

Lent 2023

READING THE GOSPEL OF MATTHEW

Lent is the period of 40 days, excluding Sundays, which begins on Ash Wednesday and concludes with Easter. Sundays are not included as days in Lent because they are celebrations of the Resurrection. Because of this, they are traditionally seen as "Feast" days during Lent.

The Lenten season reflects the 40 days Jesus spent in prayer and fasting in the desert prior to the start of his public ministry. Often people choose to give something up for Lent, as a simple way of saying 'no' to something, just as we do when we resist temptation - an important theme of the season. Additionally, an experience of want, however temporary, can also help us to appreciate the true abundance in our lives.

As a church family we have traditionally read through one of the Gospels together each year. This year we will be reading the Gospel of Matthew. On the back side of this card is a reading plan for each day of this season. Below is some guidance for how best to engage each day:



Set a time and place where you will do your daily reading.



Place your Bible some place visible as a reminder. For morning readers, perhaps put it in front of your coffeepot. If you are a night reader, place it on your pillow in the morning, so it is waiting for you when you go to bed.



Don't worry if you miss a day. Pick it up when you have time or perhaps on a Sunday. Many people allow catching up to be an obstacle to getting back on track.



Engage with the text of the day through journaling. It doesn't have to be a certain length. It may be useful to use the reflection method on the back of this card.

Read each passage carefully, looking for three things:



A light bulb; anything that shines out in the passage and draws attention; it can be something important, or something that particularly strikes you.



A question mark; anything that is hard to understand; something that you as a reader would like to ask the author about.



An arrow; anything that applies personally to your life.

MATTHEW IN 40 DAYS

Follow this schedule from Ash Wednesday until Easter and you will read the Gospel of Matthew. On Sundays, reread text that tugged at you or read the Psalm(s) suggested for that week.

- | | | |
|--|---|---|
| <input type="checkbox"/> Ash Wed: Matt 1-2 | <input type="checkbox"/> Thurs: Matt 12:1-21 | <input type="checkbox"/> Fri: Matt 22 |
| <input type="checkbox"/> Thurs: Matt 3 | <input type="checkbox"/> Fri: Matt 12:22-50 | <input type="checkbox"/> Sat: Matt 23 |
| <input type="checkbox"/> Fri: Matt 4:1-11 | <input type="checkbox"/> Sat: Matt 13 | |
| <input type="checkbox"/> Sat: Matt 4:12-25 | | <input type="checkbox"/> Sun: Psalm 130 |
| | <input type="checkbox"/> Sun: Psalm 95 | <input type="checkbox"/> Mon: Matt 24:1-28 |
| <input type="checkbox"/> Sun: Psalm 32 | <input type="checkbox"/> Mon: Matt 14 | <input type="checkbox"/> Tues: Matt 24:29-51 |
| <input type="checkbox"/> Mon: Matt 5 | <input type="checkbox"/> Tues: Matt 15:1-20 | <input type="checkbox"/> Wed: Matt 25:1-30 |
| <input type="checkbox"/> Tues: Matt 6 | <input type="checkbox"/> Wed: Matt 15:21-39 | <input type="checkbox"/> Thurs: Matt 25:31-46 |
| <input type="checkbox"/> Wed: Matt 7 | <input type="checkbox"/> Thurs: Matt 16 | <input type="checkbox"/> Fri: Matt 26:1-16 |
| <input type="checkbox"/> Thurs: Matt 8 | <input type="checkbox"/> Fri: Matt 17 | <input type="checkbox"/> Sat: Matt 26:17-35 |
| <input type="checkbox"/> Fri: Matt 9:1-17 | <input type="checkbox"/> Sat: Matt 18 | |
| <input type="checkbox"/> Sat: Matt 9:18-38 | | <input type="checkbox"/> Sun: Psalm 31 |
| | <input type="checkbox"/> Sun: Psalm 23 | <input type="checkbox"/> Mon: Matt 26:36-56 |
| <input type="checkbox"/> Sun: Psalms 121 | <input type="checkbox"/> Mon: Matt 19 | <input type="checkbox"/> Tues: Matt 26:57-75 |
| <input type="checkbox"/> Mon: Matt 10:1-15 | <input type="checkbox"/> Tues: Matt 20 | <input type="checkbox"/> Wed: Matt 27:1-31 |
| <input type="checkbox"/> Tues: Matt 10:16-42 | <input type="checkbox"/> Wed: Matt 21:1-22 | <input type="checkbox"/> Thurs: Matt 27:32-66 |
| <input type="checkbox"/> Wed: Matt 11 | <input type="checkbox"/> Thurs: Matt 21:23-46 | <input type="checkbox"/> Fri: Matt 28:1-10 |
| | | <input type="checkbox"/> Sat: Matt 28:11-20 |