

CORONATION OF THE

# King



LENT 2022

# WHAT IS LENT?

Lent is an ancient Christian practice that connects the believer to the forty-day fast that Jesus experienced in the desert, as he was tempted by Satan. The church, even in its earliest iterations, followed times of fasting and preparation that have evolved into the forty-day season of Lent we know today. Though different denominations practice Lent differently, all are bound by the same concept of identifying with the many sacrifices of Christ walking among us, culminating in his ultimate sacrifice on the cross.

*"Lent is one of those elements of Christian practice that binds the Christian community to one another and to its beginnings. It ties us to the core of us that is not transient, that is not changing, that does not fail us. Lent gives the lie to isolation. We are not alone. We walk with the church throughout the world on this journey to renewal. We walk, too, with the One who has gone before us to bring us home again."*

Joan Chittister, *The Liturgical Year*, p. 117

As Jesus emerges from the desert, his very first act of ministry is to proclaim the good news of God:

*"The kingdom of God has come near. Repent and believe the good news."*

Jesus is inviting us to repent – to change direction – and to reorient our lives around the rule and reign of God. For this year's Lent journey, we are going to continue to practice the way of Jesus together by laying down our rights, our excuses, our sins, and our very selves to make way for the Coming King.

**Will you join us?**

# THE GUIDE

*Each week of Lent, you will have the opportunity to surrender different things that are barriers to Christ's rule in your life and to crown him as King once again over these different areas.*

## STORY

Read through the personal reflection of each staff member. What do you relate to? Does their story stir anything in you? Curiosity? Shame? Hope? What story could you tell about making Jesus King of this part of your life?

## SURRENDER

Next, move on to the next page and look over the list of potential barriers. Prayerfully ask the Holy Spirit to highlight one or more attitudes or behaviours that are preventing you from submitting to the Kingship of Christ. Not everything is sin – there are good parts of who we are that still need to be brought under his rule and reign. Is there something else not listed? Write it down.

Consider bringing this list into trusted community or relationships and allowing others to help you discern what you need to let go of.

Repent of this pattern of sin and invite Christ's forgiveness. Here's a simple prayer of confession you can use as a guide:

Jesus I confess my sin of \_\_\_\_\_ and I ask for your forgiveness for it. I trust that you are faithful and just, and will forgive my sin and purify me from it.

## MEDITATE

Read through the Scriptures listed and meditate on them throughout the week. Listen to them being read. Read them in different translations. Memorize a part or the whole. Turn them back into prayers. What does God want to teach you about who He is and who you are? Based on this Scripture, what does life in the Kingdom of Heaven look like?

## CROWN

Join us on Sunday as we declare in community what we want Christ to have Kingship over, now that we have done the hard work of surrender. As we come to the Table and exchange our way for His, we declare our allegiance to Christ and His Kingdom before anything else.

# ASH WEDNESDAY

*"For dust you are and to dust you will return"*

*Genesis 3:19 NIV*

Ash Wednesday marks the beginning of Lent. It calls us to recognize the brevity of life and to remember that just as we have been made of dust, we will one day return to it. It's easy to go about our days thinking that we will live forever, but the reality is that our days are limited. Ash Wednesday functions to interrupt us from the rhythms of life, reminding us of our human frailties. It challenges us to consider how we are living, what we value, and the ways we use our time.

If we let it, Ash Wednesday can work like a reset button. It can reestablish our true orientation – life with Christ in the kingdom of God. We allow our perspective to be renewed. Because life is a vapor (James 4:14), we acknowledge that we don't have time to waste, waiting for tomorrow.

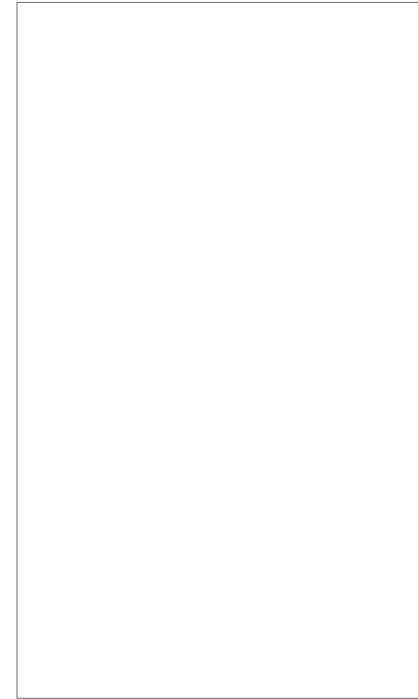
Today, if only you would hear his voice,

*"Do not harden your hearts..." (Psalm 95:7-8)*

As you enter this season of Lent on this Ash Wednesday take some time to reconsider your life, your death, and the direction of your life.

*Ash Wednesday, an echo of the Hebrew Testament's ancient call to sackcloth and ashes, is a continuing cry across the centuries that life is transient, that change is urgent. We don't have enough time to waste time on nothingness. We need to repent of our dillydallying on the road to God. We need to regret the time we've spent playing with dangerous distractions and empty diversion along the way... We need to get back in touch with our souls.*

*Joan Chittister, The Liturgical Year, p. 118*



Ask Jesus these questions:

**What do I need to confess and repent of?  
What do I need to embrace to walk in your way?**

Spend time in prayer, confessing and embracing, and then take the ashes out of the bag and make a cross on your forehead and say these words as you do: *For dust I am and to dust I will return.*

# KING OF MY HEART

March 2-6

A broken heart and a spirit of defiance cultivated in me a numbness that has taken root in my life for the last number of years. When I was a teenager, just graduated from high school, I walked through a turmoil and grief so great that it threatened to consume me. I had never before been so broken, and I struggled with the lack of control I felt while in the midst of that heartache.

Being young and stubborn, I set myself to the task of turning away from the emotions that had run so rampantly through me. And, little by little I distanced myself from hurt and pain, and consequently also from hope and joy—and as weeks turned to months turned to years, I learned that I had fallen into a depression. I had so removed myself from my emotions that I had sentenced myself to emotionless days, weeks of deep numbness that drew me within myself and turned my heart from the world.

Even now, I catch myself in the familiar rhythms of retreat—I pull away from the depths of my emotions to exert some sort of control over my life.

But Jesus calls me, time and time again, back towards himself. Into his embrace where I can release the hurt and the fear, the grief, the pain... And begin to re-enter the hope, the joy, the life, and the love that he has to offer.

Today I surrender control over my emotions, and trust that Jesus is the King of my heart—whether my heart is broken and shattered, or full to overflowing. Where can Jesus meet you today, as the King of your Heart?

**Amanda Krause**  
Children's Ministry Coordinator

*What steals your affections? Where do your loyalties lie?*

*Is your heart soft toward the work of the Spirit? Toward other people?  
Or is your heart feeling numb or hard in these days?*

*Let the Holy Spirit walk through this list with you and help you  
identify what thing or things you need to surrender this week in order  
to invite Christ to be King over your heart.*

## SURRENDER

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> PRIORITIES    | <input type="checkbox"/> DEFENSES |
| <input type="checkbox"/> RELATIONSHIPS | <input type="checkbox"/> PASSIONS |
| <input type="checkbox"/> EMOTIONS      | <input type="checkbox"/> APATHY   |
| <input type="checkbox"/> AFFECTIONS    | <input type="checkbox"/> OTHER    |
| <input type="checkbox"/> BITTERNESS    |                                   |

## MEDITATE

EPHESIANS 1.17-25      PSALM 139



# KING OF MY MIND

March 7-13

It's no secret that the past two years have been hard, and part of the difficulty of it all has been navigating the various opinions. It's been a hard space for me as I wrestle through the shifting nature of the world. As new restrictions came about, I found myself not sharing the same perspectives that those around me had. For some, I was way too strict in my approach, and for others, I wasn't strict enough. The longer we lived in COVID, the more that I dug into my own views. Over time I started to notice that I had less empathy for the other "side" and was beginning to form a caricature of the *other*.

I would say things to myself like, "How could you hold such a view? Why would you feel that way?"

I realized that pride and self-superiority were beginning to mar my character – it wasn't just that I thought I knew better, I was beginning to believe that I was better.

And that is not the way of Jesus.

I had to do what Jesus calls us to – repent or change direction. I had to stop and say, "Jesus, I'm off track. My pride has gotten control over me. This is not what you're like. Please forgive me." I'd like to say that I've only wrestled with pride and superiority through the pandemic, but the truth is that it's something I've identified and brought to Jesus before in the past and something I will likely have to bring to him again.

As I allow Jesus to be King of my mind, he walks in kindness with me - forgiving me and patiently calling me to himself more and more. He shares his humility with me and teaches me to love the *other* as myself.

**Matt Kinniburgh**  
Youth Pastor



*What fills your mind these days? Is your worldview aligned with Scripture or is it shaped more by media and entertainment? Do your thoughts draw you closer to God or further away from him? Are you calm and able to adapt to the realities around you, or is your mind consumed with anxious or obsessive thought patterns? Do you think too highly of yourself? Or are you quick to tear yourself down?*

*Let the Holy Spirit walk through this list with you and help you identify what to surrender this week in order to invite Christ to be King over your mind.*

## SURRENDER

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> DISTRACTIONS | <input type="checkbox"/> NEGATIVE SELF-TALK |
| <input type="checkbox"/> APATHY       | <input type="checkbox"/> CLOSE MINDEDNESS   |
| <input type="checkbox"/> PRIDE        | <input type="checkbox"/> ETHICS             |
| <input type="checkbox"/> SUPERIORITY  | <input type="checkbox"/> WORRY              |
| <input type="checkbox"/> FANTASY      | <input type="checkbox"/> OTHER              |

## MEDITATE

ROMANS 12.2      PHILIPPIANS 4.8

# KING OF MY PAST

March 14-20

I have no big story of trauma to speak of. It took me years to realize the baggage I was carrying from my past simply because I could not name the thing. Sure, I had pain from different kinds of rejection, parts of my lifelong faith that needed renovation, and hurts from relationships and situations – but in my mind, I had not suffered like others had. My story did not deserve to be told because it simply wasn't that bad.

When things started showing up in my life – attitudes, habits, and behaviours – that didn't fit with who I wanted to become, I did what I always knew to do. I buckled down and worked harder at fixing it. More control. More discipline. More responsibility.

Down I went into the muck and mire of shame, allowing the Enemy of my soul to steal my joy and trap me in self-condemnation. Along the journey, I came to realize that at the root of my problems was pride.

When things were going well, I took credit.

When things were going poorly, I blamed myself.

Me. Me. Me. The more I made my past about me, the further I was from freedom.

Giving Jesus my past has been a slow, hard work of bringing him my memories and repenting of pride, sinful responses to wounds inflicted, and for the ways that I have made my life all about me. I am getting better at recognizing when I have returned to bondage, but I have far to go. I too quickly return to my defense mechanisms. My pride. My self-pity.

In his kindness, Jesus does not walk me through it all at once. He leads me into more freedom, step by step, whenever I'm willing to go with him and make him King of my Past.

*Where is your identity found? Who tells your story and how do they tell it?*

*If you struggle to make sense of your past, if you avoid it, or if you spend all your time trying to relive it, is it possible that you need the Kingship of Jesus in this area? How are you letting your successes and losses define your present?*

*Let the Holy Spirit walk through this list with you and help you identify what to surrender this week in order to invite Christ to be King over your past.*

## SURRENDER

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> SHAME       | <input type="checkbox"/> SELF-CONDEMNATION |
| <input type="checkbox"/> FEAR        | <input type="checkbox"/> SELF-IMPORTANCE   |
| <input type="checkbox"/> PAIN & LOSS | <input type="checkbox"/> SUCCESSES         |
| <input type="checkbox"/> NOSTALGIA   | <input type="checkbox"/> OTHER             |
| <input type="checkbox"/> SELF-PITY   |  |

## MEDITATE

PHILIPPIANS 3.12-15

1 CORINTHIANS 13.12



**Sheleena Boulianne**  
Worship Director

# KING OF MY TREASURE

March 21-27

In my early thirties, due to a number of extremely challenging experiences, I found myself starting over again in life. Financially, I had to rebuild completely, from the ground up.

During this season, I learned how to live on nothing, to get creative, to rewire my brain's relationship with earning and spending, to be grateful for what I had and be honest in talking to Jesus about what I needed. Despite having nothing, I also wanted for nothing. Despite having nothing, it became so much easier to share what I did have, literally without a second thought. Having nothing came with the gift of clarity to see that I am in control of nothing and that my hope is not in the security and future I can build from earning money, but rather what I find myself with, is all a gift.

Within the last year I found myself in a position of trying to figure out what to do with a significant sum of money. How should I save/invest it for the future? I suddenly found myself fighting with a gamut of emotions such as scarcity, greed, pride in the need to control, and then anxiety about my resources and future. I started to pray "Jesus, I acknowledge that this money was provided by you. What do you want me to do with it?" And in a moment my spirit knew I needed to give it all away. Very quickly after that I became aware of a significant need and I was so grateful I could give this money toward it.

Recognizing that Jesus is the King of my Treasure means surrendering my financial resources to Him. It means believing that He will provide for my every need, that He will show me when to save and when to give away, and that my hope is in Him and not in financial security.

**Kimberly McElroy**  
Executive Pastor



*How do you feel about the things you have? Does it always feel like you are running out and there is never enough? Who gets the first and best of what you acquire? When you give or help, does it bring you life or do you feel bitter and resentful? Is the treasure you have available to be used by God, or is it hidden away and protected? What is your posture towards your earthly treasure? What philosophies around money have you inherited from your family or culture?*

*Let the Holy Spirit walk through this list with you and help you identify what to surrender this week in order to invite Christ to be King over your treasure.*

## SURRENDER

- |   |   |
|---|---|
| <input type="checkbox"/> HUSTLE               | <input type="checkbox"/> HOARDING         |
| <input type="checkbox"/> FINANCIAL SECURITY   | <input type="checkbox"/> SCARCITY MINDSET |
| <input type="checkbox"/> FINANCIAL INSECURITY | <input type="checkbox"/> VALUES           |
| <input type="checkbox"/> SELF-SUFFICIENCY     | <input type="checkbox"/> OTHER            |

## MEDITATE

2 CORINTHIANS 4.7

1 TIMOTHY 6.17-19



# KING OF MY TIME

March 28 - April 3

Over the past few years, time has been an area of my life that has been difficult surrender to Jesus. I've struggled a lot with mental health, and one of the ways I have coped with this has been to keep myself busy. I'm a student, so it was easy to blame my lack of time on my chaotic university schedule, and even though that was a part of it, my lack of time wasn't entirely due to things outside of my control.

I was keeping myself constantly on the go with assignments, classes, friends, work, and any downtime I actually had was spent numbing my mind with hours of Netflix. I made sure I didn't have enough time to confront or acknowledge the need for restoration of my mental health. Lately, I've been realizing that this way of living isn't sustainable.

This is a journey I'm still on, but Jesus has opened my eyes to the fact that the way that I am living is not marked by the fullness of life he offers. He's calling me to more, and a way to step into that is to surrender my time. Jesus is calling me to offer him control and let him have Kingship over that area of my life by intentionally taking time to slow down, so that he can breathe peace and restoration to allow space for the healing of my soul.

**Ben Mueller**  
Youth Intern

*Does time feel like a commodity that will never run out, or do you consider the numbering of your days?*

*What do your days look like? Do you rush through them, attempting to squeeze value out of every second, and then collapse at the end? Or, are you measured and protective of every minute and resent when others interrupt your plans and ask for your attention? Are there periods of time that blur together in a haze of avoidance, idleness and distraction?*

*Let the Holy Spirit walk through this list with you and help you identify what to surrender this week in order to invite Christ to be King over your time.*

## SURRENDER

☐ BUSYNESS

☐ HURRY

☐ MORTALITY

☐ DISTRACTIONS

☐ ALLOCATION OF TIME

☐ OTHER

☐ REST

## MEDITATE

PSALM 90.12

ECCLESIASTES 3.1-11





# KING OF MY COMMUNITY

April 4 - 10

Even when I know truth, I don't always live truth. Even though I value the command to love my neighbour, I don't always obey.

I come home from work and feel emotionally tired and spiritually depleted. I have no words left and life weighs heavy. As I walk my dog and meet with God, I crave silence while I march into the golden glow of the setting sun. When I see neighbours outside up ahead, apprehension floods through me and I am tempted to turn down the back lane.

There are so many choices every day in my relationships. Will I go forward on the King's path, or will I duck into an alley of avoidance?

My only prayer: "Help!". I move forward one step at a time, choosing to not take the escape route that appears on the left.

Where I have no energy, He provides energy. Where I have no words, He provides words. Where neighbours vent about community issues in anger, He provides words of peace. Where discouragement leaks out, He provides encouragement. Where hurts abound, He listens through me.

Neighbourhood relationships are being built little by little, with each step forward. With each choice made. With each surrendered moment. With each gift given. With each negative attitude confessed to God. With each new family member welcomed. With each sidewalk shoveled. With each ride given.

The habits of community get easier, but I do not mistake that there is always a choice for me in the midst. The alley still beckons when I am tired, but I am learning to let Jesus be King over my community and to say yes to unexpected interruptions. I am discovering that there is joy to be found when I surrender to his leading.

**Linda Stover**  
Church Ministries Pastor



*Who are your people? Do you make room at the table for people who are different than you? Do you make room for anyone at all? Do you allow others to help you, or do you prefer to do it all on your own? Does the life you are building reflect the self-sacrificing values of the Kingdom, or are other people simply means to an end? What is the state of your relationships? Who knows you on a deep level – even your fears, failures, and insecurities?*

*Let the Holy Spirit walk through this list with you and help you identify what to surrender this week in order to invite Christ to be King over your community.*

## SURRENDER

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> ASSOCIATIONS | <input type="checkbox"/> SELFISHNESS   |
| <input type="checkbox"/> STATUS       | <input type="checkbox"/> BARRIERS      |
| <input type="checkbox"/> PREJUDICES   | <input type="checkbox"/> RELATIONSHIPS |
| <input type="checkbox"/> AVAILABILITY | <input type="checkbox"/> OTHER         |

## MEDITATE

PHILIPPIANS 2.1-4

# KING OF THE CROSS

April 11-17

In this final week of Lent, we come to the Garden of Gethsemane and become reacquainted with our King who assumed our humanity...

*Journey with Jesus on the road to the cross. Read through his passion narratives through the different eyewitness accounts in the gospels.*

*Take time with the story. Meditate on it. Think about what it means for your King to descend into darkness...*

Who, being in very nature God,  
did not consider equality with God something to be used  
to his own advantage;  
rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.  
And being found in appearance as a man,  
he humbled himself  
by becoming obedient to death—  
even death on a cross!

*Philippians 2:6-8 NIV*

It is here, in the garden, that Jesus surrendered his heart, his mind, his past, his treasure, his time, his community – his everything – so that he might fulfill the will of his Father. Jesus is both our example of surrender and the goal of our surrender. He knows how hard it is to let go. He understands the temptation to hold on to control – but he let it all go for our sake.

“Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

*Mark 14:36 NIV*

Now, we let go of all we hold dear so that we can be held by him.

## MEDITATE

MATTHEW 26-27

LUKE 22-23

MARK 14-15

JOHN 18-19





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