



**Personal Scripture Reading  
for the Season of  
Lent 2023**

40 Days	<b>February</b>		
1	22 – Exodus 3 ( <i>Ash Wed</i> )	22	18 – Exodus 20
2	23 – Psalm 17		19 – <i>Sunday Worship</i>
3	24 – Exodus 11	23	20 – Joshua 1
4	25 – Psalm 46	24	21 – Acts 8
	26 – <i>Sunday Worship</i>	25	22 – Psalm 27
5	27 – Exodus 12:1-27	26	23 – Acts 11
6	28 – Psalm 81	27	24 – Psalm 34
	<b>March</b>	28	25 – John 1:1-18
7	1 – Exodus 12:28-51		26 – <i>Sunday Worship</i>
8	2 – Isaiah 53	29	27 – John 1:19-34
9	3 – Hebrews 1	30	28 – John 1:35-51
10	4 – 1 Thessalonians 1	31	29 – Luke 19:28-48
	5 – <i>Sunday Worship</i>	32	30 – Luke 20:1-18
11	6 – Hebrews 3	33	31 – Luke 20:19-40
12	7 – 1 Thessalonians 2		<b>April</b>
13	8 – Hebrews 6	34	1 – Luke 21:1-28
14	9 – 1 Thessalonians 3		2 – <i>Palm Sunday</i>
15	10 – Hebrews 9	35	3 – Luke 21:29-38
16	11 – 1 Thessalonians 4	36	4 – Luke 22:1-20
	12 – <i>Sunday Worship</i>	37	5 – Luke 22:21-38
17	13 – Hebrews 11	38	6 – Luke 22:39-53
18	14 – 1 Thessalonians 5	39	7 – Luke 23:26-49
19	15 – Acts 1	40	8 – John 20:1-18
20	16 – 2 Thessalonians 1-2		9 – <i>Easter Sunday</i>
21	17 – Acts 2		



**Ash Wednesday  
February 22, 2023  
to  
Easter Sunday  
April 9, 2023**



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# MY LENTEN FAST

Ash Wednesday, Feb 22

to Easter Sunday, April 9

*Isaiah 58:6-8 (cf: Matthew 25:31-46)*

*"Is not this the kind of fasting I have chosen..."*

LENT is the 40-day period between Ash Wednesday and Easter Sunday (not counting Sundays)

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Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our faith.

In our busy world, Lent provides us with an

opportunity to deflect from our habits, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need.

Initially, the word "Lent" simply meant spring, but became associated with the fast in the late Middle Ages as Catholic sermons were spoken in vernacular instead of Latin. The 40-day period is symbolic of the 40 days spent by Moses and Elias in the wilderness; the Jews wandered 40 years traveling to the Promised Land. Jonah in his prophecy of judgment gave the city of Nineveh 40 days' grace in which to

repent. Jesus retreated into the wilderness and fasted for 40 days of temptation to prepare for his ministry.

So, by observing Lent, many Christians join Jesus on His retreat. When we think of fasting, we normally think of food, but we can fast other things that distract or take us away from our Saviour on a regular basis, including unwanted habits.

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## CONSIDER FASTING:

Food (meat, pop, sweets)	Alcohol
Television	Smoking
Technology (Facebook, social media)	Judging Others
Discouragement	Complaining
Resentment/Bitterness	Overspending

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*FOR THIS LENTEN SEASON,  
I COMMIT AND CHOOSE TO FAST FROM:*

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*Grant, Almighty God, through the observances of Holy Lent, that I may grow in understanding of the riches hidden in Christ and by worthy conduct pursue Him. You who breathed the spirit of life within me, draw out of me the light and life you created. Help me to use my life to reflect your glory and to serve others as your son Jesus did.*

*In the name of Lord and Savior,*

*Jesus Christ,*

*AMEN!*