

**Maunday Thursday– Psalm Prayer (Psalm 116:1-2, 12-19)** follow instructions from previous days.

Maunday Thursday passes with Jesus into the darkness of his last night with his disciples preceding his arrest. The Passover Feast, the Foot Washing, Judas' Betrayal, and Peter's Denial are all focal points of this day. As best we are able, we want to identify with these events within the parallel context of our own lives. Read the text with imaginative liberty to help you make connections with your own life. **(John 13:1-17, 31b-35)** Write out your reflections in the form of a letter to a friend in your journal.

Maunday Thursday also features the institution of the Lord's Supper (see reading from your book mark **1 Cor. 11: 23-26**). You may wish to reflect on this or attend a service this evening with a Church body that observes this ordinance in memory of Christ.

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**Good Friday– Psalm Prayer (Psalm 22)** follow the instructions from previous days.

**Gospel Reflection (John 18—19:42)** Again, we wish to read or text with aid of imagination, best we are able, to put ourselves in the scene. Good Friday enters into the betrayal, arrest, trial, torture, crucifixion, and burial of Jesus. Engage the reading as deeply as you are able. Allow your emotions and reflections to spill out onto paper in your journal. Additional suggestions for entering this Holy Day follow:

- ◆ Choose to fast from Thursday night to Saturday morning. Allow the ache of your hunger to bind you to a portion of the suffering of Christ.
- ◆ Attend a Good Friday service, participate in the teaching and rites that might be administered in that service.
- ◆ Attempt a deep reflection in silence and solitude gazing upon a cross for at least an hour (journal your thoughts).

## 2017 Weekly Lenten Devotional Guide



### Sixth Week of Lent-Holy Week (April 09-14, 2017)

#### Suggestions for your devotional weeks:

- ◆ Set aside a minimum of 30 minutes to work the reflection exercise.
- ◆ Purchase a small composition notebook to work in and journal your thoughts and prayers.
- ◆ Consider joining a group or starting a small group to work through the devotional exercises together in community.



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**Prayer for the week:** You may wish to begin and end your devotional time with this prayer.

*Almighty and everliving God, in your tender love for the human race you sent your Son our Savior 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.*

### **Instructions for our Meditations for Holy Week:**

The week following Palm Sunday is observed as “Holy Week” in the Church. Your bookmarks have a number of prescribed readings, but for our purposes we will focus on a prayer of the Psalms and a meditation from the Gospel text (John). Each day our instruction will be the same. **Read slowly through the Psalm text. Take notice of any phrase or word that seems to grab your attention. Reflect on that word or phrase for a moment in silence. Complete your Psalm reading with a written response in prayer to God based upon your meditation.**

Following the Psalm prayer exercise, we move to our Gospel reading from John. We will read these passages with the use of our imagination. During this week we will “pretend” as though we are one of the disciples with Jesus during this last week in Jerusalem, and experience this with them. Feel empowered to let your imagination be free, the text will keep us safe from most simple contextual errors. At the end of each reading journal your thoughts as if you are writing a letter to a loved one back home and you are reporting these events as they happen from your perspective. End each letter with a prayer to God the Father, the Son, and the Holy Spirit thanking Him for insight and application for your life.

**Monday– Psalm Prayer (Psalm 36:5-11)** remember to read slowly, “listening” for words or phrases that grab your attention. Respond to God in a written prayer back to Him based on your reading.

**The Gospel Text (John 12:1-11)** — Imaginative reading exercise. Read through the text in its entirety one time in order to familiarize yourself with the characters involved, the scene location, and the major plot of the account. Determine “whose eyes” you want to view this account through (the woman, one of the disciples, Lazarus, etc.). Read again, this time as though you are “that” person, seeing the account play out through their perspective. Take notice (make notes) of things you might not have known from previous reading. At the completion of your reading exercise, write out any final observations and then write in your journal “a letter” to a friend how you would report this event and what you thought about it and/or learned from it.

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**Tuesday– Psalm Prayer (Psalm 71:1-14)** follow the same instructions as given above for your Psalm reading.

**The Gospel Text (John 12:20-36)** — Imaginative reading exercise Follow the instructions provided from yesterday’s exercise. You will notice the characters, scene, and plot or dramatically different from yesterday's reading. This is okay. It will likely produce different insight than yesterday. Follow the instructions and trust how God will lead you through your reading and writing.

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**Wednesday– Psalm Prayer (Psalm 70)** follow the directions from Mon.-Tues.

**The Gospel Text (John 13:21-32)** Imaginative reading exercise. Follow the instructions from the previous two days.