

“Pilgrimage”

Following the Footsteps of Jesus

*A LENT BIBLE STUDY
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BIBLICAL READINGS

STUDY 1 – PREPARATION

“Jesus begins His journey” (page 5)

Matthew 3: 1-17

3 In those days John the Baptist appeared in the wilderness of Judea, proclaiming, ² ‘Repent, for the kingdom of heaven has come near.’ ³ This is the one of whom the prophet Isaiah spoke when he said,

‘The voice of one crying out in the wilderness:
“Prepare the way of the Lord,
make his paths straight.”’

⁴ Now John wore clothing of camel’s hair with a leather belt around his waist, and his food was locusts and wild honey. ⁵ Then the people of Jerusalem and all Judea were going out to him, and all the region along the Jordan, ⁶ and they were baptized by him in the river Jordan, confessing their sins.

⁷ But when he saw many Pharisees and Sadducees coming for baptism, he said to them, ‘You brood of vipers! Who warned you to flee from the wrath to come? ⁸ Bear fruit worthy of repentance. ⁹ Do not presume to say to yourselves, “We have Abraham as our ancestor”; for I tell you, God is able from these stones to raise up children to Abraham. ¹⁰ Even now the axe is lying at the root of the trees; every tree therefore that does not bear good fruit is cut down and thrown into the fire.

¹¹ ‘I baptize you with water for repentance, but one who is more powerful than I is coming after me; I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire. ¹² His winnowing-fork is in his hand, and he will clear his threshing-floor and will gather his wheat into the granary; but the chaff he will burn with unquenchable fire.’

¹³ Then Jesus came from Galilee to John at the Jordan, to be baptized by him. ¹⁴ John would have prevented him, saying, ‘I need to be baptized by you, and do you come to me?’ ¹⁵ But Jesus answered him, ‘Let it be so now; for it is proper for us in this way to fulfil all righteousness.’ Then he consented. ¹⁶ And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷ And a voice from heaven said, ‘This is my Son, the Beloved, with whom I am well pleased.’

“Preparation for the road ahead” (page 7)

Hebrews 10:22-24,

²² let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. ²³ Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. ²⁴ And let us consider how to provoke one another to love and good deeds,

Philippians 4:4-9

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹ Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Isaiah 40:25-31

²⁵ To whom then will you compare me,
or who is my equal? says the Holy One.
²⁶ Lift up your eyes on high and see:
Who created these?
He who brings out their host and numbers them,
calling them all by name;
because he is great in strength,
mighty in power,
not one is missing.
²⁷ Why do you say, O Jacob,
and speak, O Israel,
'My way is hidden from the Lord,
and my right is disregarded by my God'?
²⁸ Have you not known? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
²⁹ He gives power to the faint,
and strengthens the powerless.
³⁰ Even youths will faint and be weary,
and the young will fall exhausted;
³¹ but those 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.

STUDY 2 – JOURNEYING

“Obstacles on the road” (page 9)

Matthew 4: 1-11

⁴ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² He fasted for forty days and forty nights, and afterwards he was famished. ³ The tempter came and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’ ⁴ But he answered, ‘It is written,

“One does not live by bread alone,

but by every word that comes from the mouth of God.”

⁵ Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶ saying to him, ‘If you are the Son of God, throw yourself down; for it is written, “He will command his angels concerning you”,

and “On their hands they will bear you up, so that you will not dash your foot against a stone.”

⁷ Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.”’

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; ⁹ and he said to him, ‘All these I will give you, if you will fall down and worship me.’ ¹⁰ Jesus said to him, ‘Away with you, Satan! for it is written,

“Worship the Lord your God,

and serve only him.”

¹¹ Then the devil left him, and suddenly angels came and waited on him.

“Overcoming temptation” (page 11)

Mark 4. 14-19

² As it is written in the prophet Isaiah, ‘See, I am sending my messenger ahead of you, who will prepare your way;

³ the voice of one crying out in the wilderness:

“Prepare the way of the Lord, make his paths straight”,

⁴ John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins.

James 1: 2-4

² My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, ³ because you know that the testing of your faith produces endurance; ⁴ and let endurance have its full effect, so that you may be mature and complete, lacking in nothing.

1 Timothy 6: 7-12

⁷ for we brought nothing into the world, so that we can take nothing out of it; ⁸ but if we have food and clothing, we will be content with these. ⁹ But those who want to be rich fall

into temptation and are trapped by many senseless and harmful desires that plunge people into ruin and destruction. ¹⁰For the love of money is a root of all kinds of evil, and in their eagerness to be rich some have wandered away from the faith and pierced themselves with many pains.

¹¹ But as for you, man of God, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness. ¹² Fight the good fight of the faith; take hold of the eternal life, to which you were called and for which you made the good confession in the presence of many witnesses.

STUDY 3 – ARRIVING

“The Kingdom is near” (page 13)

Matthew 4:17 - 5:12

¹⁷ From that time Jesus began to proclaim, ‘Repent, for the kingdom of heaven has come near.’

¹⁸ As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the lake—for they were fishermen. ¹⁹ And he said to them, ‘Follow me, and I will make you fish for people.’ ²⁰ Immediately they left their nets and followed him. ²¹ As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. ²² Immediately they left the boat and their father, and followed him.

²³ Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people. ²⁴ So his fame spread throughout all Syria, and they brought to him all the sick, those who were afflicted with various diseases and pains, demoniacs, epileptics, and paralytics, and he cured them. ²⁵ And great crowds followed him from Galilee, the Decapolis, Jerusalem, Judea, and from beyond the Jordan.

⁵ When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ² Then he began to speak, and taught them, saying:

³ ‘Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴ ‘Blessed are those who mourn, for they will be comforted.

⁵ ‘Blessed are the meek, for they will inherit the earth.

⁶ ‘Blessed are those who hunger and thirst for righteousness, for they will be filled.

⁷ ‘Blessed are the merciful, for they will receive mercy.

⁸ ‘Blessed are the pure in heart, for they will see God.

⁹ ‘Blessed are the peacemakers, for they will be called children of God.

¹⁰ ‘Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

¹¹ ‘Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

“Walking in the Kingdom” (page 15)

Colossians 1:9b-14

⁹ For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God’s will in all spiritual wisdom and understanding, ¹⁰ so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God. ¹¹ May you be made strong with all the strength that comes from his glorious power, and may you be

prepared to endure everything with patience, while joyfully ¹² giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light. ¹³ He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son, ¹⁴ in whom we have redemption, the forgiveness of sins.

Matthew 25:34-40

³⁴ Then the king will say to those at his right hand, “Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; ³⁵ for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, ³⁶ I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.” ³⁷ Then the righteous will answer him, “Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? ³⁸ And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? ³⁹ And when was it that we saw you sick or in prison and visited you?” ⁴⁰ And the king will answer them, “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.”

Matthew 18:1-5

18 At that time the disciples came to Jesus and asked, ‘Who is the greatest in the kingdom of heaven?’ ² He called a child, whom he put among them, ³ and said, ‘Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. ⁴ Whoever becomes humble like this child is the greatest in the kingdom of heaven. ⁵ Whoever welcomes one such child in my name welcomes me.

STUDY 4 – ENCOUNTERS

“A unique meeting” (page 17)

Luke 9: 23-36

²³ Then he said to them all, ‘If any want to become my followers, let them deny themselves and take up their cross daily and follow me. ²⁴ For those who want to save their life will lose it, and those who lose their life for my sake will save it. ²⁵ What does it profit them if they gain the whole world, but lose or forfeit themselves? ²⁶ Those who are ashamed of me and of my words, of them the Son of Man will be ashamed when he comes in his glory and the glory of the Father and of the holy angels. ²⁷ But truly I tell you, there are some standing here who will not taste death before they see the kingdom of God.’

²⁸ Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. ²⁹ And while he was praying, the appearance of his face changed, and his clothes became dazzling white. ³⁰ Suddenly they saw two men, Moses and Elijah, talking to him. ³¹ They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. ³² Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. ³³ Just as they were leaving him, Peter said to Jesus, ‘Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah’—not knowing what he said. ³⁴ While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. ³⁵ Then from the cloud came a voice that said, ‘This is my Son, my Chosen; listen to him!’ ³⁶ When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

“Encounters with God” (page 19)

1 Kings 19:3-18

³ Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

⁴ But he himself went a day’s journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: ‘It is enough; now, O Lord, take away my life, for I am no better than my ancestors.’ ⁵ Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, ‘Get up and eat.’ ⁶ He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. ⁷ The angel of the Lord came a second time, touched him, and said, ‘Get up and eat, otherwise the journey will be too much for you.’ ⁸ He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God. ⁹ At that place he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, ‘What are you doing here, Elijah?’ ¹⁰ He answered, ‘I have been very zealous for the Lord, the God of hosts; for the Israelites have

forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.'

¹¹ He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; ¹² and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. ¹³ When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' ¹⁴ He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' ¹⁵ Then the Lord said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. ¹⁶ Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. ¹⁷ Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. ¹⁸ Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.'

Luke 19:1-10

¹⁹ He entered Jericho and was passing through it. ² A man was there named Zacchaeus; he was a chief tax-collector and was rich. ³ He was trying to see who Jesus was, but on account of the crowd he could not, because he was short in stature. ⁴ So he ran ahead and climbed a sycamore tree to see him, because he was going to pass that way. ⁵ When Jesus came to the place, he looked up and said to him, 'Zacchaeus, hurry and come down; for I must stay at your house today.' ⁶ So he hurried down and was happy to welcome him. ⁷ All who saw it began to grumble and said, 'He has gone to be the guest of one who is a sinner.' ⁸ Zacchaeus stood there and said to the Lord, 'Look, half of my possessions, Lord, I will give to the poor; and if I have defrauded anyone of anything, I will pay back four times as much.' ⁹ Then Jesus said to him, 'Today salvation has come to this house, because he too is a son of Abraham. ¹⁰ For the Son of Man came to seek out and to save the lost.'

Acts 8: 26-39

²⁶ Then an angel of the Lord said to Philip, 'Get up and go towards the south to the road that goes down from Jerusalem to Gaza.' (This is a wilderness road.) ²⁷ So he got up and went. Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship ²⁸ and was returning home; seated in his chariot, he was reading the prophet Isaiah. ²⁹ Then the Spirit said to Philip, 'Go over to this chariot and join it.' ³⁰ So Philip ran up to it and heard him reading the prophet Isaiah. He asked, 'Do you understand what you are reading?' ³¹ He replied, 'How can I, unless someone guides me?' And he invited Philip to get in and sit beside him. ³² Now the passage of the scripture that he was reading was this:

'Like a sheep he was led to the slaughter,
and like a lamb silent before its shearer,
so he does not open his mouth.
³³ In his humiliation justice was denied him.
Who can describe his generation?
For his life is taken away from the earth.'

³⁴The eunuch asked Philip, 'About whom, may I ask you, does the prophet say this, about himself or about someone else?' ³⁵Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about Jesus. ³⁶As they were going along the road, they came to some water; and the eunuch said, 'Look, here is water! What is to prevent me from being baptized?' ³⁸He commanded the chariot to stop, and both of them, Philip and the eunuch, went down into the water, and Philip baptized him. ³⁹When they came up out of the water, the Spirit of the Lord snatched Philip away; the eunuch saw him no more, and went on his way rejoicing.

STUDY 5 – RETURNING

“The journey almost over” (page 21)

Matthew 21:1-3

21 When they had come near Jerusalem and had reached Bethphage, at the Mount of Olives, Jesus sent two disciples, ² saying to them, ‘Go into the village ahead of you, and immediately you will find a donkey tied, and a colt with her; untie them and bring them to me. ³ If anyone says anything to you, just say this, “The Lord needs them.” And he will send them immediately.’ ⁴ This took place to fulfil what had been spoken through the prophet, saying,

⁵ ‘Tell the daughter of Zion,
Look, your king is coming to you,
humble, and mounted on a donkey,
and on a colt, the foal of a donkey.’

⁶ The disciples went and did as Jesus had directed them; ⁷ they brought the donkey and the colt, and put their cloaks on them, and he sat on them. ⁸ A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. ⁹ The crowds that went ahead of him and that followed were shouting,

‘Hosanna to the Son of David!
Blessed is the one who comes in the name of the Lord!
Hosanna in the highest heaven!’

¹⁰ When he entered Jerusalem, the whole city was in turmoil, asking, ‘Who is this?’ ¹¹ The crowds were saying, ‘This is the prophet Jesus from Nazareth in Galilee.’

¹² Then Jesus entered the temple and drove out all who were selling and buying in the temple, and he overturned the tables of the money-changers and the seats of those who sold doves. ¹³ He said to them, ‘It is written,

“My house shall be called a house of prayer”;
but you are making it a den of robbers.’

Matthew 23:37-24:1-5

³⁷ ‘Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing!’

24 As Jesus came out of the temple and was going away, his disciples came to point out to him the buildings of the temple. ² Then he asked them, ‘You see all these, do you not? Truly I tell you, not one stone will be left here upon another; all will be thrown down.’

³ When he was sitting on the Mount of Olives, the disciples came to him privately, saying, ‘Tell us, when will this be, and what will be the sign of your coming and of the end of the

age?’ ⁴ Jesus answered them, ‘Beware that no one leads you astray. ⁵ For many will come in my name, saying, “I am the Messiah!” and they will lead many astray.

Matthew 26:26-46

²⁶ While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, ‘Take, eat; this is my body.’ ²⁷ Then he took a cup, and after giving thanks he gave it to them, saying, ‘Drink from it, all of you; ²⁸ for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. ²⁹ I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.’

³⁰ When they had sung the hymn, they went out to the Mount of Olives.

³¹ Then Jesus said to them, ‘You will all become deserters because of me this night; for it is written,

“I will strike the shepherd,
and the sheep of the flock will be scattered.”

³² But after I am raised up, I will go ahead of you to Galilee.’ ³³ Peter said to him, ‘Though all become deserters because of you, I will never desert you.’ ³⁴ Jesus said to him, ‘Truly I tell you, this very night, before the cock crows, you will deny me three times.’ ³⁵ Peter said to him, ‘Even though I must die with you, I will not deny you.’ And so said all the disciples.

³⁶ Then Jesus went with them to a place called Gethsemane; and he said to his disciples, ‘Sit here while I go over there and pray.’ ³⁷ He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. ³⁸ Then he said to them, ‘I am deeply grieved, even to death; remain here, and stay awake with me.’ ³⁹ And going a little farther, he threw himself on the ground and prayed, ‘My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.’ ⁴⁰ Then he came to the disciples and found them sleeping; and he said to Peter, ‘So, could you not stay awake with me one hour? ⁴¹ Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.’ ⁴² Again he went away for the second time and prayed, ‘My Father, if this cannot pass unless I drink it, your will be done.’ ⁴³ Again he came and found them sleeping, for their eyes were heavy. ⁴⁴ So leaving them again, he went away and prayed for the third time, saying the same words. ⁴⁵ Then he came to the disciples and said to them, ‘Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. ⁴⁶ Get up, let us be going. See, my betrayer is at hand.’

“Returning and responding” (page 23)

Psalm 23: 1-6

¹ The Lord is my shepherd, I shall not want.
² He makes me lie down in green pastures;
he leads me beside still waters;
³ he restores my soul.
He leads me in right paths
for his name’s sake.

⁴ Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long.

Ephesians 2: 4-10

⁴ But God, who is rich in mercy, out of the great love with which he loved us ⁵ even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the ages to come he might show the immeasurable riches of his grace in kindness towards us in Christ Jesus. ⁸ For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— ⁹ not the result of works, so that no one may boast. ¹⁰ For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Hebrews 12: 1-3

¹² Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, ² looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

³ Consider him who endured such hostility against himself from sinners, so that you may not grow weary or lose heart.