

WEDNESDAY NIGHT FORMATION DURING THE SEASON OF LENT

GOING DEEPER

February 21 ——— ↓ ——— March 20

WEEK ONE: FEBRUARY 14-17, 2024

A HOLY LENT

DAILY DEVOTIONALS

HOLY WEEK

MARCH 24 – MARCH 30



To see a list of all of our Holy Week services, please scan the QR code or visit

SaintMichael.org/HolyWeek24

March 31, 2024

EASTER SUNDAY



For a list of our Easter Sunday services, please scan the QR code or visit

SaintMichael.org/Easter24



Welcome to the holy season of Lent. I'm so glad you're taking part in this devotional journey with us. Lent is a season that invites us into a spiritual journey of repentance. Considering our faults and turning away from those parts of our lives that draw us away from God is fundamentally countercultural. It's far more common for us to be encouraged to celebrate ourselves and focus on the positives than to take time and consider the ways we fall short or the opportunities we have for growth. Lent is different, and you're being invited into that difference.

Over the next 40 days, we will talk together through some of the most powerful practices in our Christian tradition. Each week, the focus on one aspect of our Christian identity will help us take intentional steps through this season as we prepare our hearts and minds to celebrate Christ's resurrection. I encourage you to make a strong commitment. Commit to these meditations and the spiritual discipline to read and pray each day, and I am certain that the Spirit will do powerful work in you. As you begin the journey, know that we are holding you in our prayers and look forward to seeing God at work together.

Blessings,

The Rev. Dr. Christopher D. Girata
Rector

The devotions in this booklet are designed to help you make daily prayer a part of your Lenten devotions and can be used at any time of the day.

ASH WEDNESDAY

FEBRUARY 14

THE REV. ANDREW GROSSO

If we say we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

– 1 John 1:8–9

A Song of Penitence (The Prayer of Manasseh)

Book of Common Prayer, p. 90

O Lord and Ruler of the hosts of heaven,
God of Abraham, Isaac, and Jacob,
and of all their righteous offspring:
You made the heavens and the earth,
with all their vast array.
All things quake with fear at your presence;
they tremble because of your power.
But your merciful promise is beyond all measure;
it surpasses all that our minds can fathom.
O Lord, you are full of compassion,
long-suffering, and abounding in mercy.
You hold back your hand;
you do not punish as we deserve.
In your great goodness, Lord,
you have promised forgiveness to sinners,
that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart,
and make my appeal, sure of your gracious goodness.
I have sinned, O Lord, I have sinned,
and I know my wickedness only too well.
Therefore I make this prayer to you:
Forgive me, Lord, forgive me.
Do not let me perish in my sin,
nor condemn me to the depths of the earth.
For you, O Lord, are the God of those who repent,
and in me you will show forth your goodness.
Unworthy as I am, you will save me,
in accordance with your great mercy,
and I will praise you without ceasing all the days of my life.
For all the powers of heaven sing your praises,
and yours is the glory to ages of ages. Amen.

Hebrews 12:7–14

Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline? If you do not have that discipline in which all children share, then you are illegitimate and not his children. Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness. Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it. Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed.

Reflection

The Reverend Andrew Grosso

We often think of Lent as a season of deprivation, of solemnity, and sorrow. When we do so, we sometimes forget that the repentance to which we are called is intended only to help us grow in faith, in hope, and in love. Lent is that season of the church during which we are invited to learn what it means to surrender more of ourselves to God, to live in even greater dependence on God, so that we might find his wisdom, his mercy, and his grace manifest more fully in our lives. How might you surrender yourself more fully to God this Lent?

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

The Collect

Book of Common Prayer, p. 264

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Concluding Sentence

Romans 15:13

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. Amen.

I appeal to you, brethren, by the mercies of God, to present yourselves as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

– Romans 12:1

The Second Song of Isaiah, *Quaerite Dominum*

Isaiah 55:6–11

Seek the Lord while he wills to be found; *
call upon him when he draws near.
Let the wicked forsake their ways *
and the evil ones their thoughts;
And let them turn to the Lord, and he will have
compassion, *
and to our God, for he will richly pardon.
For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.
For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.

For as rain and snow fall from the heavens *
and return not again, but water the earth,
Bringing forth life and giving growth, *
seed for sowing and bread for eating,
So is my word that goes forth from my mouth; *
it will not return to me empty;
But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.
Glory to the Father, and to the Son, and to the Holy
Spirit: *
as it was in the beginning, is now, and will be forever.
Amen.

Philippians 3:12–21

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus. Let those of us then who are mature be of the same mind; and if you think differently about anything, this too God will reveal to you. Only let us hold fast to what we have attained. Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation so that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

Reflection

Meghan Houk

The season of Lent gives us a new opportunity to start fresh—to ‘forget what lies behind and strain forward to what lies ahead’—and offer ourselves, our lives, our souls and bodies to a new season of reflection and devotion in our spiritual lives. Take a few moments in prayer to offer yourself to the Lord throughout this season of Lent. Ask to know his presence and guidance in your life in a new way.

Lord’s Prayer

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

The Collect

A Collect for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

Concluding Sentence

2 Corinthians 13:14

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

FEBRUARY 16

SAMUEL MOORE

Let us with gladness and singleness of heart present the offerings and oblations of our life and our labor to the Lord.

Venite

Psalm 95

O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!
For the Lord is a great God,
and a great King above all gods.
In his hand are the depths of the earth;
the heights of the mountains are his also.
The sea is his, for he made it,
and the dry land, which his hands have formed.
O come, let us worship and bow down,
let us kneel before the Lord, our Maker!
For he is our God,
and we are the people of his pasture,
and the sheep of his hand.
Oh, that today you would hearken to his voice.

Philippians 4:1-9

Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved. I urge Euodia and I urge Syntyche to be of the same mind in the Lord. Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life. Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Reflection*Samuel Moore*

"Love (III)" – George Herbert

"Love bade me welcome. Yet my soul drew back
 Guilty of dust and sin.

But quick-eyed Love, observing me grow slack
 From my first entrance in,
Drew nearer to me, sweetly questioning,
 If I lacked any thing.

A guest, I answered, worthy to be here:
 Love said, You shall be he.

I the unkind, ungrateful? Ah my dear,
 I cannot look on thee.

Love took my hand, and smiling did reply,
 Who made the eyes but I?

Truth Lord, but I have marred them: let my shame
 Go where it doth deserve.

And know you not, says Love, who bore the blame?
 My dear, then I will serve.

You must sit down, says Love, and taste my meat:
 So I did sit and eat."

Lord's Prayer

Our Father, who art in heaven,
 hallowed be thy Name,
 thy kingdom come, thy will be done,
 on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
 as we forgive those who trespass against us.
And lead us not into temptation,
 but deliver us from evil.
For thine is the kingdom,
 and the power, and the glory,
 for ever and ever. Amen.

The Collect

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. Amen.

Concluding Sentence*Ephesians 3:20-21*

Glory be to him whose power, working in us, can do infinitely more than we can ask or imagine; glory be to him from generation to generation in the Church and in Christ Jesus forever and ever. Amen.

FEBRUARY 17

ROB SPRINGER-KYLE

Therefore, if you are presenting your offering at the altar, and there you remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.

– *Matthew 5:23-24*

Domine, probasti

Psalm 139

LORD, You have searched me and known me.
You know when I sit down and when I get up;
You understand my thought from far away.
You scrutinize my path and my lying down,
And are acquainted with all my ways.
Even before there is a word on my tongue,
Behold, LORD, You know it all.
You have encircled me behind and in front,
And placed Your hand upon me.
Such knowledge is too wonderful for me;
It is too high, I cannot comprehend it.
Where can I go from Your Spirit?

Or where can I flee from Your presence?
If I ascend to heaven, You are there;
If I make my bed in Sheol, behold, You are there.
If I take up the wings of the dawn,
If I dwell in the remotest part of the sea,
Even there Your hand will lead me,
And Your right hand will take hold of me.
If I say, "Surely the darkness will overwhelm me,
And the light around me will be night,"
Darkness is not dark to you; the night is as bright as the day;
darkness and light to you are both alike.

John 17:20-26

"I am not asking on behalf of these alone, but also for those who believe in Me through their word, that they may all be one; just as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me. The glory which You have given Me I also have given to them, so that they may be one, just as We are one; I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and You loved them, just as You loved Me. Father, I desire that they also, whom You have given Me, be with Me where I am, so that they may see My glory which You have given Me, for You loved Me before the foundation of the world. Righteous Father, although the world has not known You, yet I have known You; and these have known that You sent Me; and I have made Your name known to them, and will make it known, so that the love with which You loved Me may be in them, and I in them."

Reflection

Rob Springer-Kyle

We are one in the Spirit, we are one in the Lord (repeat);
And we pray that all unity will one day be restored.

Chorus:

And they'll know we are Christians by our love, by our
love,
yes, they'll know we are Christians by our love.

We will work with each other, we will work side by side
(repeat);
And we'll guard each man's dignity and save each man's
pride.

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Lord's Prayer

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The Collect

Book of Common Prayer, p. 264

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent:
Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our
wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ
our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Concluding Sentence

Romans 15:13

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the
power of the Holy Spirit.



SAINT MICHAEL AND ALL ANGELS EPISCOPAL CHURCH

8011 Douglas Avenue, Dallas, Texas 75225 | 214.363.5471

www.saintmichael.org

@smaadallas    