

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



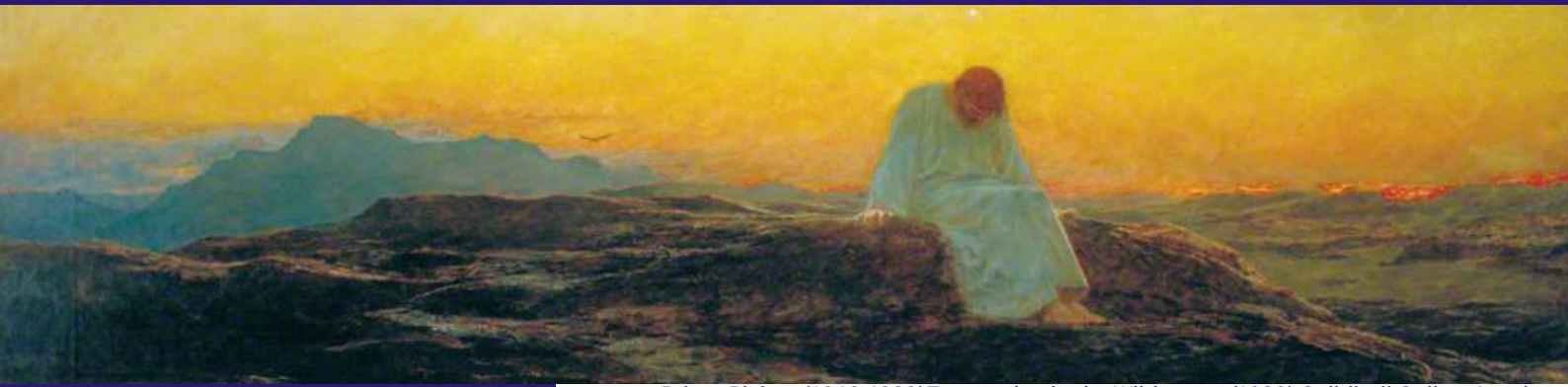
Genesis 2:15-17; 3:1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

COLLECT

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.



Briton Riviere (1840-1920) *Temptation in the Wilderness* (1898) Guildhall Gallery London

Chaos and order are seen at the beginning of Genesis, in the forming of divisions on earth and order.

Today you're invited to reflect on your Lenten practices so far. Do they need finessing or a reset as we approach the end of this first week of Lent?

You may wish to reflect on the artwork, the print, *From Paradise to Chaos* by Edie Mae Herrel as you reflect on the passage from Genesis and your lenten practices so far.

To Listen:

The Creation by Joseph Haydn (e.g. Part 1: The Representation)

A playlist of music suggestions for the course can be found at <https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>



Herrel, Edie Mae. *From Paradise to Chaos*, from *Art in the Christian Tradition*, a project of the Vanderbilt Divinity Library, Nashville, TN. [retrieved February 22, 2026]. Original source: Image was donated by Edie Mae Herrel and Dan Herrel, dkherrel@hotmail.com, nancynuss@gmail.com, Patrick.herrel@hotmail.com.

"Lenten fasts make me feel better, stronger, and more active than ever." – Saint Catherine of Genoa

"Let the mouth fast from foul words and unjust criticism, for what good is it if we abstain from birds and fishes but bite and devour our brothers?" – Saint John Chrysostom

"Lent is a time of grace, a time for conversion, a time to come home to God." – Saint Maximilian Kolbe