



THE HOLY DAYS

BE MADE  
NEW

A DISCIPLINE FOR  
THE FORTY DAYS OF LENT

*Be Made New* is a discipline for the forty days of Lent. Text written by Reverend David Allison, Joy Allison, and Anna Frederick. Published on The Holy Days blog, February 2021.

<http://www.theholydaysblog.com>

Based on text by Morris, Danny E. *A Life that Really Matters*. Nashville: Discipleship Resources, (not dated).

Scripture readings are taken from the Consultation on Common Texts. Revised Common Lectionary Daily Readings. Minneapolis: Fortress Press, 2005.

<https://lectionary.library.vanderbilt.edu/daily.php?year=B>

The Scriptures in the text are from the Complete Jewish Bible, Dr. David H. Stern, Jewish New Testament Publications, Inc. 1998.

Prayers provided taken from Episcopal Church. *The Book Of Common Prayer and Administration of the Sacraments and Other Rites and Ceremonies of the Church: Together with the Psalter or Psalms of David According to the Use of the Episcopal Church*. New York: Seabury Press, 1979.



# About the Discipline

Lent is a forty-day season of the church year characterized by repentance, prayer and fasting, and meditating on scripture. The season mirrors the forty days Jesus fasted in the desert before beginning his ministry, and may have been observed since as early as 300 A.D.

We see many examples in the Bible of forty-day fasts and seasons, from the forty days and nights of flood waters on the earth in Noah's day, to the forty years the Israelites spent in the desert, to the forty days Moses was on Mount Sinai with God. We can think of forty as a wilderness, a waiting — like the forty weeks' gestation before a child is born. In Hebrew thought, forty represents a *mikveh*, a baptism, which purifies and makes new, just like a newborn baby bursts forth from the bag of waters into a new life.

During Lent, we take these forty days to ask God to make us new, to prepare our hearts for the season called "Holy Week" when we remember Christ's sacrifice and celebrate his resurrection. We follow disciplines like fasting to remove the "noise" of life and take our hearts deeper into relationship with God. It's a "good wilderness," where the desert is a quiet retreat to be alone with God. Where we can hear his voice and come away changed.

As with any discipline, let the Holy Spirit guide you and let your mindset be right. Lent is not the time to fast for personal gain (or weight loss). We are not bound by law, and the "works" performed are not the key to holiness or salvation. God has done all the work needed to redeem us. Once we come to a place of humility to accept his grace, there is value in stripping away the vestures of life to seek him more deeply. The greatest treasure in the world is peace with God, peace found in the quiet places when we have laid aside our body's desires and are listening to his voice. So prepare your heart to hear his voice, and seek his joy in the actions performed during the season of Lent.

*"Sh'mu'el said, "Does Adonai take as much pleasure in burnt offerings and sacrifices as in obeying what Adonai says? Surely obeying is better than sacrifice, and heeding orders than the fat of rams." 1 Samuel 15:22 CJB*

# The Format

This discipline begins the Thursday after Ash Wednesday. For each of the six weeks during Lent, leading up to Holy Week and culminating in Easter, we have four goals for you to work toward during the week:

- Acts of compassion, justice, worship and devotion (described below).
- Reading the selected Scriptures each day, and using the provided prayers for inspiration as you spend time in daily prayer.
- Journaling each week how you found ways to show compassion, justice, worship and devotion. You can use the cross pages to journal in each quadrant for the week.
- Fasting by giving up at least one thing which takes too much time, attention, focus, affection, or money. Traditionally, Friday is a fast day from food during Lent. You might choose to eat simply (broth and toast, for example) or to abstain from food until the evening Sabbath meal. Or you may choose to fast from something else.

Perhaps your spouse or a friend would like to follow the discipline with you, to provide accountability and encouragement as you both go through it! It is also possible to complete this discipline alone.

**Acts of compassion** are things done in private to show Christ's love to others in compassionate ways. They are thought out, planned, and carried out in private, completely unselfish with no personal benefit (either direct or indirect). Here are some ideas to get you started:

- Taking a meal to someone who is sick or has a new baby
- Sending a text or note of encouragement
- Giving small gifts to cashiers, mail carriers or others you come in contact with
- Sending a note to a child who may enjoy getting mail
- Doing an act of service for an elderly or sick person.

*"Suppose a brother or sister is without clothes and daily food, and someone says to him, "Shalom! Keep warm and eat hearty!" without giving him what he needs, what good does it do? Thus, faith by itself, unaccompanied by actions, is dead." James 2:15-17 CJB*

**Acts of justice** are things done with others, publicly, as a part of the body of Christ, to extend Christ's kingdom, release people from bondage. They involve food ministries, help ministries, soup kitchens, clothing ministries, disaster response, and other causes that alleviate suffering.

*"The Spirit of Adonai is upon me; therefore he has anointed me to announce Good News to the poor; he has sent me to proclaim freedom for the imprisoned and renewed sight for the blind, to release those who have been crushed, to proclaim a year of the favor of Adonai."*

*Luke 4:18-19 CJB*

**Acts of worship** are things done with others, publicly, to honor Jesus Christ as the Lord and Savior of my life. They include gathering with other believers to worship and pray, encourage one another and break bread together ("Holy Communion"). This doesn't have to be pre-organized! You can invite people into your home or visit someone to do this any day, not just Sunday. On [www.theholysabbath.com](http://www.theholysabbath.com), we describe a simple Sabbath liturgy for Friday nights that is perfect for inviting people in to share the joy of a relationship with Jesus.

*"The Lord Yeshua, on the night he was betrayed, took bread; and after he had made the b'rakhah [blessing] he broke it and said, "This is my body, which is for you. Do this as a memorial to me"; likewise also the cup after the meal, saying, "This cup is the New Covenant effected by my blood; do this, as often as you drink it, as a memorial to me."*

*1 Corinthians 11:23b-25 CJB*

**Acts of devotion** are things done privately to grow closer to God in your relationship with him. They include prayer, Bible reading and study, fasting, and reading spiritual books. Daily prayers will include the collect of the week, the Wesley Covenant Prayer (adapted by John Wesley for "renewal of commitment" to the Christian walk), and the Lord's Prayer. Orders for prayer and devotion for morning, evening, and night are provided beginning on page 21. Bible readings will include the appointed Scripture texts for each day from the Revised Common Lectionary.

*"But you, when you pray, go into your room, close the door, and pray to your Father in secret. Your Father, who sees what is done in secret, will reward you." Matthew 6:6 CJB*

# Week One

*Daily Psalm:* Psalm 25:1-10

*Thursday*

Daniel 9:1-14

1 John 1:3-10

*Saturday*

Psalm 32

Matthew 9:2-13

*Friday*

Daniel 9:15-25a

2 Timothy 4:1-5

*The First Sunday in Lent*

Genesis 9:8-17

Psalm 25:1-10

1 Peter 3:18-22

Mark 1:9-15

*Daily Psalm:* Psalm 77

*Monday*

Job 4:1-21

Ephesians 2:1-10

*Wednesday*

Proverbs 30:1-9

Matthew 4:1-11

*Tuesday*

Job 5:8-27

1 Peter 3:8-18a

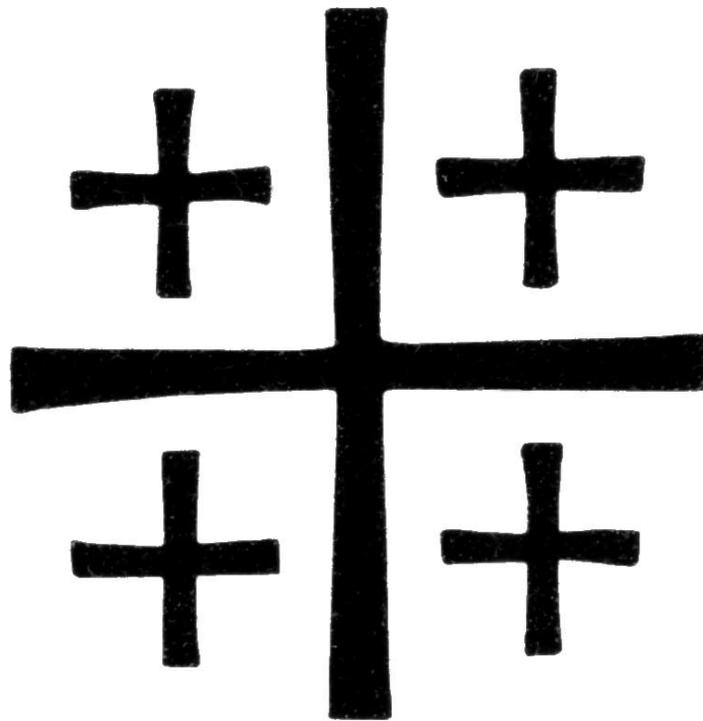
*Collect for the First Sunday in Lent*

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

# Week One

*Acts of Worship*

*Acts of Devotion*



*Acts of Justice*

*Acts of Compassion*

## Week Two

*Daily Psalm:* Psalm 22:23-31

*Thursday*

Genesis 15:1-6  
Romans 3:21-31

*Saturday*

Genesis 16:7-15  
Mark 8:27-30

*Friday*

Genesis 16:1-6  
Romans 4:1-12

*The Second Sunday in Lent*

Genesis 17:1-7, 15-16  
Psalm 22:23-31  
Romans 4:13-25  
Mark 8:31-38

*Daily Psalm:* Psalm 105:1-11, 37-45

*Monday*

Genesis 21:1-7  
Hebrews 1:8-12

*Wednesday*

Jeremiah 30:12-22  
John 12:36-43

*Tuesday*

Genesis 22:1-19  
Hebrews 11:1-3, 13-19

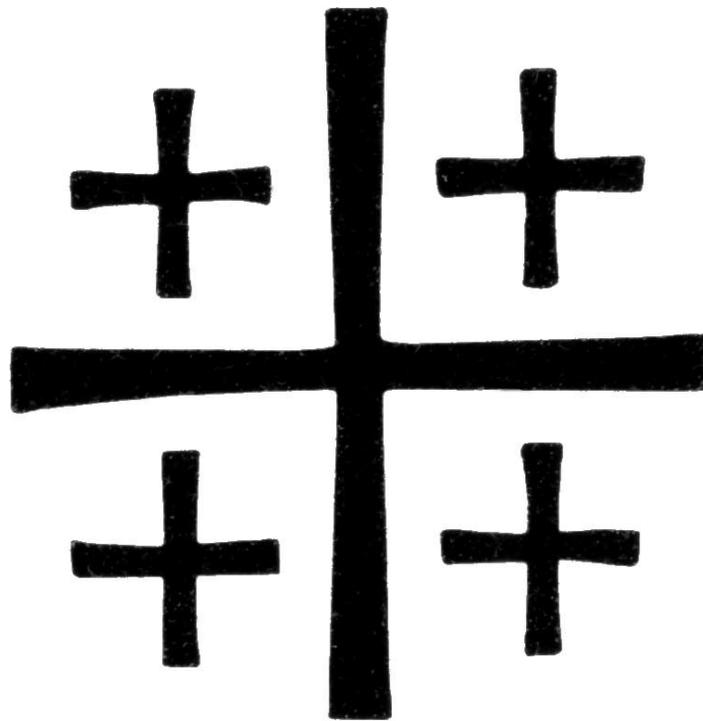
*Collect for the Second Sunday in Lent*

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

# Week Two

*Acts of Worship*

*Acts of Devotion*



*Acts of Justice*

*Acts of Compassion*

## Week Three

*Daily Psalm: Psalm 19*

*Thursday*

Exodus 19:1-9a

1 Peter 2:4-10

*Saturday*

Exodus 19:16-25

Mark 9:2-8

*Friday*

Exodus 19:9b-15

Acts 7:30-40

*The Third Sunday in Lent*

Exodus 20:1-17

Psalm 19

1 Corinthians 1:18-25

John 2:13-22

*Daily Psalm: Psalm 84*

*Monday*

1 Kings 6:1-4, 21-22

1 Corinthians 3:10-23

*Wednesday*

Ezra 6:1-16

Mark 11:15-19

*Tuesday*

2 Chronicles 29:1-11, 16-19

Hebrews 9:23-28

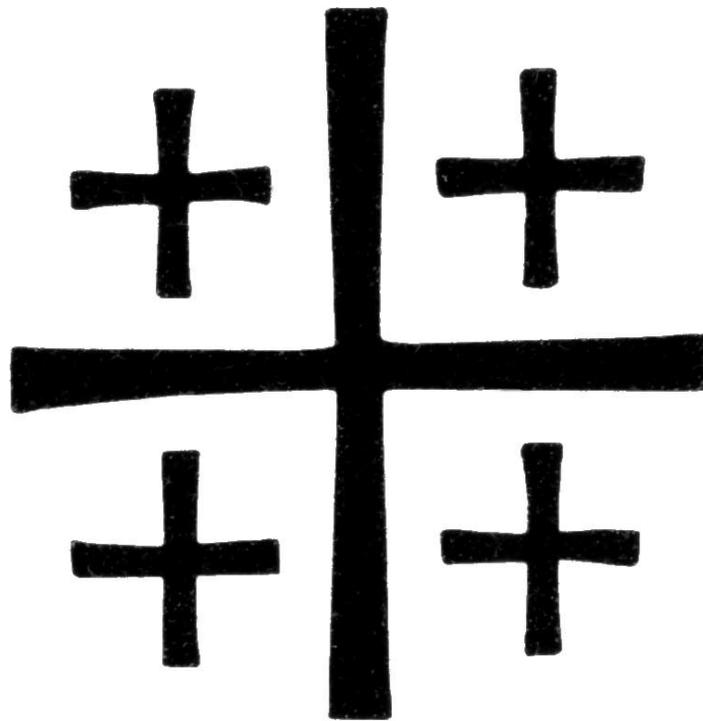
*Collect for the Third Sunday in Lent*

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# Week Three

*Acts of Worship*

*Acts of Devotion*



*Acts of Justice*

*Acts of Compassion*

## Week Four

*Daily Psalm:* Psalm 107:1-3, 17:22

*Thursday*

Genesis 9:8-17

Ephesians 1:3-6

*Saturday*

Numbers 20:22-29

John 3:1-13

*Friday*

Daniel 12:5-13

Ephesians 1:7-14

*The Fourth Sunday in Lent*

Numbers 21:4-9

Psalm 107:1-3, 17-22

Ephesians 2:1-10

John 3:14-21

*Daily Psalm:* Psalm 107:1-16

*Monday*

Exodus 15:22-27

Hebrews 3:1-6

*Wednesday*

Isaiah 60:15-22

John 8:12-20

*Tuesday*

Numbers 20:1-13

1 Corinthians 10:6-13

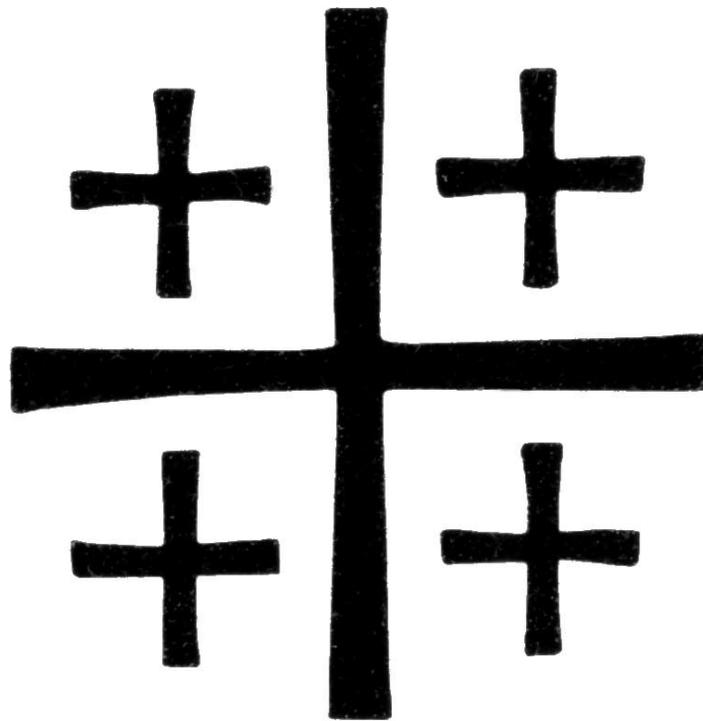
*Collect for the Fourth Sunday in Lent*

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

# Week Four

*Acts of Worship*

*Acts of Devotion*



*Acts of Justice*

*Acts of Compassion*

## Week Five

*Daily Psalm:* Psalm 51:1-12

*Thursday*

Isaiah 30:15-18

Hebrews 4:1-13

*Saturday*

Habakkuk 3:2-13

John 12:1-11

*Friday*

Exodus 30:1-10

Hebrews 4:14-5:4

*The Fifth Sunday in Lent*

Jeremiah 31:31-34

Psalm 51:1-12

Hebrews 5:5-10

John 12:20-33

*Daily Psalm:* Psalm 119:9-16

*Monday*

Isaiah 43:8-13

2 Corinthians 3:4-11

*Wednesday*

Haggai 2:1-9

John 12:34-50

*Tuesday*

Isaiah 44:1-8

Acts 2:14-24

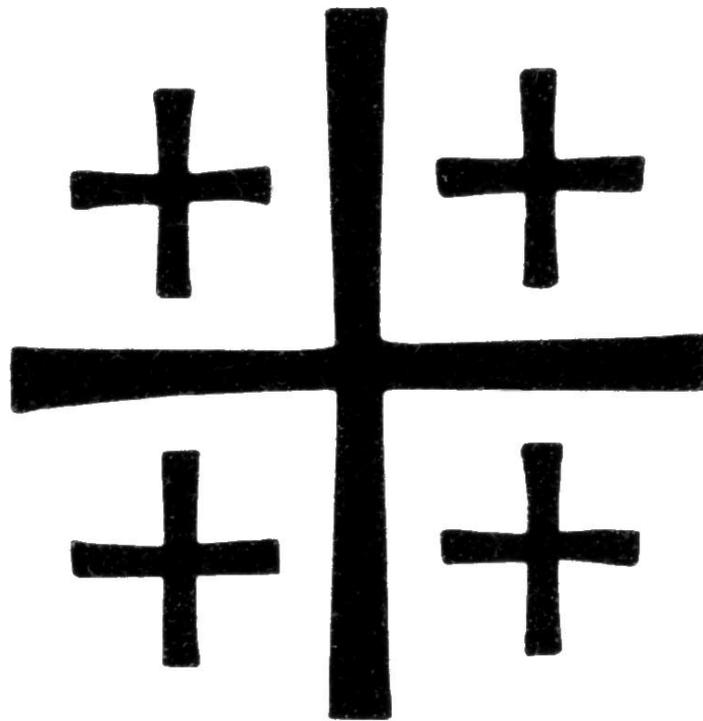
*Collect for the Fifth Sunday in Lent*

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

# Week Five

*Acts of Worship*

*Acts of Devotion*



*Acts of Justice*

*Acts of Compassion*

## Week Six

*Daily Psalm:* Psalm 118:1-2, 19-29

*Thursday*

Deuteronomy 16:1-8

Philippians 2:1-11

*Saturday*

Jeremiah 33:10-16

Mark 10:32-34, 46-52

*Friday*

Jeremiah 33:1-9

Philippians 2:12-18

*Palm Sunday*

*Liturgy of the Palms*

Psalm 118:1-2, 19-29

Mark 11:1-11

*Liturgy of the Passion*

Isaiah 50:4-9a

Psalm 31:9-16

Philippians 2:5-11

Mark 14:1-15:47

*Collect for Palm Sunday*

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.

# Holy Week

## *Monday in Holy Week*

Isaiah 42:1-9

Psalm 36:5-11

Hebrews 9:11-15

John 12:1-11

### *Collect for Monday in Holy Week*

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## *Tuesday in Holy Week*

Isaiah 49:1-7

Psalm 71:1-14

1 Corinthians 1:18-31

John 12:20-36

### *Collect for Tuesday in Holy Week*

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*Wednesday in Holy Week*

Isaiah 50:4-9a

Psalm 70

Hebrews 12:1-3

John 13:21-32

*Collect for Wednesday in Holy Week*

Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*Maundy Thursday*

Exodus 12:1-14

Psalm 116:1, 2, 12-19

1 Corinthians 11:23-26

John 13:1-17, 31b-35

*Collect for Maundy Thursday*

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*Good Friday*

Isaiah 52:13—53:12

Psalm 22

Hebrews 10:16-25

John 18:1—19:42

*Collect for Good Friday*

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*Holy Saturday*

Job 14:1-14

Psalm 31:1-4, 15-16

1 Peter 4:1-8

Matthew 27:57-66

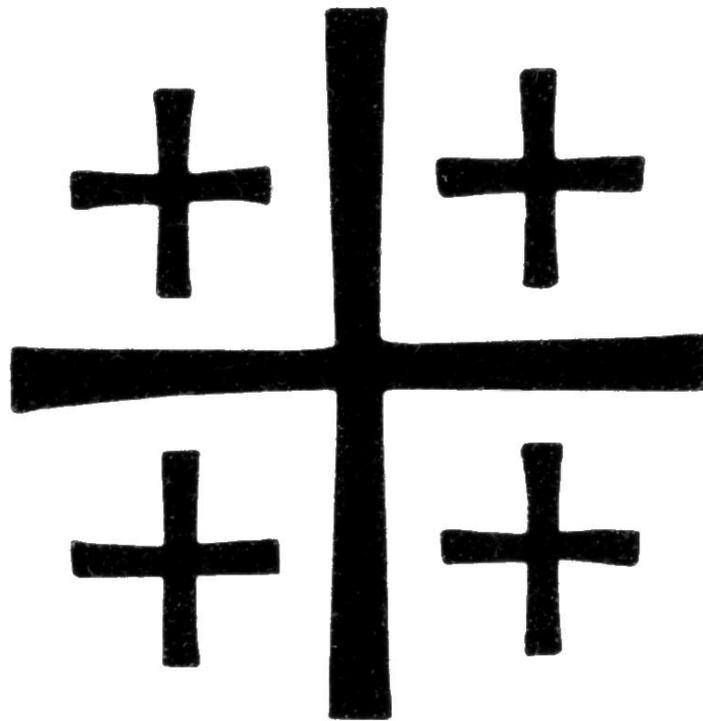
*Collect for Holy Saturday*

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

# Week Six

*Acts of Worship*

*Acts of Devotion*



*Acts of Justice*

*Acts of Compassion*

## Daily Devotions for Individuals and Families

Here are formats for private or family devotions for use at home every day, if you choose. They are loosely based on ancient orders for daily prayer. *Morning prayer* is appropriate for when you arise or when the family gathers for breakfast. *Early evening* prayer may be used at or after supper, and the *Close of the day* prayer may be used at or just before bedtime. You can choose to read any or all of these times. Use the selected Scriptures from the lectionary readings provided, which may be divided between the times you choose for prayer. Read the daily Psalm each time.

*A note on the prayers: A collect (pronounced "KOL-ekt") is simply a prewritten prayer designed to sum up the focus of the people into a succinct prayer. You may choose to repeat them aloud or use them as inspiration for your own spontaneous prayer.*

### In the Morning

*From Psalm 51 ...*

Open my lips, O Lord,

and my mouth shall proclaim your praise.

Create in me a clean heart, O God,

and renew a right spirit within me.

Cast me not away from your presence

and take not your holy Spirit from me.

Give me the joy of your saving help again

and sustain me with your bountiful Spirit.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

*Daily psalm*

*Selected Scriptures*

*Prayers may be offered for ourselves and others*

*The Lord's Prayer*

*The Collect for Grace ...*

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

*Wesley Covenant Prayer ...*

I am no longer my own but yours.  
Put me to what you will, rank me with whom you will;  
put me to doing, put me to suffering;  
let me be employed for you or laid aside for you,  
exalted for you or brought low for you;  
let me be full, let me be empty,  
let me have all things, let me have nothing;  
I freely and wholeheartedly yield all things  
to your pleasure and disposal.

And now, glorious and blessed God,  
Father, Son, and Holy Spirit,  
you are mine and I am yours. So be it.  
And the covenant now made on earth,  
let it be ratified in heaven. Amen.

*The Collect of the Week*

## In the Early Evening

*This devotion may be used before or after the evening meal.*

O gracious light,  
pure brightness of the everliving Father in heaven,  
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,  
and our eyes behold the vesper light,  
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,  
O Son of God, O Giver of Life,  
and to be glorified through all the worlds.

*Daily psalm*

*Selected Scriptures*

*Prayers may be offered for ourselves and others*

*The Lord's Prayer*

*The Collect at Evening ...*

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. Amen.

*The Collect of the Week*

## At the Close of Day

*Psalm 134 ...*

Behold now, bless the LORD, all you servants of the LORD,

you that stand by night in the house of the LORD.

Lift up your hands in the holy place and bless the LORD;

the LORD who made heaven and earth bless you out of Zion.

*Daily Psalm*

*Selected Scripture readings*

*Lord, you now have set your servant free*

*to go in peace as you have promised;*

*For these eyes of mine have seen the Savior,*

*whom you have prepared for all the world to see;*

*A Light to enlighten the nations,*

*and the glory of your people Israel.*

*Prayer of Confession of Sin ...*

Most merciful God,

we confess that we have sinned against you

in thought, word, and deed,

by what we have done,

and by what we have left undone.

We have not loved you with our whole heart;

we have not loved our neighbors as ourselves.

We are truly sorry and we humbly repent.

For the sake of your Son Jesus Christ,

have mercy on us and forgive us;

that we may delight in your will,

and walk in your ways,

to the glory of your Name. Amen.

*Prayer of Thanksgiving ...*

Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for the immeasurable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.  
And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.

*The Lord's Prayer*

*The Collect for the Close of the Day ...*

Visit this place, O Lord, and drive far from it all snares of the  
enemy; let your holy angels dwell with us to preserve us in  
peace; and let your blessing be upon us always; through Jesus  
Christ our Lord. Amen.

*The Collect of the Week*

The almighty and merciful Lord, Father, Son, and Holy Spirit,  
bless us and keep us. Amen.

