



Lent 2025

A Long Walk with Jesus

"I invite you, therefore, in the name of the Church, to the observance of a holy Lent: by self-examination and repentance; by prayer, fasting, and alms-giving; and by reading and meditating on God's holy word. And to make a right beginning, let us now pray for grace, that we may faithfully keep this Lent."

INTRODUCTION

Lent, the forty-day period between Ash Wednesday and Easter historically was a period of preparation for “catechumens,” persons seeking baptism into the life of the church at Easter. Quite soon, however, it became and it continues to be a time of self-examination, penitence and special devotion for all Christians as they prepare for the celebration of the Resurrection of Jesus.

Lent is more than just a season of fasting and abstinence; it is a positive opportunity for significant spiritual growth. The Orthodox theologian, Alexander Schmemmann, describes Lent as “the school of repentance which alone will make it possible to receive Easter not as mere permission to eat, to drink, and to relax, but indeed as the end of the ‘old’ in us, as our entrance into the ‘new’ life we have in Jesus.”

Lent, then, is rooted in an essential aspect of what it is to be a Christian: repentance, *metanoia* in Greek, turning one’s life around, putting off the old self and putting on of the new self, which is made real by the Resurrection of Jesus. It is an intensification of

that movement which should be the spiritual rhythm of our lives: a Spirit-empowered continuous turning away from sin and reorientation, through grace, toward our Father.

Lent, then, is a long walk with Jesus into the arms of the Father. We walk with Jesus into the wilderness where he was tempted, and with him beside us we engage in spiritual disciplines to resist temptation ourselves. We pray and proceed with Jesus on the way to Jerusalem and to his Cross on Good Friday, learning from him along the way the gift of his suffering and ours—all the while keeping an eye toward the Resurrection.

Again from Fr. Schmemmann, Lent is a time of “bright sadness.” *Sadness*, because we focus on the passion and death of Jesus and on the sins of us all which brought him to the Cross. And *bright*, for the promise of Lent is the glory and joy of the Lord’s Resurrection at Easter.

At Immanuel, we have accepted the mission to offer Refuge, Reconciliation, and Renewal through Jesus. We can only offer what we first receive, and the spiritual disciplines practiced during Lent create space in our lives to receive these gifts more fully.

In the pages that follow, each week offers a variety of ways to walk with Jesus. Read through these disciplines ahead of time, prayerfully decide which of these practices you will observe, then ask the Holy Spirit to fill you with his power and grace to remain faithful.

In this guide you will see references to the *Book of Common Prayer 2019 (BCP 2019)*. You can download a free copy of the liturgies from <http://bcp2019.anglicanchurch.net>, or purchase a hardcopy from the same site. You can also download “The Daily Office” app to your smartphone. (Be sure it’s the ACNA version, identified by the publisher “The Daily Office, LLC.”)

As you review these pages, you will also notice that each week a different fast is recommended. I encourage you to fast in this unique manner as a means for listening to Jesus in new ways.

I also strongly encourage you to practice “The Examen” several evenings each week. This has become among the most helpful prayer practices in my life. Guidance for how to use the examen follows this introduction, and I will give an extended teaching on this discipline

between the services on the first Sunday of Lent, March 9.

Finally, you will notice that each week “The Rite of Reconciliation” is recommended. You can find this liturgy on pages 223-224 of the *BCP 2019*. An extended teaching will be offered between the services on the fifth Sunday of Lent, April 6. This sacramental opportunity for confession and forgiveness is done with a priest. Contact Father Travis or Pastor Sallie to schedule time with them during Lent, or come on Holy Saturday to experience this grace-filled gift to the Church.

One final gift of using this guide is that it enables us to walk together with Jesus as a church family. In earlier times, Lent was a discipline taken on by an entire community, people supporting each other in engaging these “rhythms of grace.” This can become another experience of *koinonia* – a communing with each other and our Trinitarian God that results in transformation and joy (1 John 1:1-4).

May this Lent be a turning point in your life, turning from the other voices that disturb, distract, and tempt us, to walk with Jesus and listen to his voice.

The Examen

The examen, or examination of conscience, is one way we respond to Jesus' invitation to come and learn from him. It is a brief prayer to help you become aware of God's presence and movement throughout your day. Usually done for 15 to 20 minutes at the end of a day, the prayer was popularized by St. Ignatius Loyola in his classic text *The Spiritual Exercises*. Use these five steps to pray the examen every day, and you'll begin to notice and respond to God's presence more readily.

1. **Presence:** Remember that Jesus is with you, and that you're in the presence of God in a special way when you pray. Ask the Holy Spirit to guide your prayer.
2. **Gratitude:** Recall two or three things that happened today for which you are especially grateful. Savor them. Then thank our Father for these gifts.
3. **Review:** Review your day from start to finish, noticing where you experienced God's presence. Pay attention to moments where you were moved toward that which is life-giving, hopeful, attentive to others, or resonant with the character and goodness of Jesus. When did you love? When were you loved?

4. **Sorrow:** Now pay attention to where you were moved away from God toward self-centeredness, fear, shame, anxiety, or pride. You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness. If it's a grave sin, pray about seeking forgiveness from the person offended, or the rite of reconciliation.
5. **Grace:** Ask the Spirit to guide you into "hopeful resolutions" for the future. How do you want to live differently tomorrow? What is Jesus inviting you to receive, cultivate, do, or become? At the close of the prayer, ask for God's grace for the following day.

Over time, as you pray the examen, you'll notice God's presence in the moment, rather than just at the end of the day. Like Jesus, you'll grow in an ongoing, responsive sensitivity to the Holy Spirit and the Father's call in your heart—living life *with* God *for* the sake of others.

(Adapted from "The Examen," by Fr. James Martin, S.J.)

Our Lenten Walk with Jesus

ASH WEDNESDAY

March 5 – 8

Fast: One meal or the entire day

Your Father who sees in secret will reward you

Week I

March 9 – 15

Fast: Sweets & Treats

Learn from Jesus in temptation

Week II

March 16 – 22

Fast: Entertainment & Technology

Strive to enter the narrow door...today

Week III

March 23 – 29

Fast: Careless Talk & Profanity

Jesus prepares you for repentance

Week IV

March 30 – April 5

Fast: Unnecessary Spending

Come to your senses...and return to the Father

Week V

April 6 – 12

Fast: Coffee or Alcohol

Jesus—rejected or respected?

Holy Week

April 13 – 19

Fast: Food or Meals

The Passion of Jesus

ASH WEDNESDAY

March 5

Services at 12pm and 7pm

Matthew 6:1-6; 16-21

Lent begins with the imposition of ashes as a sign of our mortality and penitence for our sins. As we receive the ashes, we hear the words *Remember that you are dust, and to dust you shall return* (Genesis 3:19). The ashes are imposed in the form of a cross, pointing to our great hope in the grace of God through the Cross of Christ which grants us a sharing in the power of his Resurrection.

Traditionally, the church has fasted from all food on Ash Wednesday to remind us that our physical hunger for food points to our greater spiritual hunger for God. If you are unable to fast for the entire day, then consider fasting from lunch or dinner, or eating simple meals.

WEEK I

March 9 -15

Self-Examination & Repentance

- ❖ *The Examen*
- ❖ *The Rite of Reconciliation*

Prayer

- ❖ **House of Prayer: Praise & Prayer**
Tuesday, March 11, 7pm-8pm
- ❖ **Personal: Pray the Daily Office**
Family Prayer, pp. 67-74, BCP 2019
- ❖ **Corporate: Join us in person at Immanuel:**
Tues.-Fri., 8:30am-9am, Morning Prayer
Tues.-Fri., 12pm-12:15, Midday Prayer
Join us via Zoom
Thurs., 8am-8:30am, Morning Prayer
(<https://us06web.zoom.us/j/85934655171>)

Fasting

- ❖ **Sweets & Treats:** *This week, ask for the grace to deny yourself any type of sweets or dessert. This could mean a latte in the morning or chocolate in the evening. Notice what happens inside when you are denied something you've become accustomed to or something you really want — even something as inconsequential as dessert or candy. Come to Jesus with your hunger.*

Alms-Giving

- ❖ **Give:** *Contribute to the Life First Baby Bottle campaign, Immanuel's Backpacks for Kids, and the ACTS food pantry.*
- ❖ **Volunteer:** *Consider lending a hand to ACTS, the Hilda Barg Homeless Shelter, Life First, or a neighbor.*

Reading & Meditating on God's Holy Word

- ❖ **Learn from Jesus in Scripture:** *Read and meditate on Luke 4:1-13. In what ways are Jesus' temptations like your temptations? What do you learn from Jesus about how to respond?*
- ❖ **Learn from Jesus in Prayer:**
"The BCP in Daily Life"
Sunday 9:15am-10:15am, Classroom 4
Topic: Learning "The Examen"

WEEK II

March 16 - 22

Self-Examination & Repentance

- ❖ *The Examen*
- ❖ *The Rite of Reconciliation*

Prayer

- ❖ **House of Prayer:** *Learn to Pray – How to Hear God*
Tuesday, March 18, 7pm-8:30pm
- ❖ **Personal:** *Pray the Daily Office*
Family Prayer, pp. 67-74, BCP 2019
- ❖ **Corporate:** *Join us in person at Immanuel:*
Tues.-Fri., 8:30am-9am, Morning Prayer
Tues.-Fri., 12pm-12:15, Midday Prayer
Join us via Zoom
Thurs., 8am-8:30am, Morning Prayer
(<https://us06web.zoom.us/j/85934655171>)

Fasting

- ❖ **Entertainment & Technology:** *This week, ask for the grace to forego usual entertainments. Turn off the TV and Netflix, drive without the radio, put the podcasts aside. Log off Instagram, Facebook, X, and blogs. Try to check and respond only to necessary work emails. What does it feel like to increase the silence? Ask what silence does for you, and spend the time listening for Jesus' voice.*

Alms-Giving

- ❖ **Give:** *Contribute to the Life First Baby Bottle campaign, Immanuel's Backpacks for Kids, and the ACTS food pantry.*
- ❖ **Volunteer:** *Consider lending a hand to ACTS, the Hilda Barg Homeless Shelter, Life First, or a neighbor.*

Reading & Meditating on God's Holy Word

- ❖ **Learn from Jesus in Scripture:** *Read and meditate on Luke 13:31-35. What do you learn from Jesus about entering into his kingdom?*
- ❖ **Learn from Jesus in Prayer:**
"The BCP in Daily Life"
Sunday 9:15am-10:15am, Classroom 4
Topic: Praying the Daily Office (part 1)

WEEK III

March 23 - 29

Self-Examination & Repentance

- ❖ *The Examen*
- ❖ *The Rite of Reconciliation*

Prayer

- ❖ **House of Prayer:** *Prayer for Prodigals*
Tuesday, March 25, 7pm-8:30pm
- ❖ **Personal:** *Pray the Daily Office*
Family Prayer, pp. 67-74, BCP 2019
- ❖ **Corporate:** *Join us in person at Immanuel:*
Tues.-Fri., 8:30am-9am, Morning Prayer
Tues.-Fri., 12pm-12:15, Midday Prayer
Join us via Zoom
Thurs., 8am-8:30am, Morning Prayer
(<https://us06web.zoom.us/j/85934655171>)

Fasting

- ❖ **Careless Talk & Profanity:** *“If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless” (James 1.26). This week ask for grace to abstain from carelessness in your speech. How easy it is to repeat gossip, to delight in malicious talk, to speak out in anger and wound others with words, to take God’s name in vain. Notice how habitual this talk becomes and ask Jesus for his words of life.*

Alms-Giving

- ❖ ***Give:*** *Contribute to the Life First Baby Bottle campaign, Immanuel's Backpacks for Kids, and the ACTS food pantry.*
- ❖ ***Volunteer:*** *Consider lending a hand to ACTS, the Hilda Barg Homeless Shelter, Life First, or a neighbor.*

Reading & Meditating on God's Holy Word

- ❖ ***Learn from Jesus in Scripture:*** *Read and meditate on Luke 13:1-9. How is Jesus "fertilizing" your life, cultivating the opportunity to respond to him?*
- ❖ ***Learn from Jesus in Prayer:***
"The BCP in Daily Life"
Sunday 9:15am-10:15am, Classroom 4
Topic: Praying the Daily Office (part 2)

WEEK IV

March 30 – April 5

Self-Examination & Repentance

- ❖ *The Examen*
- ❖ *The Rite of Reconciliation*

Prayer

- ❖ **House of Prayer: Praise & Prayer**
Tuesday, April 1, 7pm-8:00pm
- ❖ **Personal: Pray the Daily Office**
Family Prayer, pp. 67-74, BCP 2019
- ❖ **Corporate: Join us in person at Immanuel:**
Tues.-Fri., 8:30am-9am, Morning Prayer
Tues.-Fri., 12pm-12:15, Midday Prayer
Join us via Zoom
Thurs., 8am-8:30am, Morning Prayer
(<https://us06web.zoom.us/j/85934655171>)

Fasting

- ❖ **Unnecessary Spending:** *This week, ask for grace to spend nothing on yourself except what is absolutely necessary. Buy no new clothes or gadgets, books or music. Resist the impulse buying that is so easy and instant on the Internet. Eat cheaply and save money. Practice living simply and consider giving away the money you save. Come to Jesus with your desires and receive from him.*

Alms-Giving

- ❖ ***Give:*** *Contribute to the Life First Baby Bottle campaign, Immanuel's Backpacks for Kids, and the ACTS food pantry.*
- ❖ ***Volunteer:*** *Consider lending a hand to ACTS, the Hilda Barg Homeless Shelter, Life First, or a neighbor.*

Reading & Meditating on God's Holy Word

- ❖ ***Learn from Jesus in Scripture:*** *Read and meditate on Luke 15:11-32. What do you learn from Jesus about your heart, and the heart of the Father?*
- ❖ ***Learn from Jesus in Prayer:***
"The BCP in Daily Life"
Sunday 9:15am-10:15am, Classroom 4
Topic: Rites of Healing, Ministry to the Dying

WEEK V

April 6 - 12

Self-Examination & Repentance

- ❖ *The Examen*
- ❖ *The Rite of Reconciliation*

Prayer

- ❖ **House of Prayer:** *Learn to Pray – Forgiveness*
Tuesday, April 8, 7pm-8:30pm
- ❖ **Personal:** *Pray the Daily Office*
Family Prayer, pp. 67-74, BCP 2019
- ❖ **Corporate:** *Join us in person at Immanuel:*
Tues.-Fri., 8:30am-9am, Morning Prayer
Tues.-Fri., 12pm-12:15, Midday Prayer
Join us via Zoom
Thurs., 8am-8:30am, Morning Prayer
(<https://us06web.zoom.us/j/85934655171>)

Fasting

- ❖ **Coffee or Alcohol:** *Choose either coffee or alcohol (or both) and ask for grace to abstain from drinking it this week. If neither is something you regularly enjoy, choose another “staple” in your diet. Pay attention to what happens when you thirst for something you routinely enjoy. When you have the desire for the thing from which you are abstaining, come to Jesus with your thirst and listen to him.*

Alms-Giving

- ❖ ***Give:*** *Contribute to the Life First Baby Bottle campaign, Immanuel's Backpacks for Kids, and the ACTS food pantry.*
- ❖ ***Volunteer:*** *Consider lending a hand to ACTS, the Hilda Barg Homeless Shelter, Life First, or a neighbor.*

Reading & Meditating on God's Holy Word

- ❖ ***Learn from Jesus in Scripture:*** *Read and meditate on Luke 20:9-19. What does Jesus want the religious leaders to understand? Why is this important for you?*
- ❖ ***Learn from Jesus in Prayer:***
"The BCP in Daily Life"
Sunday 9:15am-10:15am, Classroom 4
Topic: The Rite of Reconciliation (Confession)

Holy Week

April 13 - 19

Self-Examination & Repentance

- ❖ *The Examen*
- ❖ *The Rite of Reconciliation*

Prayer

- ❖ **House of Prayer: The Prayer Lab**
Tuesday, April 15, 7pm-8:30pm
- ❖ **Personal: Pray the Daily Office**
Family Prayer, pp. 67-74, BCP 2019
- ❖ **Corporate: Join us in person at Immanuel:**
Tues.-Fri., 8:30am-9am, Morning Prayer
Tues.-Fri., 12pm-12:15, Midday Prayer
Join us via Zoom
Thurs., 8am-8:30am, Morning Prayer
(<https://us06web.zoom.us/j/85934655171>)

Fasting

- ❖ **Food or Meals:** Pick a type of food (like meat or carbs or even all “solids”) and fast from it for the week, or pick a meal to skip entirely on a daily basis. If you skip meals, spend the time you would have spent preparing and eating food to pray, read the Bible or some spiritual classic, or serve others. Come to Jesus with your hunger and listen to him.

Alms-Giving

- ❖ ***Give:** Contribute to the Life First Baby Bottle campaign, Immanuel's Backpacks for Kids, and the ACTS food pantry.*
- ❖ ***Volunteer:** Consider lending a hand to ACTS, the Hilda Barg Homeless Shelter, Life First, or a neighbor.*

Reading & Meditating on God's Holy Word

- ❖ ***Learn from Jesus in Scripture:** Read and meditate on Luke 22-23. Ask the Holy Spirit to awaken your imagination to the reality of these final days in Jesus' life. Perhaps read a few verses each day:*
 - *Monday: The Passover, 22:1-23*
 - *Tuesday: The Disciples, 22:24-38*
 - *Wednesday: The Betrayal, 22:39-62*
 - *Thursday: The Trials, 22:63-23:25*
 - *Friday: The Crucifixion, 23:26-49*
 - *Saturday: The Burial, 23:50-56*

Holy Week Services

Palm Sunday – April 13

- ❖ *Procession of Palms at 8am & 10:30am*

Maundy Thursday – April 17

- ❖ *Footwashing & Stripping of the Altar at 7pm*

Good Friday – April 18

- ❖ *Stations of the Cross at 12pm*
- ❖ *Good Friday Liturgy at 7pm*

Holy Saturday – April 19

- ❖ *Holy Saturday Liturgy at 9am*
- ❖ *Rite of Reconciliation available 9:30am-12pm*

Easter Day

Easter Sunrise Service – April 20

- ❖ *Outdoor service at Immanuel at 7am*

Easter Celebration Service – April 20

- ❖ *Celebration at 10:30am*
- ❖ *Extra parking & shuttles at Coles Elementary*

*This guide is gratefully adapted from
“The Shape of Lent,” by the Rev. Sammy Wood,
priest and friend who deepened my understanding of grace.*



IMMANUEL

ANGLICAN CHURCH

God with us for the sake of others

Our Mission

We cultivate a Spirit-filled family that goes into our communities and the world to offer Refuge, Reconciliation, and Renewal, inviting everyone to experience life with God the Father in Jesus Christ.