



Olds-Sundre Pastoral Charge of the United Church Lenten Bible Study 2021



Welcome to a new season in our church year. Lent begins with Ash Wednesday, Feb. 17th, and continues until Holy Week (March 29-April 3) and Easter, April 4th.

As gathering is still difficult during this time of pandemic, we offer you this “at home” guide for reflection in this season. You are welcome to share it with others.

Consider setting up a “worship centre” for your time with this resource. Perhaps a favourite spot in your home, a comfortable chair, a prayer shawl, a candle, etc.

The format for this study is “Lectio Divino.” Reading / reflecting / reading / reflecting. You may want to keep a journal or note pad in your space, with nice pens or coloured pencils, as well.

Scriptures chosen are those highlighted as the focus passage for each day, by the Seasons Fusion Lent resources for this year. They are from the New Revised Standard Version of the Bible.

For the 6 weeks of Lent, you may want to set aside more than one time each week to practise this tradition. You will find deeper meaning each time you read and reflect on the passage.



Ash Wednesday

Today marks the beginning of Lent. Traditionally, it includes a ritual of distribution of ashes, as a symbol of repentance or sorrow.

Opening Prayer

O God of our understanding, source of all that is good and just, I gather in this place to pray for your blessing, for healing and mercy. Strengthen our faith as we spend time in the quiet, with you. Amen.

Read and reflect

Read the scripture passage below, and as you read, consider what word or phrase speaks to you?

Take a moment in silence and reflect on that...perhaps write in your journal.

Read the passage a 2nd time, and consider what the passage is saying to you?

To the church? How is God calling us to live, with these words?

Take a moment in silence, to reflect and journal again.

Matthew 6, 1-6 and 16-20

Concerning Almsgiving

6 “Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

² “So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. ³ But when you give alms, do not let your left hand know what your right hand is doing, ⁴ so that your alms may be done in secret; and your Father who sees in secret will reward you.^[a]

Concerning Prayer

⁵ “And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. ⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

Concerning Fasting

¹⁶ “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.^[a]

Concerning Treasures

¹⁹ “Do not store up for yourselves treasures on earth, where moth and rust^[b] consume and where thieves break in and steal; ²⁰ but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

After reflection

You may want to do something creative to express yourself – draw, write, play some music, go for a walk...

And then, you may close with prayer. Either pray your own words that arise out of your time of reflection, or these...

You may wish to mark your hand or forehead with a cross, simply using your finger.

O God, you have created us out of the dust of the earth. May we remember that we live as followers of Christ, may we remember that the cross is central to who we are as Christian disciples. May we live the Good News each day. Amen.

The First Week of Lent – Sunday Feb. 21

Opening Prayer

We are here, God, in this space, ready to read your word, and offer our hearts, minds and souls to you. Trusting in your goodness, trusting in your love, we come to you. Guide us, inspire us, teach us, we pray. Amen.



Read and reflect

Read the scripture passage below, and as you read, consider what word or phrase speaks to you?

Take a moment in silence and reflect on that...perhaps write in your journal.

Read the passage a 2nd time, and consider what the passage is saying to you?

To the church? How is God calling us to live, with these words?

Take a moment in silence, to reflect and journal again.

Genesis 9:8-17

⁸ Then God said to Noah and to his sons with him, ⁹ “As for me, I am establishing my covenant with you and your descendants after you, ¹⁰ and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. ¹¹ I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” ¹² God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: ¹³ I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. ¹⁴ When I bring clouds over the earth and the bow is seen in the clouds, ¹⁵ I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. ¹⁶ When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” ¹⁷ God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

After reflection

You may want to do something creative to express yourself – draw, write, play some music, go for a walk...

And then, you may close with prayer. Either pray your own words that arise out of your time of reflection, or start with these and add your own words...

God of the rainbow promise, we are grateful for this time to reflect on our faith and our call to discipleship. As we journey toward the cross, help us to focus on you, on our faith, and on our mission. Guide us and inspire us as we live our faith each day... Amen.

The Second Week of Lent – Sunday February 28



Opening Prayer

We are here, God, in this space, ready to read your word, and offer our hearts, minds and souls to you. Trusting in your goodness, trusting in your love, we come to you. Guide us, inspire us, teach us, we pray. Amen.

Read and reflect

Read the scripture passage below, and as you read, consider what word or phrase speaks to you?

Take a moment in silence and reflect on that...perhaps write in your journal.

Read the passage a 2nd time, and consider what the passage is saying to you? To the church? How is God calling us to live, with these words?

Take a moment in silence, to reflect and journal again.

Genesis 17: 1-7 and 15-16

The Sign of the Covenant

17 When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, “I am God Almighty;^[a] walk before me, and be blameless. ² And I will make my covenant between me and you, and will make you exceedingly numerous.” ³ Then Abram fell on his face; and God said to him, ⁴ “As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. ⁵ No longer shall your name be Abram,^[b] but your name shall be Abraham;^[c] for I have made you the ancestor of a multitude of nations. ⁶ I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. ⁷ I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring^[d] after you.

¹⁵ God said to Abraham, “As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. ¹⁶ I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.”

After reflection

You may want to do something creative to express yourself – draw, write, play some music, go for a walk...

And then, you may close with prayer. Either pray your own words that arise out of your time of reflection, or start with these and add your own words...

Covenant God, thank you for your presence among us, as we journey through these Lenten days. May our time in reflection give us wisdom for the way – wisdom that finds its source in you... Amen.

The Third Week of Lent – Sunday March 7

Opening Prayer

We are here, God, in this space, ready to read your word, and offer our hearts, minds and souls to you. Trusting in your goodness, trusting in your love, we come to you. Guide us, inspire us, teach us, we pray. Amen.



Read and reflect

Read the scripture passage below, and as you read, consider what word or phrase speaks to you?

Take a moment in silence and reflect on that...perhaps write in your journal.

Read the passage a 2nd time, and consider what the passage is saying to you?

To the church? How is God calling us to live, with these words?

Take a moment in silence, to reflect and journal again.

Psalm 19

God's Glory in Creation and the Law

To the leader. A Psalm of David.

¹ The heavens are telling the glory of God; and the firmament^[a] proclaims his handiwork.

² Day to day pours forth speech, and night to night declares knowledge.

³ There is no speech, nor are there words; their voice is not heard;

⁴ yet their voice^[b] goes out through all the earth, and their words to the end of the world. In the heavens^[c] he has set a tent for the sun,

⁵ which comes out like a bridegroom from his wedding canopy, and like a strong man runs its course with joy.

⁶ Its rising is from the end of the heavens, and its circuit to the end of them; and nothing is hid from its heat.

⁷ The law of the LORD is perfect, reviving the soul; the decrees of the LORD are sure, making wise the simple;

⁸ the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is clear, enlightening the eyes;

⁹ the fear of the LORD is pure, enduring forever; the ordinances of the LORD are true and righteous altogether.

¹⁰ More to be desired are they than gold, even much fine gold; sweeter also than honey, and drippings of the honeycomb.

¹¹ Moreover by them is your servant warned; in keeping them there is great reward.

¹² But who can detect their errors? Clear me from hidden faults.

¹³ Keep back your servant also from the insolent;^[d] do not let them have dominion over me. Then I shall be blameless, and innocent of great transgression.

¹⁴ Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer.

After reflection

You may want to do something creative to express yourself – draw, write, play some music, go for a walk...

And then, you may close with prayer. Either pray your own words that arise out of your time of reflection, or start with these and add your own words...

We bring to you our prayers, in a spirit of gratitude. As we continue our journey through these Lenten days, may the words of our mouths, and the meditation of our hearts, be acceptable to you, Our God, rock and redeemer... Amen.

The Fourth Week of Lent - Sunday March 14

Opening Prayer

We are here, God, in this space, ready to read your word, and offer our hearts, minds and souls to you. Trusting in your goodness, trusting in your love, we come to you. Guide us, inspire us, teach us, we pray. Amen.



Read and reflect

Read the scripture passage below, and as you read, consider what word or phrase speaks to you?

Take a moment in silence and reflect on that...perhaps write in your journal.

Read the passage a 2nd time, and consider what the passage is saying to you? To the church? How is God calling us to live, with these words?

Take a moment in silence, to reflect and journal again.

Psalm 107: 1-3, 17-22

Thanksgiving for Deliverance from Many Troubles

¹ O give thanks to the Lord, for he is good; for his steadfast love endures forever.

² Let the redeemed of the Lord say so, those he redeemed from trouble

³ and gathered in from the lands, from the east and from the west,
from the north and from the south.^[a]

¹⁷ Some were sick^[a] through their sinful ways and because of their iniquities endured affliction;

¹⁸ they loathed any kind of food, and they drew near to the gates of death.

¹⁹ Then they cried to the Lord in their trouble, and he saved them from their distress;

²⁰ he sent out his word and healed them and delivered them from destruction.

²¹ Let them thank the Lord for his steadfast love, for his wonderful works to humankind.

²² And let them offer thanksgiving sacrifices, and tell of his deeds with songs of joy.

After reflection

You may want to do something creative to express yourself – draw, write, play some music, go for a walk...

And then, you may close with prayer. Either pray your own words that arise out of your time of reflection, or start with these and add your own words...

Ever-present God, we are so grateful for your extravagant love. That love inspires us to act justly in the world. May we, as we journey through Lent, trust in your protection and love for all... Amen.

The Fifth Week of Lent – Sunday March 21

Opening Prayer

We are here, God, in this space, ready to read your word, and offer our hearts, minds and souls to you. Trusting in your goodness, trusting in your love, we come to you. Guide us, inspire us, teach us, we pray. Amen.



Read and reflect

Read the scripture passage below, and as you read, consider what word or phrase speaks to you?

Take a moment in silence and reflect on that...perhaps write in your journal.

Read the passage a 2nd time, and consider what the passage is saying to you? To the church? How is God calling us to live, with these words?

Take a moment in silence, to reflect and journal again.

Jeremiah 31:31-34

A New Covenant

³¹ The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. ³² It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband,^[a] says the LORD. ³³ But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. ³⁴ No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

After reflection

You may want to do something creative to express yourself – draw, write, play some music, go for a walk...

And then, you may close with prayer. Either pray your own words that arise out of your time of reflection, or start with these and add your own words...

God of love, fill our hearts with your spirit so we may draw closer to you. As we continue our Lenten journey, may these quiet times of reflection inspire us to follow in the way of Jesus, and share your love in the world... Amen.

The Sixth Week of Lent (Palm Sunday) March 28

Opening Prayer

We are here, God, in this space, ready to read your word, and offer our hearts, minds and souls to you. Trusting in your goodness, trusting in your love, we come to you. Guide us, inspire us, teach us, we pray. Amen.



Read and reflect

Read the scripture passage below, and as you read, consider what word or phrase speaks to you?

Take a moment in silence and reflect on that...perhaps write in your journal.

Read the passage a 2nd time, and consider what the passage is saying to you? To the church? How is God calling us to live, with these words?

Take a moment in silence, to reflect and journal again.

Mark 11:1-11

Jesus' Triumphal Entry into Jerusalem

11 When they were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, he sent two of his disciples ² and said to them, "Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. ³ If anyone says to you, 'Why are you doing this?' just say this, 'The Lord needs it and will send it back here immediately.'" ⁴ They went away and found a colt tied near a door, outside in the street. As they were untying it, ⁵ some of the bystanders said to them, "What are you doing, untying the colt?" ⁶ They told them what Jesus had said; and they allowed them to take it. ⁷ Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. ⁸ Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. ⁹ Then those who went ahead and those who followed were shouting,

"Hosanna! Blessed is the one who comes in the name of the Lord!

¹⁰ Blessed is the coming kingdom of our ancestor David! Hosanna in the

highest heaven!”

¹¹ Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.

After reflection

You may want to do something creative to express yourself – draw, write, play some music, go for a walk...

And then, you may close with prayer. Either pray your own words that arise out of your time of reflection, or start with these and add your own words...

God of the Way, the journey is nearing its end. As we enter into Holy Week, may we know that you are with us, guiding our reflections and our actions. Help us to discern, as Jesus did, when to challenge authority and when to use power for good. ... Amen.



***Thank you** for using this Lenten Resource from the Olds-Sundre Pastoral Charge. Our minister, Tammy, will be posting more reflective study material for Holy Week, as well.*

You are welcome to join us on Sunday's for in- person worship with careful COVID precautions: Olds – 9:30am and Sundre - 1:30pm.

The weekly worship services will continue to be posted to the websites, as well.

Questions about the study, or anything else? Would you like to speak with the minister, Rev. Tammy? Would you like to financially support our ministries?

To Contact us:

Olds United Church

4810 50th Street, Olds AB. T4H 1E4

email office@oldsunited.ca website www.oldsunited.ca 403-556-3052

Sundre United Church

Box 614 118 Centre Street North, Sundre AB. T0M 1X0

email sundreuc@telus.net website www.sundreunited.ca 403-638-4428

Rev. Tammy's confidential email minister@oldsunited.ca