

Monday 8th February

Psalm 30

¹ I will exalt you, LORD,

for you lifted me out of the depths
and did not let my enemies gloat over me.

² **LORD my God, I called to you for help,
and you healed me.**

³ You, LORD, brought me up from the realm of the dead;
you spared me from going down to the pit.

⁴ **Sing the praises of the LORD, you his faithful people;
praise his holy name.**

⁵ For his anger lasts only a moment,
but his favour lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.

⁶ **When I felt secure, I said,
“I will never be shaken.”**

⁷ LORD, when you favoured me,
you made my royal mountain^[c] stand firm;
but when you hid your face,
I was dismayed.

⁸ **To you, LORD, I called;
to the Lord I cried for mercy:**

⁹ “What is gained if I am silenced,
if I go down to the pit?

Will the dust praise you?
Will it proclaim your faithfulness?

¹⁰ **Hear, LORD, and be merciful to me;
LORD, be my help.”**

¹¹ You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,

¹² **that my heart may sing your praises and not be silent.
LORD my God, I will praise you forever.**

John 19;1-16

¹⁹ Then Pilate took Jesus and had him flogged. ² The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe ³ and went up to him again and again, saying, “Hail, king of the Jews!” And they slapped him in the face.

⁴ Once more Pilate came out and said to the Jews gathered there, “Look, I am bringing him out to you to let you know that I find no basis for a charge against him.” ⁵ When Jesus came out wearing the crown of thorns and the purple robe, Pilate said to them, “Here is the man!”

⁶ As soon as the chief priests and their officials saw him, they shouted, “Crucify! Crucify!”

But Pilate answered, “You take him and crucify him. As for me, I find no basis for a charge against him.”

⁷ The Jewish leaders insisted, “We have a law, and according to that law he must die, because he claimed to be the Son of God.”

⁸ When Pilate heard this, he was even more afraid, ⁹ and he went back inside the palace. “Where do you come from?” he asked Jesus, but Jesus gave him no answer. ¹⁰ “Do you refuse to speak to me?” Pilate said. “Don’t you realize I have power either to free you or to crucify you?”

¹¹ Jesus answered, “You would have no power over me if it were not given to you from above. Therefore the one who handed me over to you is guilty of a greater sin.”

¹² From then on, Pilate tried to set Jesus free, but the Jewish leaders kept shouting, “If you let this man go, you are no friend of Caesar. Anyone who claims to be a king opposes Caesar.”

¹³ When Pilate heard this, he brought Jesus out and sat down on the judge’s seat at a place known as the Stone Pavement (which in Aramaic is Gabbatha). ¹⁴ It was the day of Preparation of the Passover; it was about noon.

“Here is your king,” Pilate said to the Jews.

¹⁵ But they shouted, “Take him away! Take him away! Crucify him!” “Shall I crucify your king?” Pilate asked.

“We have no king but Caesar,” the chief priests answered.

¹⁶ Finally Pilate handed him over to them to be crucified. So the soldiers took charge of Jesus.

Tuesday 9th February

Psalm 36

- ¹ I have a message from God in my heart
concerning the sinfulness of the wicked:
There is no fear of God
before their eyes.
- ² **In their own eyes they flatter themselves
too much to detect or hate their sin.**
- ³ The words of their mouths are wicked and deceitful;
they fail to act wisely or do good.
- ⁴ **Even on their beds they plot evil;
they commit themselves to a sinful course
and do not reject what is wrong.**
- ⁵ Your love, LORD, reaches to the heavens,
your faithfulness to the skies.
- ⁶ **Your righteousness is like the highest mountains,
your justice like the great deep.
You, LORD, preserve both people and animals.**
- ⁷ How priceless is your unfailing love, O God!
People take refuge in the shadow of your wings.
- ⁸ **They feast on the abundance of your house;
you give them drink from your river of delights.**
- ⁹ For with you is the fountain of life;
in your light we see light.
- ¹⁰ **Continue your love to those who know you,
your righteousness to the upright in heart.**
- ¹¹ May the foot of the proud not come against me,
nor the hand of the wicked drive me away.
- ¹² **See how the evildoers lie fallen—
thrown down, not able to rise!**

John 19;17-30

¹⁷ Carrying his own cross, he went out to the place of the Skull (which in Aramaic is called Golgotha). ¹⁸ There they crucified him, and with him two others—one on each side and Jesus in the middle.

¹⁹ Pilate had a notice prepared and fastened to the cross. It read: JESUS OF NAZARETH, THE KING OF THE JEWS. ²⁰ Many of the Jews read this sign, for the place where Jesus was crucified was near the city, and the sign was written in Aramaic, Latin and Greek. ²¹ The chief priests of the Jews protested to Pilate, “Do not write ‘The King of the Jews,’ but that this man claimed to be king of the Jews.”

²² Pilate answered, “What I have written, I have written.”

²³ When the soldiers crucified Jesus, they took his clothes, dividing them into four shares, one for each of them, with the undergarment remaining. This garment was seamless, woven in one piece from top to bottom.

²⁴ “Let’s not tear it,” they said to one another. “Let’s decide by lot who will get it.”

This happened that the scripture might be fulfilled that said,

“They divided my clothes among them

and cast lots for my garment.”^[a]

So this is what the soldiers did.

²⁵ Near the cross of Jesus stood his mother, his mother’s sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, “Woman,^[b] here is your son,” ²⁷ and to the disciple, “Here is your mother.” From that time on, this disciple took her into his home.

The Death of Jesus

²⁸ Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty.” ²⁹ A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. ³⁰ When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit.

Wednesday 10th February

Psalm 34

I will extol the LORD at all times; his praise will always be on my lips.

² I will glory in the LORD; let the afflicted hear and rejoice.

³ Glorify the LORD with me; let us exalt his name together.

**⁴ I sought the LORD, and he answered me;
he delivered me from all my fears.**

⁵ Those who look to him are radiant;
their faces are never covered with shame.

**⁶ This poor man called, and the LORD heard him;
he saved him out of all his troubles.**

⁷ The angel of the LORD encamps around those who fear him,
and he delivers them.

**⁸ Taste and see that the LORD is good;
blessed is the one who takes refuge in him.**

⁹ Fear the LORD, you his holy people,
for those who fear him lack nothing.

**¹⁰ The lions may grow weak and hungry,
but those who seek the LORD lack no good thing.**

¹¹ Come, my children, listen to me;
I will teach you the fear of the LORD.

**¹² Whoever of you loves life
and desires to see many good days,**

¹³ keep your tongue from evil
and your lips from telling lies.

**¹⁴ Turn from evil and do good;
seek peace and pursue it.**

¹⁵ The eyes of the LORD are on the righteous,
and his ears are attentive to their cry;

**¹⁶ but the face of the LORD is against those who do evil,
to blot out their name from the earth.**

¹⁷ The righteous cry out, and the LORD hears them;
he delivers them from all their troubles.

**¹⁸ The LORD is close to the broken hearted
and saves those who are crushed in spirit.**

¹⁹ The righteous person may have many troubles,
but the LORD delivers him from them all;

**²⁰ he protects all his bones,
not one of them will be broken.**

²¹ Evil will slay the wicked;
the foes of the righteous will be condemned.

**²² The LORD will rescue his servants;
no one who takes refuge in him will be condemned.**

John 19;31-end

³¹ Now it was the day of Preparation, and the next day was to be a special Sabbath. Because the Jewish leaders did not want the bodies left on the crosses during the Sabbath, they asked Pilate to have the legs broken and the bodies taken down. ³² The soldiers therefore came and broke the legs of the first man who had been crucified with Jesus, and then those of the other. ³³ But when they came to Jesus and found that he was already dead, they did not break his legs. ³⁴ Instead, one of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of blood and water. ³⁵ The man who saw it has given testimony, and his testimony is true. He knows that he tells the truth, and he testifies so that you also may believe. ³⁶ These things happened so that the scripture would be fulfilled: "Not one of his bones will be broken,"^[c] ³⁷ and, as another scripture says, "They will look on the one they have pierced."^[d]

The Burial of Jesus

³⁸ Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jewish leaders. With Pilate's permission, he came and took the body away. ³⁹ He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds.^[e] ⁴⁰ Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. ⁴¹ At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. ⁴² Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.

Thursday 11th February

Psalm 37

¹ Do not fret because of those who are evil
or be envious of those who do wrong;

² **for like the grass they will soon wither,
like green plants they will soon die away.**

³ Trust in the LORD and do good;
dwell in the land and enjoy safe pasture.

⁴ **Take delight in the LORD,
and he will give you the desires of your heart.**

⁵ Commit your way to the LORD;
trust in him and he will do this:

⁶ **He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.**

⁷ Be still before the LORD
and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.

⁸ **Refrain from anger and turn from wrath;
do not fret—it leads only to evil.**

⁹ For those who are evil will be destroyed,
but those who hope in the LORD will inherit the land.

¹⁰ **A little while, and the wicked will be no more;
though you look for them, they will not be found.**

¹¹ But the meek will inherit the land
and enjoy peace and prosperity.

John 20; 1-10

Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. ² So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, “They have taken the Lord out of the tomb, and we don’t know where they have put him!”

³ So Peter and the other disciple started for the tomb. ⁴ Both were running, but the other disciple outran Peter and reached the tomb first. ⁵ He bent over and looked in at the strips of linen lying there but did not go in. ⁶ Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, ⁷ as well as the cloth that had been wrapped around Jesus’ head. The cloth was still lying in its place, separate from the linen. ⁸ Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed. ⁹ (They still did not understand from Scripture that Jesus had to rise from the dead.) ¹⁰ Then the disciples went back to where they were staying.

Friday 12th February

Psalm 31

¹ In you, LORD, I have taken refuge; let me never be put to shame;
deliver me in your righteousness.

² **Turn your ear to me, come quickly to my rescue;
be my rock of refuge, a strong fortress to save me.**

³ Since you are my rock and my fortress,
for the sake of your name lead and guide me.

⁴ **Keep me free from the trap that is set for me, for you are my refuge.**

⁵ Into your hands I commit my spirit;
deliver me, LORD, my faithful God.

⁶ **I hate those who cling to worthless idols; as for me, I trust in the LORD.**

⁷ I will be glad and rejoice in your love, for you saw my affliction
and knew the anguish of my soul.

⁸ **You have not given me into the hands of the enemy
but have set my feet in a spacious place.**

⁹ Be merciful to me, LORD, for I am in distress;
my eyes grow weak with sorrow, my soul and body with grief.

¹⁰ **My life is consumed by anguish and my years by groaning;
my strength fails because of my affliction and my bones grow weak.**

¹¹ Because of all my enemies, I am the utter contempt of my neighbours
and an object of dread to my closest friends—those who see me on the
street flee from me.

¹² **I am forgotten as though I were dead; I have become like broken
pottery.**

¹³ For I hear many whispering, “Terror on every side!”
They conspire against me and plot to take my life.

¹⁴ **But I trust in you, LORD; I say, “You are my God.”**

¹⁵ My times are in your hands; deliver me from the hands of my enemies,
from those who pursue me.

¹⁶ **Let your face shine on your servant; save me in your unfailing love.**

¹⁷ Let me not be put to shame, LORD, for I have cried out to you;
but let the wicked be put to shame and be silent in the realm of the dead.

¹⁸ **Let their lying lips be silenced, for with pride and contempt
they speak arrogantly against the righteous.**

¹⁹ How abundant are the good things that you have stored up for those
who fear you, that you bestow in the sight of all,
on those who take refuge in you.

²⁰ **In the shelter of your presence you hide them
from all human intrigues; you keep them safe in your dwelling
from accusing tongues.**

²¹ Praise be to the LORD, for he showed me the wonders of his love
when I was in a city under siege.

²² **In my alarm I said, “I am cut off from your sight!”**

Yet you heard my cry for mercy when I called to you for help.

²³ Love the LORD, all his faithful people!

The LORD preserves those who are true to him,
but the proud he pays back in full.

²⁴ **Be strong and take heart all you who hope in the LORD.**

John 20:11-18

¹ Now Mary stood outside the tomb crying. As she wept, she bent over to
look into the tomb ¹² and saw two angels in white, seated where Jesus’
body had been, one at the head and the other at the foot.

¹³ They asked her, “Woman, why are you crying?”

“They have taken my Lord away,” she said, “and I don’t know where they
have put him.” ¹⁴ At this, she turned around and saw Jesus standing
there, but she did not realize that it was Jesus.

¹⁵ He asked her, “Woman, why are you crying? Who is it you are looking
for?”

Thinking he was the gardener, she said, “Sir, if you have carried him away,
tell me where you have put him, and I will get him.”

¹⁶ Jesus said to her, “Mary.”

She turned toward him and cried out in Aramaic, “Rabboni!” (which means
“Teacher”).

¹⁷ Jesus said, “Do not hold on to me, for I have not yet ascended to the
Father. Go instead to my brothers and tell them, ‘I am ascending to my
Father and your Father, to my God and your God.’”

¹⁸ Mary Magdalene went to the disciples with the news: “I have seen the
Lord!” And she told them that he had said these things to her.

