



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

THIRD SUNDAY OF EASTER



Third Week of Easter *14 - 20 April*

Acts 3.12-19

1 John 3.1-7

Psalm 4

Luke 24.36b-48

Acts 3.12-19

Peter began to speak to Cornelius and the other Gentiles: "I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ--he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name."

Collect for the Third Sunday of Easter

O God, your Son
made himself known
to his disciples in the
breaking of bread.
Open the eyes of our
faith, that we may
see him in his
redeeming work,
who is alive and
reigns with you and
the Holy Spirit, one
God, now and for
ever.
Amen.

Psalm 4

1 Answer me when I call, O God, defender of my cause; *
you set me free when I am hard-pressed;
have mercy on me and hear my prayer.
2 "You mortals, how long will you dishonor my glory; *
how long will you worship dumb idols
and run after false gods?"
3 Know that the Lord does wonders for the faithful; *
when I call upon the Lord, he will hear me.
4 Tremble, then, and do not sin; *
speak to your heart in silence upon your bed.
5 Offer the appointed sacrifices *
and put your trust in the Lord.
6 Many are saying, "Oh, that we might see better times!" *
Lift up the light of your countenance upon us, O Lord.
7 You have put gladness in my heart, *
more than when grain and wine and oil increase.
8 I lie down in peace; at once I fall asleep; *
for only you, Lord, make me dwell in safety.

1 Corinthians 15:1-11

I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you--unless you have come to believe in vain.

For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them--though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

Jesus himself
stood among
the disciples
and said to
them, "Peace be
with you."

Luke 24.36b

WEEKLY PATTERN

Sunday

RCL Eucharist

Readings and Collect

Monday

Delving Deeper into
the Readings

Tuesday

Words from Others
(sacred & secular)

Wednesday

Resources from the
Arts

Thursday

Contemplative Acts

Friday

Personal Reflection
- what this means to
me

Saturday

Acts & Deeds

Luke 24:36b-48

Jesus himself stood among the disciples and said to them, “Peace be with you.” They were startled and terrified, and thought that they were seeing a ghost. He said to them, “Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.” And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, “Have you anything here to eat?” They gave him a piece of broiled fish, and he took it and ate in their presence.

Then he said to them, “These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things.



Jesus' hand reaches out to the children, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. [retrieved April 3, 2024]. Original source: <http://www.flickr.com/photos/mcbeth/1639385/>.

Lift up the light
of your
countenance
upon us,
O Lord.

*Refrain for
Psalm 4*

God be in my
head, and in my
understanding;
God be in my
eyes, and in my
looking;
God be in my
mouth, and in my
speaking;
God be in my
heart, and in my
thinking;
God be at mine
end, and at my
departing.

*Prayer from the
Sarum Primer*