



From the Upper Room to the Cross

Scripture readings from John 14-17 & prayers for the Lenten season
for pursuing God and growing in our confidence that Jesus is good



The Gospel of John, Chapter 14

¹ “Do not let your hearts be troubled. You believe in God; believe also in me. ² My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴ You know the way to the place where I am going.”

⁵ Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?”

⁶ Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. ⁷ If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”

⁸ Philip said, “Lord, show us the Father and that will be enough for us.”

⁹ Jesus answered: “Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father’? ¹⁰ Don’t you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. ¹¹ Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves. ¹² Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. ¹³ And I will do whatever you ask in my name, so that the Father may be glorified in the Son. ¹⁴ You may ask me for anything in my name, and I will do it.

¹⁵ “If you love me, keep my commands. ¹⁶ And I will ask the Father, and he will give you another advocate to help you and be with you forever— ¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. ¹⁸ I will not leave you as orphans; I will come to you. ¹⁹ Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. ²⁰ On that day you will realize that I am in my Father, and you are in me, and I am in you. ²¹ Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”

²² Then Judas (not Judas Iscariot) said, “But, Lord, why do you intend to show yourself to us and not to the world?”

²³ Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. ²⁴ Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

²⁵ “All this I have spoken while still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

²⁸ “You heard me say, ‘I am going away and I am coming back to you.’ If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. ²⁹ I have told you now before it happens, so that when it does happen you will believe. ³⁰ I will not say much more to you, for the prince of this world is coming. He has no hold over me, ³¹ but he comes so that the world may learn that I love the Father and do exactly what my Father has commanded me.

“Come now; let us leave.



Prayers

Return to the Lord your God, who is gracious and merciful, slow to anger, and abounding in steadfast love.

*Almighty and everlasting God,
you hate nothing that you have made,
and you forgive the sins of all who are penitent:
create and make in us new and contrite hearts,
that we, worthily lamenting our sins,
and acknowledging our wretchedness,
may obtain of you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord. Amen.*

*Gracious God,
out of your love and mercy
you breathed into dust the breath of life,
creating us to serve you and one another:
call forth our penitence and acts of love,
and strengthen us to face our mortality,
so that we may look with confidence for your salvation;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.*

We do not live by bread alone, but by every word that comes from the mouth of God.

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

The Gospel of John, Chapter 15

¹ “I am the true vine, and my Father is the gardener. ² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. ³ You are already clean because of the word I have spoken to you. ⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

⁵ “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ⁶ If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. ⁸ This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

⁹ “As the Father has loved me, so have I loved you. Now remain in my love. ¹⁰ If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. ¹¹ I have told you this so that my joy may be in you and that your joy may be complete. ¹² My command is this: Love each other as I have loved you. ¹³ Greater love has no one than this: to lay down one’s life for one’s friends. ¹⁴ You are my friends if you do what I command. ¹⁵ I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. ¹⁶ You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. ¹⁷ This is my command: Love each other.



¹⁸ “If the world hates you, keep in mind that it hated me first. ¹⁹ If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. ²⁰ Remember what I told you: ‘A servant is not greater than his master.’ If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also. ²¹ They will treat you this way because of my name, for they do not know the one who sent me. ²² If I had not come and spoken to them, they would not be guilty of sin; but now they have no excuse for their sin. ²³ Whoever hates me hates my Father as well. ²⁴ If I had not done among them the works no one else did, they would not be guilty of sin. As it is, they have seen, and yet they have hated both me and my Father. ²⁵ But this is to fulfill what is written in their Law: ‘They hated me without reason.’

²⁶ “When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. ²⁷ And you also must testify, for you have been with me from the beginning.

Prayer

‘The water that I will give,’ says the Lord, ‘will become in you a spring of water welling up to eternal life.’

*O God, the fountain of life,
to a humanity parched with thirst
you offer the living water that springs from the Rock,
our Saviour Jesus Christ:
stir up within your people the gift of your Spirit,
that we may profess our faith with freshness
and announce with joy the wonder of your love.
We ask this through our Lord Jesus Christ,
who lives and reigns with you in the unity of the Holy Spirit, one God, for
ever and ever. Amen.*

The Gospel of John, Chapter 16

¹ “All this I have told you so that you will not fall away. ² They will put you out of the synagogue; in fact, the time is coming when anyone who kills you will think they are offering a service to God. ³ They will do such things because they have not known the Father or me. ⁴ I have told you this, so that when their time comes you will remember that I warned you about them. I did not tell you this from the beginning because I was with you, ⁵ but now I am going to him who sent me. None of you asks me, ‘Where are you going?’ ⁶ Rather, you are filled with grief because I have said these things. ⁷ But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. ⁸ When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment: ⁹ about sin, because people do not believe in me; ¹⁰ about righteousness, because I am going to the Father, where you can see me no longer; ¹¹ and about judgment, because the prince of this world now stands condemned.

¹² “I have much more to say to you, more than you can now bear. ¹³ But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. ¹⁴ He will glorify me because it is from me that he will receive what he will make known to you. ¹⁵ All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.”

¹⁶ Jesus went on to say, “In a little while you will see me no more, and then after a little while you will see me.”

¹⁷ At this, some of his disciples said to one another, “What does he mean by saying, ‘In a little while you will see me no more, and then after a little while you will see me,’ and ‘Because I am going to the Father?’” ¹⁸ They kept asking, “What does he mean by ‘a little while’? We don’t understand what he is saying.”

Prayers

God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

*Remember, O Lord,
what you have wrought in us
and not what we deserve,
and, as you have called us to your service,
make us worthy of our calling;
through Jesus Christ our Lord. Amen.*

*God of mercy,
you are full of tenderness and compassion,
slow to anger, rich in mercy,
and always ready to forgive:
grant us grace to renounce all evil and to cling to Christ, that in every way
we may prove to be your loving children; through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit, one God, for ever and
ever. Amen.*

*Lord God, our Redeemer,
who heard the cry of your people
and sent your servant Moses to lead them out of slavery:
free us from the tyranny of sin and death
and, by the leading of your Spirit,
bring us to our promised land;
through Jesus Christ our Lord. Amen.*

¹⁹ Jesus saw that they wanted to ask him about this, so he said to them, “Are you asking one another what I meant when I said, ‘In a little while you will see me no more, and then after a little while you will see me’?” ²⁰ Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. ²¹ A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. ²² So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. ²³ In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. ²⁴ Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

²⁵ “Though I have been speaking figuratively, a time is coming when I will no longer use this kind of language but will tell you plainly about my Father. ²⁶ In that day you will ask in my name. I am not saying that I will ask the Father on your behalf. ²⁷ No, the Father himself loves you because you have loved me and have believed that I came from God. ²⁸ I came from the Father and entered the world; now I am leaving the world and going back to the Father.”

²⁹ Then Jesus’ disciples said, “Now you are speaking clearly and without figures of speech. ³⁰ Now we can see that you know all things and that you do not even need to have anyone ask you questions. This makes us believe that you came from God.”

³¹ “Do you now believe?” Jesus replied. ³² “A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me.

³³ “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

The Gospel of John, Chapter 17

¹ After Jesus said this, he looked toward heaven and prayed:

“Father, the hour has come. Glorify your Son, that your Son may glorify you.

² For you granted him authority over all people that he might give eternal life to all those you have given him.

³ Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

⁴ I have brought you glory on earth by finishing the work you gave me to do.

⁵ And now, Father, glorify me in your presence with the glory I had with you before the world began.

⁶ “I have revealed you to those whom you gave me out of the world. They were yours; you gave them to me and they have obeyed your word.

⁷ Now they know that everything you have given me comes from you.

⁸ For I gave them the words you gave me and they accepted them. They knew with certainty that I came from you, and they believed that you sent me.

⁹ I pray for them. I am not praying for the world, but for those you have given me, for they are yours.

¹⁰ All I have is yours, and all you have is mine. And glory has come to me through them.

¹¹ I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one.

¹² While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

¹³ “I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them.

¹⁴ I have given them your word and the world has hated them, for they are not of the world any more than I am of the world.

¹⁵ My prayer is not that you take them out of the world but that you protect them from the evil one.

¹⁶ They are not of the world, even as I am not of it.

¹⁷ Sanctify them by the truth; your word is truth.

¹⁸ As you sent me into the world, I have sent them into the world.

¹⁹ For them I sanctify myself, that they too may be truly sanctified.

²⁰ “My prayer is not for them alone. I pray also for those who will believe in me through their message,

²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.

²² I have given them the glory that you gave me, that they may be one as we are one—

²³ I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

²⁴ “Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

²⁵ “Righteous Father, though the world does not know you, I know you, and they know that you have sent me.

²⁶ I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them.”

Prayer

*Almighty God,
in Christ you make all things new:
transform the poverty of our nature
by the riches of your grace,
and in the renewal of our lives
make known your heavenly glory;
through Jesus Christ our Lord. Amen.*

‘I am the light of the world,’ says the Lord; ‘those who follow me will have the light of life.’

*"Blessed Lord, who caused all holy Scriptures to be written for our learning:
grant that we may so hear them, read, mark, learn and inwardly digest them, that,
by patience and the comfort of your holy Word, we may embrace and ever hold fast the blessed hope of everlasting life,
which you have given us in our Saviour Jesus Christ. Amen." (Book of Common Prayer)*

As you read the Scriptures, ask the Holy Spirit to reveal more of the
goodness of Jesus for you and the world...

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What questions do you have about the readings? What is hard to
understand? How are you going to find answers?

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Is there anything God might be prompting you to share with the
church or a friend or family member from your listening to God in
these readings?

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