sold for more than three hundred denarii and given to the poor.” And they scolded her. But Jesus said, “Leave her alone. Why do you trouble her? She has done a beautiful thing to me. ...she has anointed my body beforehand for burial. And truly, I say to you, wherever the gospel is proclaimed in the whole world, what she has done will be told in memory of her.”

Lent Weekly Reflections 

WEEK 3

READ

**What word or phrase catches
your attention?**

*Feel free to read the passage out loud and/or
paraphrase the passage in your own words.*

Read through the passage a second time.

Mark 14:3-9

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Lent Weekly Reflections 

WEEK 3

REFLECT

Read through the passage a second time.

**What does this passage reveal
to you about God?**

**What does it reveal about
yourself or people?**

Read through the passage a third time.

**Where do you need to obey
what the passage is telling?**

**Where are you resistant or
want to push back?**

**What do you need
to pray for?**

**Spend some time in prayer
thanking God for what He's
shown you today in His Word.**

**Resolve today to put what
you learned from God's Word
today into practice.**

Prayer for the week

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.

From The Book of Common Prayer (1979)

Lent Weekly Reflections



WEEK 4

March 19 - 25, 2023

RELAX

Find quiet.

Get away from distraction.

Slow down. Take a deep breath.

Unbusy your mind and make room to hear the voice of God.

Meditative Reading

Mark 14:32-36

And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.” And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.”

Lent Weekly Reflections 

WEEK 4

READ

**What word or phrase
catches your attention?**

*Feel free to read the passage out loud and/or
paraphrase the passage in your own words.*

Read through the passage a second time.

Mark 14:32-36

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Read through the passage a second time.

What does this passage reveal to you about God?

What does it reveal about yourself or people?

Read through the passage a third time.

**Where do you need to obey
what the passage is telling?**

**Where are you resistant or
want to push back?**

**What do you need
to pray for?**

**Spend some time in prayer
thanking God for what He's
shown you today in His Word.**

**Resolve today to put what
you learned from God's Word
today into practice.**

Prayer for the week

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

From The Book of Common Prayer (1979)

Lent Weekly Reflections



WEEK 5

March 26 - April 1, 2023

RELAX

Find quiet.

Get away from distraction.

Slow down. Take a deep breath.

Unbusy your mind and make room to hear the voice of God.

Meditative Reading

Mark 14:66-72

And as Peter was below in the courtyard, one of the servant girls of the high priest came, ...looked at him and said, “You also were with the Nazarene, Jesus.” But he denied it, saying, “I neither know nor understand what you mean.” And he went out into the gateway and the rooster crowed. And the servant girl saw him and began again to say to the bystanders, “This man is one of them.”

But again he denied it. And after a little while the bystanders again said to Peter, “Certainly you are one of them, for you are a Galilean.” But he began to invoke a curse on himself and to swear, “I do not know this man of whom you speak.” And immediately the rooster crowed a second time. And Peter remembered how Jesus had said to him, “Before the rooster crows twice, you will deny me three times.” And he broke down and wept.

Lent Weekly Reflections 

WEEK 5

READ

**What word or phrase
catches your attention?**

*Feel free to read the passage out loud and/or
paraphrase the passage in your own words.*

Read through the passage a second time.

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Read through the passage a second time.

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What does it reveal about yourself or people?

Read through the passage a third time.

**Where do you need to obey
what the passage is telling?**

**Where are you resistant or
want to push back?**

**What do you need
to pray for?**

**Spend some time in prayer
thanking God for what He's
shown you today in His Word.**

**Resolve today to put what
you learned from God's Word
today into practice.**

Prayer for the week

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Amen.

From The Book of Common Prayer (1979)

Lent Weekly Reflections 

HOLY WEEK

April 2 - 8, 2023

RELAX

Find quiet.

Get away from distraction.

Slow down. Take a deep breath.

Unbusy your mind and make room to hear the voice of God.

Meditative Reading

Mark 15:12-20

And Pilate again said to them, “Then what shall I do with the man you call the King of the Jews?” And they cried out again, “Crucify him.” And Pilate said to them, “Why? What evil has he done?” But they shouted all the more, “Crucify him.” So Pilate, wishing to satisfy the crowd, released for them Barabbas, and having scourged Jesus, he delivered him to be crucified. And the soldiers led him away inside the palace ...and they called together the whole battalion. And they clothed him in a purple cloak, and twisting together a crown of thorns, they put it on him. And they began to salute him, “Hail, King of the Jews!” And they were striking his head with a reed and spitting on him and kneeling down in homage to him. And when they had mocked him, they stripped him of the purple cloak and put his own clothes on him. And they led him out to crucify him.

Lent Weekly Reflections 

HOLY WEEK

READ

**What word or phrase
catches your attention?**

*Feel free to read the passage out loud and/or
paraphrase the passage in your own words.*

Read through the passage a second time.

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Lent Weekly Reflections 

HOLY WEEK

REFLECT

Read through the passage a second time.

What does this passage reveal to you about God?

What does it reveal about yourself or people?

HOLY WEEK

RESPOND

Read through the passage a third time.

**Where do you need to obey
what the passage is telling?**

**Where are you resistant or
want to push back?**

**What do you need
to pray for?**

**Spend some time in prayer
thanking God for what He's
shown you today in His Word.**

**Resolve today to put what
you learned from God's Word
today into practice.**

Prayer for the week

Almighty and everliving God, in your tender love for the human race you sent your Son our Saviour Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

From The Book of Common Prayer (1979)



POST-

What next?

LENT

Lent Weekly Reflections 

POST- LENT

Lent is over. What next?

The practices of the reflective prayer and meditative reading enrich our life with God in a significant way during Lent. But these are great practices to keep all year round.

As we intentionally cultivate these practices both personally and corporately, our goal is that they become sustainable rhythms in our lives.

POST- LENT

Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit?

Catherine Doherty

Lent Weekly Reflections 

POST- LENT

Want to learn more about Lent?

Lent resources by Sacred Ordinary Days

Book and Devotionals for Lent on Renovare

*Cracking Open Space for God podcast with Carolyn
Arends*

*A Way Other Than Our Own: Devotions for Lent
by Walter Brueggemann*

*Pauses for Lent: 40 Words for 40 Days
by Trevor Hudson*

From the Grave by A. W. Tozer

Lectio365 app by 24-7 Prayer

Visit www.thecity.sg/lent