



Preparing for Easter

2021 Guide for Lent



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This content was derived from a Lent guide produced by a fellow Harbor Network church (formerly Sojourn Network), Soma Midtown in Indiana.

introduction

COMMUNITY RULE OF LIFE

A “rule of life” is a set of Spirit-empowered practices that help disciples abide in Jesus more deeply (John 15). During this season of Lent, we want to collectively commit ourselves to these core practices. Our goal is to experience a deeper sense of unity, joy, and flourishing with Jesus. The suggested readings are not a list to be crossed off. Rather, they are an offered structure that invites you to start where you are, and do what you can. We encourage you to invite a group of trusted friends to journey with you.

HOW TO USE THIS GUIDE

developing a daily rhythm

Begin each day with 10-15 minutes of prayerful, reflective Scripture reading. Contemplative reading orients the focus to presence rather than text mastery. We read Scripture as an opportunity to be with God, hear His voice, and enjoy communion and transformation. If you are new to contemplative reading, we have included an example on the next page.

reading tip

As you move through the reading plan, we encourage you to read at least one of the suggested Psalms and on Fridays pre-read the upcoming Sunday’s 1 Samuel Scripture focus.

viewing tip

For background, we suggest viewing The Bible Project video “Overview: Psalms.” When you start Easter week, you may also be edified by watching The Bible Project videos “The Crucifixion of Jesus” and “The Resurrection of Jesus.” These videos can be accessed on YouTube or at <https://bibleproject.com>.

developing a daily rhythm

SILENCE

Begin your time with two minutes of stillness to “be with God.” Breathe in and exhale deeply with both feet on the floor. Center your thoughts on Jesus by repeating a short phrase like “Come Holy Spirit,” “Here I am,” or simply, “Jesus.”

SCRIPTURE

Slowly read through the text noting any words that jump out at you. Prayerfully ask God to speak to you by the Holy Spirit.

SELF-EXAMINATION

Ask God to search you. Examine what you are thinking, feeling, desiring, or avoiding in response to the text. What is the text saying about God, you, and others? How do you need to respond in trust, surrender, and obedience?

SUPPLICATION

Write or speak a short prayer of response. Close with the Lord’s Prayer. (Matthew 6:9-13)

invitations for weekly rhythms

Fasting

Every Wednesday during lunch, we invite those who are able to fast to use that time to pray alone and/or with others.

Sabbath

Sabbath is a time to rest, practice gratitude, and delight in God's presence. We invite everyone to designate a block of time to set aside work and technology in order to focus on your relationship with God and others. Typically, Sabbath is practiced from sundown on Friday to sundown on Saturday. We encourage you to pursue a 24-hour period of time to experience this deep rest.

To learn more about the why, what and how of these historic Christian practices, check out these resources:

On the Sabbath– Listen to this sermon by Pastor Andrew entitled “Resurrection Rest | Mark 2:23-28” | <https://hallowschurch.org/sermons/mark-223-28-resurrection-rest>

On prayer and fasting– Take a look at this blog from our Hallows archive entitled “Pray, Fast and Respond.” | <https://hallowschurch.org/2014-1-12-pray-fast-respond>

On a healthy approach and attitude towards spiritual disciplines– Read this blog entitled “Spiritual Disciplines: Seeking God's Grace or Responding to It”
<https://hallowschurch.org/2014-1-12-spiritual-disciplines-seeking-gods-grace-or-responding-to-it>



READING SCHEDULE

<i>Date</i>	<i>Psalm</i>	<i>Prep for Sunday & Additional Resources</i>
Wednesday, Feb. 17	119:1-48	Bible Project Video: Overview of Psalms https://bibleproject.com/explore/video/psalms/
Thursday, Feb. 18	119:49-88	
Friday, Feb. 19	119:89-128	1 Samuel 7:2-17
Saturday, Feb. 20	Rest	
Sunday, Feb. 21	Rest	
Monday, Feb. 22	122-126	
Tuesday, Feb. 23	127-131	
Wednesday, Feb. 24	132-135	
Thursday, Feb. 25	136-138	
Friday, Feb. 26	139, 141, 142	1 Samuel 8:1-22
Saturday, Feb. 27	Rest	
Sunday, Feb. 28	Rest	
Monday, Mar. 1	146-147	
Tuesday, Mar. 2	148-150	
Wednesday, Mar. 3	1-4	
Thursday, Mar. 4	5-7	
Friday, Mar. 5	9-10	1 Samuel 9:1-25
Saturday, Mar. 6	Rest	
Sunday, Mar. 7	Rest	

<i>Date</i>	<i>Psalm</i>	<i>Prep for Sunday & Additional Resources</i>
Monday, Mar. 8	18	
Tuesday, Mar. 9	20-22	
Wednesday, Mar. 10	19, 23, 25	
Thursday, Mar. 11	24, 26, 27	
Friday, Mar. 12	28, 29, 31	1 Samuel 9:26 - 10:16
Saturday, Mar. 13	Rest	
Saturday, Mar. 14	Rest	
Monday, Mar. 15	36, 38	
Tuesday, Mar. 16	37	
Wednesday, Mar. 17	39-41	
Thursday, Mar. 18	42-44	
Friday, Mar. 19	45-46	1 Samuel 10:17-27
Saturday, Mar. 20	Rest	
Sunday, Mar. 21	Rest	
Monday, Mar. 22	52-55	
Tuesday, Mar. 23	56-58, 60	
Wednesday, Mar. 24	59, 63, 64	
Thursday, Mar. 25	113, 131-132, 138	
Friday, Mar. 26	61, 62, 65, 67	1 Samuel 11:1-15
Saturday, Mar. 27	Rest	
Sunday, Mar. 28	Rest	
Monday, Mar. 29	66, 70, 72	Bible Project Video: Crucifixion of Jesus https://bibleproject.com/explore/video/gospel-luke-4/
Tuesday, Mar. 30	71, 73	
Wednesday, Mar. 31	74, 77	
Thursday, Apr. 1	41, 142, 143	John 13:1-38
Friday, Apr. 2	40, 102	Luke 23: 18-49 1 Samuel 12:1-25
Saturday, Apr. 3	88, 91	Luke 23:50-56
Sunday, Apr. 4	111, 113-114, 118	Luke 24:13-43 Bible Project Video: Resurrection of Jesus https://bibleproject.com/explore/video/gospel-luke-5/