

# Forty Words of Jesus Lent 2014

The best way to come to know Jesus Christ is to listen to what he has to say. For each day of Lent, excluding Sundays, a verse from the Gospels is given for your reflection. Over the course of each day, listen to Jesus' words and then respond to him from your heart. May the Holy Spirit open your eyes and ears so that by the time of Easter, you will know Jesus in a personal way.

1. **Ash Wednesday:** *When you pray, go into your inner room, close the door and pray to your Father in secret.* Mt. 6:6
2. *If anyone wishes to come after me, he must deny himself, take up his cross and follow me. Whoever loses his life for my sake will save it.* Lk. 9:23
3. *Repent, for the Kingdom of Heaven is at hand.* Mt. 4:17
4. *Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance, but sinners.* Lk. 5:31-32
5. *Amen I say unto you, whatever you did for one of these least brethren, you did for me.* Mt. 4:17
6. *If you forgive men their transgressions, your heavenly Father will forgive you yours.* Mt. 6:14

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30. Let not your hearts be troubled. Believe in God. Believe also in me. Jn. 14:1.
31. If you remain in my word, you will truly be my disciples and you will know the truth and the truth will set you free. Jn. 8:31
32. Amen, Amen I say to you, whoever keeps my word will never see death. Jn 8:51
33. In the world you will have tribulation, but be of good cheer, I have overcome the world. Jn 16:33
34. Peace I leave with you, my peace I give you; not as the world gives do I give. Let not your hearts be troubled, neither let them be afraid. Jn 14:27
35. Amen I say to you; one of you will betray me. Jn 13:22
36. You will be hated by all for my name's sake, but not a hair on your head will perish. By endurance you will gain your lives. Lk.21:18-19
37. If anyone serves me he must follow me, and where I am there will my servant be also. If anyone serves me my Father will honor him. Jn. 12:28
38. **Holy Thursday:** Amen I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you. My Flesh is food indeed and my Blood is drink indeed. Jn. 6:53,55
39. **Good Friday:** Father, into your hands I commend my spirit. Lk. 23:46
40. **Holy Saturday:** Because I have said these things to you, sorrow has filled your heart. But I tell you the truth; it is to your advantage that I go away, for if I do not go away, the Paraclete will not come to you. But if I go I will send him to you. Jn. 16:6-7

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