

**OUR VISION FOR VALLEY**

*To be a people and place  
where you can connect with Jesus  
and be part of a caring, serving community*

**Valley**  
*Congregational Church*



**A Journey through Lent**

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Pastor: Ken Clarke

A member church of the Congregational Christian Churches in Canada

**March 1 – April 15, 2017**

## ASH WEDNESDAY

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, forever and ever.  
Amen.



Almighty God, you have created us  
out of the dust of the earth:  
grant that these ashes may be to us a sign  
of our mortality and penitence,  
that we may remember that it is only  
by your gracious gift  
that we are given everlasting life;  
through Jesus Christ our Savior.  
Amen.

## Psalm 51 – A Psalm of David

*Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.*

*For I know my transgressions and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. Surely I was sinful at birth, sinful from the time my mother conceived me. Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.*

*Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity.*

*Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

*Then I will teach transgressors your ways, and sinners will turn back to you. Deliver me from bloodguilt, O God, you who are God my Savior, and my tongue will sing of your righteousness. Open my lips, Lord, and my mouth will declare your praise.*

*You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.*

## LITANY OF PENITENCE

Most holy and merciful Father: we confess to you and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned by our own fault 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 and mind and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

**(Have mercy on us, Lord)**

We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

**(Have mercy on us, Lord)**

## Sins against Self

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy and impatience of our lives, our self-indulgent appetites and ways, and our exploitation of other people, our anger at our own frustration and our envy of those more fortunate than ourselves, our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work, our negligence in prayer and worship and our failure to commend the faith that is in us.

**(We confess to you, Lord)**

## Sins against Our Neighbour

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering and our indifference to injustice and cruelty, for all false judgments, for uncharitable thoughts toward our neighbours and for our prejudice and contempt toward those who differ from us.

**(Accept our repentance, Lord)**

## Sins against Creation

For our waste and pollution of your creation and our lack of concern for those who come after us, Restore us, good Lord, and let your anger depart from us; accomplish in us the work of your salvation, by the cross and passion of your Son, our Lord.

**(Favourably hear us, for your mercy is great, that we may show your glory to the world. Bring us with all your saints to the joy of his resurrection)**

## **Psalm 103** – A Psalm of David

*Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.*

*The Lord works righteousness and justice for all the oppressed.*

*He made known his ways to Moses, his deeds to the people of Israel: The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbour his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities.*

*For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.*

*As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.*

*As for mortals, their days are like grass, they flourish like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more.*

*But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children—with those who keep his covenant and remember to obey his precepts.*

These initial readings help us focus on two major aspects of Lent: being aware of our condition and the need for confession, both individually and corporately.

Wednesday, March 1

We have done wrong [Daniel 9:4-19]

Thursday, March 2

Sit alone in silence [Lamentations 3:19-30]

Friday, March 3

Troubled by my sin [Psalm 38]

Saturday, March 4

We acknowledge our sin [Isaiah 59:9-14]

## TEMPTATION OF JESUS

This week we concentrate on the temptations of Jesus, observing how he responds to temptation and what we might be able to learn from those responses.

Monday, March 6

Temptation of Jesus [Matthew 4:1-11]

Tuesday, March 7

Made like us [Hebrews 2:5-18]

Wednesday, March 8

Tempted on the cross [Luke 23:35-43]

Thursday, March 9

The Great High Priest [Hebrews 4:14 – 5:10]

Friday, March 10

“Not my will...” [Matthew 26:36-45]

Saturday, March 11

Draw near to God [Hebrews 10:19-25]

## OUR TEMPTATION

The readings this week help remind us of our own temptations and how we might learn to respond more appropriately.

Monday, March 13

Common to man [1 Corinthians 10:1-13]

Tuesday, March 14

Each one is tempted when [James 1:12-15]

Wednesday, March 15

For a little while [1 Peter 1:3-7]

Thursday, March 16

Watch yourself [Galatians 6:1-5]

Friday, March 17

Avoid the wicked path [Proverbs 4:10-15]

Saturday, March 18

Pure joy [James 1:2-8]

## RESTING IN GOD'S PRESENCE

This week, may you be reminded that "God is here" and may you find comfort and encouragement through these readings.

Monday, March 20

Joy in God's presence [Psalm 16:7-11]

Tuesday, March 21

Love and rest [1 John 3:11-20]

Wednesday, March 22

"Come to me..." [Matthew 11:28-30]

Thursday, March 23

No separation [Romans 8:37-39]

Friday, March 24

Better is one day [Psalm 84]

Saturday, March 31

Enter that rest [Hebrews 4:1-11]

## HEALING POWER OF JESUS

These readings focus on the great compassion of Jesus and the power of God to heal and change the lives of people.

Monday, March 27

"Someone touched me" [Luke 8:40-48]

Tuesday, March 28

Heals blind and mute [Matthew 9:27-33]

Wednesday, March 29

"Unless the Lord..." [Psalm 94:17-19]

Thursday, March 30

Do you want to get well? [John 5:1-14]

Friday, March 31

Faith of centurion [Matthew 8:5-13]

Saturday, April 1

Healing on Sabbath [Luke 13:10-17]

## MYSTERY OF CHRIST

This week's readings focus our attention on the mysterious duality of Jesus: fully man and fully God.

Monday, April 3

Very nature of God [Philippians 2:5-11]

Tuesday, April 4

Man of sorrows [Isaiah 53:1-7]

Wednesday, April 5

Image of God [Colossians 1:15-22]

Thursday, April 6

Radiance of God's glory [Hebrews 1:3-13]

Friday, April 7

Wisdom of God [1 Corinthians 1:18-31]

Saturday, April 8

Lives to intercede [Hebrews 7:22-28]

## HOLY WEEK

As we enter Holy Week, these readings help us focus on the grace and mercy of God demonstrated through the cross and new life through the resurrection of Jesus.

Monday, April 10

Power of His resurrection [Philippians 3:7-11]

Tuesday, April 11

Eagerly await [1 Corinthians 1:4-9]

Wednesday, April 12

Riches of God's grace [Ephesians 1:3-14]

Thursday, April 13

Great love of God [Psalm 57:7-11]

Friday, April 14

The death of Jesus [John 19:16-42]

Saturday, April 15

Alive in Christ [Ephesians 2:1-10]

## Maundy Thursday

7:00 p.m. – 8:00 p.m.  
*Small Group Communion*

## Good Friday

9:00 a.m. – 9:45 a.m.  
*A quiet time to reflect and pray*

10:00 a.m. – 11:00 a.m.  
*Worship Gathering*

### The Gospel Accounts of Jesus' Death

Matthew 27:32-56

Mark 15:21-41

Luke 23:26-49

John 19: 17-37

## Easter Sunday

### Matthew 28 :1-10

#### The Resurrection

*After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.*

*There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men.*

*The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."*

*So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."*