



# watch + pray

six weeks of spiritual practices for lent

# watch + pray

six weeks of spiritual practices for lent

## CONTENTS

<b>introduction</b>		4
<b>watching</b>	weeks 1 + 2	
	invitation to prayer   confession	8
	invitation to fasting   intercession	10
	invitation to scripture meditation   psalm 16	12
<b>waiting</b>	weeks 3 + 4	
	invitation to prayer   confession	16
	invitation to fasting   lament	18
	invitation to scripture meditation   psalm 130	20
<b>willing</b>	weeks 5 + 6	
	invitation to prayer   confession	24
	invitation to fasting   intercession	26
	invitation to scripture meditation   psalm 103	28

## INTRODUCTION TO LENT

Lent is a season of 40 days in the church calendar beginning with Ash Wednesday and leading up to Easter. This is a time set aside for confessing and repenting of sin, confronting temptation, and interceding for the needs of others. It's a time of drawing closer to the heart of Jesus as we journey to the cross. The length of this season reminds us of Jesus fasting for 40 days prior to his temptation in the desert (Matthew 4:1-11). Our spiritual practices and reflections for Lent at Trinity come from this and other passages of scripture.

Observing Lent is not a required activity of the church. Instead, it's an opportunity to step out of normal routines and into sacred practices that make your heart and spirit more available to God's grace in your life and on behalf of others. If and how you choose to participate in this season is a matter of discernment in your spiritual life. Please contact us if you have questions or desire counsel in your discernment process.



## HOW TO USE THIS BOOK

You'll find descriptions and prompts to guide you in spiritual practices for the six weeks of Lent: prayers of confession and intercession, fasting, and scripture meditation. The book contains three main sections with practices for two weeks in each section. The practices are not assigned to each day, allowing you to choose how you spend your time in each of the two-week sections. You will find suggested scenarios for how to use the practices in each section.

## READ MATTHEW 26:36-45

The format of the book is a unified 6-week series that we have called Watch + Pray, based on Matthew 26:36-45. Throughout the series we will read this passage to go deep into the themes of watching, waiting, and willing.

In this passage of scripture Jesus tells his disciples three times to keep watch, or to watch and pray, and yet when he returns, he finds them sleeping. We learn from Jesus that watching involves attentiveness, waiting involves active struggle against temptation, and being willing means surrendering our will to God's will.



# watching

stay here and keep watch with me.

matthew 26:38

When we keep watch, from a biblical perspective, we are attentive to spiritual realities. We focus on God's story and notice his renewing work in the world. We are alert and awake to Jesus and fix our gaze and our hearts on him.

READ MATTHEW 26:36-45.

---

week 1+2



# watching + prayer

## INVITATION TO PRAYER

The invitation of Jesus is to keep watch and pray. As he struggled with sorrow and the darkness of his impending death, he asked his friends to stay near him and keep watch. Jesus wanted them to be attentive to what God was doing in and through him that night. It is the same invitation for us today, on the other side of Jesus' death and resurrection. To see and join in what God is doing in the world, Jesus calls us to watch and pray.

*So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

2 CORINTHIANS 4:18

*But my eyes are fixed on you, Sovereign Lord; In you I take refuge.*

PSALM 141:8

## RESPOND WITH PRAYERS OF CONFESSION

Use the spaces and prompts on these pages to write prayers of confession from your heart. In repentance, commit to turn away from sin toward God. Follow confession and repentance by reading the assurance of forgiveness in Jesus from God's word.

What have you been gazing at with the eyes or desires of your heart?

Lord, I confess that I have been more focused on myself than on the reality of your presence with me today. I confess that I have been indifferent to you but passionate about my desires and comforts.

What distracts you from keeping watch for God's activity in your life and the world around you?

Lord, I confess that I'm just too busy to notice what you're doing in my life and the lives of people around me. I confess that with everything else I have to do, I'm not even all that interested in seeing you in my daily life.

## REPENTANCE

*"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."*

JOEL 2:12

## ASSURANCE OF FORGIVENESS AND RENEWAL PSALM 139

*Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.*

# watching + fasting

As we watch and pray this week, we can fix our eyes on Jesus and become more attentive to spiritual realities by fasting and praying. Our heightened awareness of him and his purposes through these practices helps us turn our attention toward him.

## INVITATION TO FASTING

When we fast, we usually combine it with prayer and have an intention or purpose for fasting that includes confession and sorrow for our own sin, interceding on behalf of the needs of others, or lament or grief over sin and brokenness in the world.

The spiritual practice of fasting is unlike fasting for physical health or cleansing. With fasting in the biblical and Christian tradition we abstain from food intentionally for spiritual purposes. Our motives for fasting are God-centered, rather than centered on a physical or health benefit to ourselves. (Some people, for medical reasons cannot fast, and there is no obligation for anyone to fast.)

A normal practice of fasting involves abstaining from all food, but not from water. A partial fast is limiting your diet to certain foods, but not abstaining from all food. You may want to choose one day to fast each week during Lent, and fast for even one or two meals on those days.

## BE INTENTIONAL

Who or what could you fast for this week?

## RESPOND WITH PRAYERS OF INTERCESSION

Use these prayer prompts and scripture for focusing your attention on God and his purposes in the world during your fast. Pray for specific people, places, and situations these prompts bring to mind.

*Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor with shelter—when you see the naked to clothe him, and not to turn away from your own flesh and blood? ISAIAH 58:6-7*

Lord, form in me a heart after your own heart, to love what and whom you love. Have mercy on those who suffer oppression, hunger, and homelessness in our city. Show me the ways that I knowingly or inadvertently participate in their dire circumstances and help me instead participate in relieving their suffering.

Lord, we see physical and mental illness everywhere around us. Our loved ones and we ourselves are oppressed by chronic disease, cancer, depression, addictions, and so much more. Our health professionals and systems are stretched beyond capacity to care for these many needs. Please heal our broken bodies, minds, and souls and restore us to fullness of life in you.

*Then your light will break forth like the dawn,  
and your healing will quickly appear;  
Then your righteousness will go before you,  
and the glory of the Lord will be your rear guard.  
Then you will call, and the Lord will answer;  
you will cry for help, and he will say: Here am I.*

ISAIAH 58:8-9

# watching + scripture meditation

Scripture meditation is another practice for turning our attention toward spiritual realities and what God is doing in our lives and in the world. We gain spiritual strength through reading and listening to God's word for us.

## INVITATION TO SCRIPTURE MEDITATION

*I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.*

PSALM 16:8

With the practice of meditation on scripture we prayerfully and attentively read and reflect on a short biblical text, remembering that we are reading the very words of God and listening for what he has to say to us.

When we meditate on small portions of scripture, we focus on certain words or phrases that the Spirit calls to our attention. The following meditation on Psalm 16 has three sections. Focus on just one section each day for meditation.

**Read** the verses slowly several times until the words become familiar to you. Listen as you read for a word or phrase that stands out to you. **Reflect** on that word or phrase. **Respond** with prayer about what you saw and heard in this passage. Listen to what God is saying to you about it and thank him for meeting you and being present with you in this meditation on his word. Use the reflection that follows each section to further apply these verses throughout the week.

### PSALM 16:1-4

*Keep me safe, my God, for in you I take refuge.  
I say to the Lord, "You are my Lord; apart from you I have no good thing."  
I say of the holy people who are in the land,  
"They are the noble ones in whom is all my delight."  
Those who run after other gods will suffer more and more.  
I will not pour out libations of blood to such gods or take up their names on my lips.*

Make verse 2 your prayer for today and repeat it throughout the day:

**You are my Lord; apart from you I have no good thing.**

Name and give thanks for followers of Jesus in your life. Pray for God to draw the hearts of unbelievers to him and away from idols in their life. Pray for God's power and protection to help you be loyal and attentive to him, not to be distracted or to run after idols in your life.

### PSALM 16:5-8

*Lord, you alone are my portion and my cup; you make my lot secure.  
The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.  
I will praise the Lord, who counsels me; even at night my heart instructs me.  
I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.*

**Re-read verse 8.** Write about or draw in a journal some things that you are fearing or that are causing you anxiety. As you read or look at each one, visualize God's powerful hand steadying you so you will not be worried. Shift your gaze to look steadily at him and his word and away from the fear or anxiety. Practice this to train the eyes of your heart to continually keep your gaze on Jesus as the One who is more powerful than your circumstances.

### PSALM 16: 9-11

*Therefore my heart is glad and my tongue rejoices; my body also will rest secure,  
Because you will not abandon me to the realm of the dead,  
nor will you let your faithful one see decay.  
You make known to me the path of life;  
You will fill me with joy in your presence, with eternal pleasures at your right hand.*

God is faithful to make known to us the path of life. As we journey with Jesus to the cross during Lent, we know that it is a path of suffering that leads ultimately to eternal life. Even as we acknowledge our sin and the brokenness in the world, we can rejoice and securely rest in the love and grace of Jesus. It's part of the tradition of Lent to set aside times of celebration to remember our joy in his presence on the path of life and the eternal pleasures that await us when we see him face to face.

### A PRAYER FOR KEEPING WATCH

Lord, thank you for inviting us to watch and pray. By your grace, keep the eyes of our hearts fixed on you, desiring more of you. Forgive us for being distracted, indifferent, self-focused, and so often not noticing your presence in the world. Help us to be watching for the unseen, eternal realities of your redeeming activity in the people and places in our daily lives. By the power of the Holy Spirit, keep our eyes always on Jesus and the abundant life we have in him. Amen.



# waiting

watch and pray so that you will not enter into temptation.

matthew 26:41

To watch and pray means that we are active and engaged while enduring a difficult struggle or waiting for a response from God. In the waiting Jesus calls us to, we have the power of prayer to confront the temptations and trials we face.

READ MATTHEW 26:36-45.

---



week 3+4

# waiting + prayer

## INVITATION TO PRAYER

The words of Jesus take on urgency when he returns from his own watching and praying and finds the disciples sleeping. He knows that watchfulness sees temptation coming and prayer gives strength to resist it. Jesus is gentle with his friends, acknowledging their desire to be faithful to him (the spirit is willing), yet knowing their weakness. He is gentle with us too as we face circumstances that test our faith.

*But they who wait for the Lord shall renew their strength;  
they shall mount up with wings like eagles;  
they shall run and not be weary; they shall walk and not faint.*

ISALAH 40:31

*I remain confident of this:  
I will see the goodness of the Lord in the land of the living.  
Wait for the Lord; Be strong and take heart and wait for the Lord.*

PSALM 27:13-14

## RESPOND WITH PRAYERS OF CONFESSION

Use the spaces and prompts on these pages to write prayers of confession from your heart. In repentance, commit to turn away from sin toward God. Follow confession and repentance by reading the assurance of forgiveness in Jesus from God's word.

What do you do when waiting for God seems to take too long?

Lord, I confess that I am impatient. I don't like to wait for things I need from you and from the people in my life. I can even be most impatient with the people closest to me. Help me to love you enough to wait patiently for you and trust your timing and purposes in my life.

In what temptations do you find that your spirit is willing, but your flesh is weak?

Lord, I confess that my aspirations for growing closer to you often outpace my actions. I have formed comfortable habits and routines that leave little time for deeper commitment to you. But I acknowledge that I'm more vulnerable to temptation when I'm far from you. Forgive me for wandering away, and in your mercy draw me back.

## REPENTANCE

*Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.*

JOEL 2:13

## ASSURANCE OF FORGIVENESS AND RENEWAL PSALM 32

*Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord" – and you forgave the guilt of my sin.*

# waiting + fasting

As we watch and pray this week, fasting and praying can be practices that strengthen us for anticipating and resisting temptation. With our heightened awareness of Jesus and his purposes through these practices, we more actively turn to him for help in our struggle with sin.

## INVITATION TO FASTING

The practice of fasting is the act of abstaining from food for a time for the purpose of finding in God a deeper source of spiritual sustenance. We spend time with God in prayer and scripture while we fast. As we regularly practice fasting, we are shaped by a greater awareness of our resources in God, our complete dependence on him, and his sufficiency for us.

In Matthew 4:1-11 Jesus fasts prior to being tempted by the devil in the desert. With our 40-day observance of Lent, we symbolically remember this fast and participate in a time of preparation as he did. We acknowledge the significance of preparing our hearts, minds, and spirits by fasting as a Christlike response to overcoming temptation.

## BE INTENTIONAL

Who or what could you fast for this week?

## RESPOND WITH LAMENT

Use these prayer prompts and scripture to cry out to God about our struggle with temptation and sin while we wait for his return to set things right. Cry out in sorrow for your own sin and with grief over the brokenness in the world. Pray for specific people, places, and situations these prompts bring to mind.

*How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart?*

PSALM 13:1-2

*Why, O Lord, do you stand far off? Why do you hide yourself in times of trouble? In his arrogance the wicked man hunts down the weak, who are caught in schemes he devises.*

*Arise, Lord! Lift up your hand, O God. Do not forget the helpless.*

PSALM 10:1-2 + 12

Lord, you made me to delight in you. Why do I feel so much alienation and isolation? When I pray to you, I don't hear your voice. How can I find you? Lord Jesus, hear my prayer!

Lord, I see violence, earthquakes, war, persecution of your church, and threats to the environment all around the world. Do you see it too? When will there be peace, abundance, and beauty for everyone? Remember the children, the victims of human trafficking, and the refugees far from their homelands. Come, Lord Jesus!

*But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me.*

PSALM 13:5-6

*You hear the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed, in order that man, who is of the earth, may terrify no more.*

PSALM 10:17-18



# waiting + scripture meditation

The practice of scripture meditation takes us deep in God's word as an anchor in truth to help us resist the lies that tempt us to sin. We gain spiritual strength through reading and listening to God's word for us.

## INVITATION TO SCRIPTURE MEDITATION

*I wait for the Lord, my whole being waits, And in his word I put my hope. I wait for the Lord  
More than watchmen wait for the morning, more than watchmen wait for the morning.*

PSALM 130:5-6

Meditating on small portions of scripture helps us focus on certain words or phrases that the Spirit calls to our attention. The following meditation on Psalm 130 has four sections. Focus on just one section each day for meditation. Use the questions in the reflection that follows each section to guide your meditation and help you apply these verses throughout the week.

### PSALM 130:1-2

*Out of the depths I cry to you, O Lord; O Lord, hear my voice.  
Let your ears be attentive to my cry for mercy.*

From what depths do you want to cry out to the Lord? The depths may be whatever sin or temptation you are experiencing that causes you to plead for God to hear you and heal your heart. Go ahead, use the words of these verses to cry out to God from whatever deep darkness you may be in. He will hear you.

### PSALM 130:3-4

*If you, O Lord, kept a record of sins, O Lord, who could stand?  
But with you there is forgiveness: therefore you are feared.*

Here the psalmist realizes something true that helps turn his perspective from himself to God. No one is without sin, and if God kept an account against us, we would be dead in our sins. Instead, he forgives us. When we catch even a glimpse of his grace from the depths of our sin, we are moved to honor and worship him for saving us from death to life. (The use of the word "fear" here means reverence.)

Sit with these verses. Ask the psalmist's question as your own.  
Can you answer it the way he has, recognizing God's grace and forgiveness in your life?  
Is God worthy of your worship?

### PSALM 130:5-6

*I wait for the Lord, my soul waits, and in his word I put my hope.  
My soul waits for the Lord  
more than watchmen wait for the morning, more than watchmen wait for the morning.*

We wait with hope for Jesus and with confidence in the words of scripture because our salvation is in him. Those who work and keep watch at night know how it is to wait for the morning. There is an active certainty to their waiting and watching that dawn will lighten the horizon and gradually spread across the sky. Respond to this image from your own life. It's so important to the meaning of the psalm that the phrase is repeated. How is your waiting and hoping in Jesus, in your place of darkness, like watchmen waiting for the morning?

### PSALM 130:7-8

*O Israel, put your hope in the Lord,  
for with the Lord is unfailing love and with him is full redemption.  
He himself will redeem Israel from all their sins.*

Has the love of someone in your life failed you? Has your love failed someone else? God isn't like that; his love is steadfast and unfailing. It may be difficult to fathom, but where we feel most unloved and unlovely is where God desires to pour out his love even more. The psalmist's focus on God's character and salvation bears fruit in what he knows at the end of the psalm in contrast to what he felt at the beginning of it. By waiting and hoping in the Lord, he has come out of the depths and into the abundance of God's grace.

### A PRAYER FOR WAITING

Lord, thank you for urging us to watch and pray. We confess that we, like Peter and the others, are more likely to fall asleep than struggle in prayer and uncertainty. It is easier to seek comfort than to pray, and, honestly, we wonder if you are really there and hear our prayers. Jesus, empower us by your Word and Spirit to wait for you because you are good and keep your promises. Renew our hope, confidence, and courage to put our trust in you. Amen.

# willing

my Father, if it is possible, may this cup be taken from me. yet not as I will, but as you will.

matthew 26:39

The choice to submit our will to God's will is an act of trust and surrender. We feel our vulnerability, and we may cry out to God for another way. When we are finally able to pray, *yet not as I will, but as you will*, we are truly saying, *I trust you, Lord*.

READ MATTHEW 26:36-45.

---



week 5+6



# willing + prayer

## INVITATION TO PRAYER

The deep meaning of all our surrendering to God's will is revealed in the biblical story of two gardens. In the beginning, disobedience in the garden of life ended in death. But the obedience of Jesus in the garden of suffering brought eternal life. By faith in Jesus, we can come to our heavenly Father repeatedly with our fears and grief (may this cup be taken from me), and then finally give them up to receive his gracious will.

*As for me, I trust in the Lord. I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.*

PSALM 31:6-7

*I sought the Lord, and he answered me;  
he delivered me from all my fears.  
Those who look to him are radiant;  
their faces are never covered with shame.*

PSALM 34:4-5

## RESPOND WITH PRAYERS OF CONFESSION

Use the spaces and prompts on these pages to write prayers of confession from your heart. In repentance, commit to turn away from sin toward God. Follow confession and repentance by reading the assurance of forgiveness in Jesus from God's word.

Is there something God is asking you to trust him with in your life right now?

Lord, I confess that I prefer to have control over my plans and desire a future of my own making. I am fearful of yielding my heart fully to you because uncertainty makes me anxious. I confess that I rely on myself more than on you.

Are there fears and sorrows you're struggling with that you haven't brought to Jesus?

Lord, I confess that I'm carrying burdens of guilt and shame that I haven't released to you. These things I have done or that have been done to me weigh on me and keep me from experiencing fullness of joy in you. I confess that I've been hiding and holding onto them, and I want to give them up to you.

## REPENTANCE

*Hear my voice when I call, Lord; be merciful to me and answer me. My heart says of you, "Seek his face!" Your face, Lord, I will seek. PSALM 27:7-8*

## ASSURANCE OF FORGIVENESS AND RENEWAL

PSALM 51

*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.*

*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.*



# willing + fasting

As we watch and pray this week, the spiritual practices of fasting and praying can lead us by grace to take small steps of surrendering our will. These small steps gradually increase our ability to trust and surrender to God's will when greater struggles come.

## INVITATION TO FASTING

When we fast, we usually combine it with prayer and have an intention or purpose for fasting that can include drawing closer to God or discerning his will and seeking his guidance in a season of life. When we fast and pray to seek God's will or guidance, it's helpful to remember that we aren't attempting to coerce him to give us our desired response by these or any other spiritual practices.

God guides and blesses us by his grace, and spiritual practices make us available to receive the grace he desires to give us. We may receive the response we desire from him, but when we don't, we can be assured that by surrendering to his will we are becoming more like Jesus and deepening our desire for relationship with him.

## BE INTENTIONAL

Who or what could you fast for this week?

## RESPOND WITH PRAYERS OF INTERCESSION

Use these prayer prompts and scripture for seeking God's will in your relationships, work, and community during your fast. Pray for specific people, places, and situations these prompts bring to mind.

*Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus: who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness.*

PHILIPPIANS 2:4-7

Lord, it is your will that no one should die apart from salvation for eternal life with you. I ask that you bring my unbelieving family members, friends, and colleagues to saving faith, fullness of life, and true peace in Jesus Christ. Help me to love and serve the people in my life with the grace and humility of Jesus.

Lord, we want to see your church thrive and make your name known in San Diego, our nation, and throughout the world. Help us so to love and serve one another in the body of Christ that people would be drawn and attracted to the beauty of relationships they observe. We pray for your kingdom to come on earth as it is in heaven.

*And being found in appearance as a man, he humbled himself and became obedient to death – even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*

PHILIPPIANS 2:8-11

# willing + scripture meditation

With the practice of scripture meditation, we come to God's word to grow in wisdom for discerning his will for our lives and for the world. We gain spiritual insight for living as he desires through reading and listening to God's word for us.

## INVITATION TO SCRIPTURE MEDITATION

*Praise the Lord, all his heavenly hosts, you his servants who do his will.* PSALM 103:21

Psalm 103 celebrates God's infinite love and compassion. Meditating on God's true character helps us trust him and surrender to his will for us.

When we meditate on small portions of scripture, we focus on certain words or phrases that the Spirit calls to our attention. The following meditation on Psalm 103 has three sections. Focus on just one section each day for meditation.

**Read** the verses slowly several times until the words become familiar to you. Listen as you read for a word or phrase that stands out to you. **Reflect** on that word or phrase. **Respond** with prayer about what you saw and heard in this passage. Listen to what God is saying to you about it and thank him for meeting you and being present with you in this meditation on his word. Use the reflection that follows each section to further apply these verses throughout the week.

## PSALM 103:1-5

*Praise the Lord, O my soul; all my inmost being, praise his holy name.  
Praise the Lord, O 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.*

Think about where your understanding of God comes from. How do you know his character? We can look to the bible to see how he reveals himself in his word. Even if it's difficult to see how good can come from surrendering to his will, knowing his character and remembering his faithfulness will help you trust his will for you.

## PSALM 103:8-12

*The Lord is compassionate and gracious, slow to anger, abounding in love.  
He will not always accuse, nor will he harbor 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.*

In these verses, the span of earth to heaven and from east to west reminds us of both God's boundless grace and the cross that purchased it for us. When faced with a hard choice of obedience to his will, remember who God is and his forgiveness through Jesus' sacrifice on the cross. As you contemplate the love and humility of Jesus, sit for a few moments and simply repeat Jesus' prayer in the garden, *yet not as I will, but as you will.*

## PSALM 103:20-22

*Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word.  
Praise the Lord, all his heavenly hosts, you his servants who do his will.  
Praise the Lord, all his works everywhere in his dominion.*

The closing verses of this psalm encourage us to recognize that all of God's created beings, and all creation itself, praise him and do the will of the One who created them. We end our meditation on this psalm with a question: Can you trust him and join this chorus of creation embracing the will of our Creator? *Praise the Lord, O my soul.*

## A PRAYER FOR A WILLING SPIRIT

Our Father, thank you that Jesus always sought your will in prayer throughout his life. In the garden, he wrestled with sorrow and the desire for some other way than the way of the cross. He is not unacquainted with the anxiety and conflicted desires we also feel. Yet he surrendered in obedience to your will. And because he went to the cross, we can trust your will, for you bring life out of death. You are the only one who can. Amen.

## HOLY WEEK OPPORTUNITIES

### **palm sunday**

MARCH 29, 2024

This service marks the beginning of Holy Week. Join us as we turn our faces towards the cross and move into a posture of welcoming the King.

Design39 at 10am

### **renewal night**

MARCH 27, 2024

This evening of prayer will focus on the theme of consecration, joyfully and willingly giving ourselves more fully to the Lord in light of his sacrificial love given for us.

Design39 at 7pm

### **maundy thursday—seder meal**

MARCH 28, 2024

On Maundy Thursday, the Church traditionally remembers the night that Jesus shared a passover meal with his disciples and then washed their feet before going to the cross.

We encourage you to share in this tradition by gathering with friends, family, or your Community Group to partake in a Seder meal together.

### **good friday + stations of the cross**

MARCH 29, 2024

Join us as we reflect on the pain, suffering, and love of Christ's cross, and why Christians dare call it "good." Childcare will not be available for this service. Before and after the service is an opportunity to walk through the Stations of the Cross, an embodied prayer practice, requiring movement and engaging our senses through the examination of art.

Design39 at 7:30pm

### **easter sunday**

MARCH 31, 2024

This Easter Sunday, we invite you to celebrate with us the joy and victory of Christ's resurrection! This is a family service, so all our volunteers, children, and students can celebrate Easter together with their families. Please plan to stay 30 minutes after the service for donuts, egg decorating for kids elementary and under, plus free family portraits!

Design39 at 10am / Church Social in courtyard immediately after.

For additional details visit [www.trinitysd.org/holyweek24](http://www.trinitysd.org/holyweek24)

Trinity exists to  
make and mature  
followers of Jesus  
for the  
glory of God and  
the good of others.

JOIN US

Sundays | 10am | Design39

*17050 Del Sur Ridge Rd, San Diego, CA 92127*

[WWW.TRINITYSD.ORG](http://WWW.TRINITYSD.ORG)

