

A FAMILY RESOURCE FOR LENT

WORDS TO LIVE BY

DIOCESE OF THE ARMENIAN CHURCH OF AMERICA (EASTERN)
CHILDREN AND FAMILY MINISTRY



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40 Days of God's Word Through the Armenian Lectionary

In the early centuries of Christianity, Great Lent began as a 40-day period of prayer and study by people preparing to become Christians through baptism on Easter. By the fourth century, it had become a universal season of penance and fasting in the Christian Church.

In the Armenian Church, Lent begins on the Monday after Poon Paregentan ("Day of Good Living") and ends on the Friday before Palm Sunday. Pious customs connected with Armenian Great Lent have evolved and vary, but always comprise of fasting, a renewed focus on God through Bible reading and church attendance, charity, "giving up" habits that distract us from God and committing ourselves to new habits that help us grow closer to Him.

A lectionary is the church's selection and ordering of Bible passages to be read daily during church through the year. The Armenian lectionary has its roots in reading cycles that developed as early as the fourth century in Jerusalem. The 40 verses listed below were drawn from the Armenian lectionary. There is a theme in these selections, pointing us to *the majesty of God, the salvation story in the Old Testament to the new life promised in Jesus Christ, and the basic elements of genuine Christian living*. Once a day, read the assigned verse. If it appeals to you, memorize it. Please note that sometimes only part of a verse is used, or the order of the verse cited is changed to make more sense. To make it easy to follow, check each one as you read. In this way, you can participate in Jesus's own 40-day sojourn in the wilderness, during which He emphatically declared to the devil that no one "lives by bread alone, but by every word that comes from God."

Let His words strengthen you and your family too!

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| 1 Stop doing wrong, learn to do right! See that justice is done. (Isaiah 1:16-17) <input type="checkbox"/> | 23 Where were you when I laid the earth's foundation? (Job 38:4) <input type="checkbox"/> |
| 2 Good people will be rewarded for what they do. (Ezekiel 18:20) <input type="checkbox"/> | 24 I have promised to bring you up out of your misery into a land flowing with milk and honey. (Exodus 3:17) <input type="checkbox"/> |
| 3 Declare a holy fast; joy and gladness have been cut off from the House of our God. To you, O Lord, I call. (Joel 1:14, 16, 19) <input type="checkbox"/> | 25 There is but one Lord, Jesus Christ, through whom all things came and through whom we live. (1 Corinthians 8:6) <input type="checkbox"/> |
| 4 Don't let sin rule your lives. You are ruled by God's kindness, and not by the law. (Romans 6:14) <input type="checkbox"/> | 26 I will pour out my Spirit on your offsprings, and my blessing on your descendants. (Isaiah 44:3) <input type="checkbox"/> |
| 5 Love the Lord your God with all your heart and with all your soul and with all your strength. (Deuteronomy 6:5) <input type="checkbox"/> | 27 The kingdom of heaven is like a merchant looking for pearls. When he found one of great value, he went away and sold everything he had and bought it. (Matthew 13:45-46) <input type="checkbox"/> |
| 6 I'm sending you out like sheep among wolves. So be as wise as serpents and as innocent as doves. (Matthew 10:16) <input type="checkbox"/> | 28 All who exalt themselves will be humbled, and they who humble themselves will be exalted. (Luke 18:14) <input type="checkbox"/> |
| 7 What good is it to love only those who love you? Love your enemies and pray for those who mistreat you. Be perfect as your Heavenly Father is perfect. (Matthew 5:44-48) <input type="checkbox"/> | 29 In the past, God spoke to us through the prophets, but in these last days He has spoken to us by His son, who He appointed heir of all things and through whom He made the universe. (Hebrews 1:1-2) <input type="checkbox"/> |
| 8 Respect and obey the Lord! This is the beginning of knowledge. (Proverbs 1:7) <input type="checkbox"/> | 30 The Lord Himself will give you a sign: The virgin will be with child and will give birth to a son and will call Him Emmanuel. (Isaiah 7:14) <input type="checkbox"/> |
| 9 With all your heart trust the Lord; don't rely on your own understanding. (Proverbs 3:5) <input type="checkbox"/> | 31 Moses said to the Lord, "O Lord, I have never been eloquent; I am slow of speech." The Lord said to him: "Who gave people their mouths? Is it not I, the Lord? I will help you speak and teach you what to say." (Exodus 4:10-12) <input type="checkbox"/> |
| 10 We will walk in the name of our Lord our God forever and ever. (Micah 4:5) <input type="checkbox"/> | 32 As in Adam, all die, so in Christ all will be made alive. (1 Corinthians 15:22) <input type="checkbox"/> |
| 11 Don't tell your neighbor to come back tomorrow if you can help today. (Proverbs 3:28) <input type="checkbox"/> | 33 What does the Lord your God ask of you? The Lord your God wants you to respect Him, to walk in all His ways, to love Him, to serve Him with all your heart and all your soul, and to obey His laws and teachings. (Deuteronomy 10:12-13) <input type="checkbox"/> |
| 12 God is wise and powerful. Who could possibly oppose Him and win? (Job 9:4) <input type="checkbox"/> | 34 If any of you want to be my followers, you must forget about yourself and take up your cross and follow me. If you want to save your life, you will lose it. But if you give up your life for me, you will find it. (Matthew 16:24-25) <input type="checkbox"/> |
| 13 I have fought the good fight. I have finished the race. I have kept the faith. So, a crown will be given to me for pleasing the Lord. (2 Timothy 4:7-8) <input type="checkbox"/> | 35 And whatever you do, whether in word or in deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him. (Colossians 3:17) <input type="checkbox"/> |
| 14 There is more joy in heaven over one sinner who repents than over ninety-nine righteous people who don't need to. (Luke 15:7) <input type="checkbox"/> | 36 There are different kinds of spiritual gifts, but they all come from the same Spirit. There are different ways to serve the same Lord, and we can each do different things. Yet the same God works in all of us and helps us in everything we do. (1 Corinthians 12:4-6) <input type="checkbox"/> |
| 15 Since you have been raised to life with Christ, set your mind on things above, not on earthly things. (Colossians 3:1-2) <input type="checkbox"/> | 37 The body is a unit, through it is made up of many parts, so it is with Christ. For we were all baptized by one Spirit into one body. (1 Corinthians 12:12-13) <input type="checkbox"/> |
| 16 Now faith is being sure of what we hope for and certain of what we do not see. (Hebrews 11:1) <input type="checkbox"/> | 38 Rejoice greatly, see, your king comes to you, righteous and having salvation, gentle and riding on a donkey. (Zachariah 9:9) <input type="checkbox"/> |
| 17 Later I will pour out my Spirit on all people your sons and daughters will prophesy: your elders will dream dreams; your young people will see visions. (Joel 2:28) <input type="checkbox"/> | 39 God's household is the Church of the living God, the pillar, and the foundation of the truth. (1 Timothy 3:15) <input type="checkbox"/> |
| 18 Be completely humble and gentle; be patient, bearing with one another in love. (Ephesians 4:2) <input type="checkbox"/> | 40 The Lord said: "Since the day you were born, I have carried you along. I will still be the same when you are old and gray, and I will always take care of you." (Isaiah 46:3-4) <input type="checkbox"/> |
| 19 Is not wisdom found among the aged? Does not long-life bring understanding? (Job 12:12) <input type="checkbox"/> | |
| 20 I am the gate; whoever enters through Me will be saved; for I have come that everyone may have life and have it abundantly. (John 10:9-10) <input type="checkbox"/> | |
| 21 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up. (Ephesians 4:29) <input type="checkbox"/> | |
| 22 I am the Lord, the God of all mankind. Is anything too hard for me? (Jeremiah 32:27) <input type="checkbox"/> | |