

## Images of Lent 2023

### What is Lent?

Lent is the 40 day period (not including Sundays) between Ash Wednesday and the Saturday before Easter Sunday. The earliest practices of Lent started following the Council of Nicea, around 325 AD as a time of fasting in remembrance of Jesus' death. Lent is often thought of as a time to "give up" something, for example chocolate or alcohol, but in the midst of the giving up we sometimes forget that the intention of the fast is for repentance, remembrance, and a time to reflect on salvation through Jesus Christ. Lent is a gift, forty days to reflect, repent, and remember as we approach Easter.

### Lent 2023

February 22 - April 6, 2023

### Easter Sunday

April 9, 2023

### What is the word of the day project?

This year, as a tool for reflection, repentance, and remembrance we are using the scripture readings from the Revised Common Lectionary to provide you with three scripture readings each week of Lent. The challenge is to read the scripture, reflect on the word, and take a photo that represents the word and the scripture. Read the scripture in the morning and throughout the day reflect on how you see the word/verse in your day-to-day life.

### One scripture

### One word

### One image

The word prompts are designed to get you into the Bible each day with words that are significant to this season of repentance, remembrance, and reflection, and to help promote creativity as a spiritual discipline to draw close to God and participate in the season.

If you choose, you can share your images on Instagram with the hashtag:

### #IMAGESOFLENT23

Follow the hashtag on Instagram (as you would follow a person or group) and the images that others create should pop up on your social media feed.

Feel free to invite your friends and family to join us on this journey.

And remember, just because you can't do everyday doesn't mean you can't do some of the days; and just because you don't start at the beginning doesn't mean you have to wait until next year, start any time!



Connections Church  
Highlands Ranch, CO

**Week of 2/22/23**  
**Ash Wednesday**

Day 1  
Scripture: Joel 2:12-13  
Full reading: Joel 2:1-2, 12-17  
Word: Return

Day 2  
Scripture: Psalm 51:1  
Full reading: Psalm 51:1-17  
Word: Mercy

Day 3  
Scripture: Isaiah 58:6  
Full reading: Isaiah 58:1-12  
Word: Justice

**First Week of Lent**  
**Week of 2/26/23**

Day 1  
Scripture: Psalm 32:7  
Full reading: Psalm 32  
Word: Protect

Day 2  
Scripture: Romans 5:17  
Full reading: Romans 5:12-19  
Word: Abundant Grace

Day 3  
Scripture: Matthew 4:10  
Full reading: Matthew 4:1-11  
Word: Worship

**Second Week of Lent**  
**Week of 3/5/23**

Day 1  
Scripture: Psalm 121:1-2  
Full reading: Psalm 121  
Word: Help

Day 2  
Scripture: Romans 4:2-3  
Full reading: Romans 4:1-5, 13-17  
Word: Faith

Day 3  
Scripture: John 3:16  
Full reading: John 3:1-17  
Word: Believe

**Third Week of Lent**  
**Week of 3/12/23**

Day 1  
Scripture: Romans 5:3-5  
Full reading: Romans 5:1-11  
Word: Hope

Day 2  
Scripture: John 4:13-14  
Full reading: John 4:5-42  
Word: Thirst

Day 3  
Scripture: Psalm 95:2  
Full reading: Psalm 95  
Word: Praise

**Fourth Week of Lent**  
**Week of 3/19/23**

Day 1  
Scripture: 1 Samuel 16:7  
Full reading: 1 Samuel 16:1-13  
Word: Heart

Day 2  
Scripture: Ephesians 5:8-9  
Full reading: Ephesians 5:8-14  
Word: Light

Day 3  
Scripture: Psalm 23:4  
Full reading: Psalm 23  
Word: Comfort

**Fifth Week of Lent**  
**Week of 3/26/23**

Day 1  
Scripture: Psalm 130:5  
Full reading: Psalm 130  
Word: Wait

Day 2  
Scripture: Romans 8:11  
Full reading: Romans 8:6-11  
Word: Life

Day 3  
Scripture: John 11:27  
Full reading: John 11:1-45  
Word: Yes

## **Holy Week**

### **Week of 4/2/23**

Palm Sunday

Scripture: Matthew 21:9

Full reading: Matthew 21:1-11

Word: Blessed

Monday

Scripture: John 12:3

Full reading: John 12:20-36

Word: Anoint

Tuesday

Scripture: John 12:27-28

Full reading: John 12:20-36

Word: Glorify

Wednesday

Scripture: John 13:21

Full reading: John 13:21-32

Word: Betray

Maundy Thursday

Scripture: John 13:34

Full reading: John 13:1-17. 31b-35

Word: Love

Good Friday

Scripture: John 18:30

Full reading: John 18:1-19:42

Word: Finished

Holy Saturday

Scripture: John 19:41-42

Full reading: John 19:38-42

Word: Buried

**EASTER SUNDAY**

Scripture: John 20:18

Full reading: John 20:1-18

Word: "I have seen the Lord!"