



Prayer Guide

Lent

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘You shall be holy, for I am holy.’”

(1 Peter 1:14-16)

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Hymn for Lent: “How Sweet the Name of Jesus Sounds”

(John Newton, 1779)

Traditional

How sweet the name of Jesus sounds
in a believer’s ear!
It soothes his sorrows, heals his wounds,
and drives away his fear.

It makes the wounded spirit whole
and calms the troubled breast;
’tis manna to the hungry soul,
and to the weary, rest.

Dear Name! the Rock on which I build;
Thy shield and hiding-place;
Thy never-failing treasury, filled
With boundless stores of grace,

Jesus, thy shepherd, brother, friend,
my Prophet, Priest, and King,
my Lord, my Life, my Way, my End,
accept the praise I bring.

Weak is the effort of my heart,
And cold my warmest thought;
but when I see Thee as Thou art,
I praise Thee as I ought.

Till then I would Thy love proclaim
with every fleeting breath;
and may the music of Thy name
refresh my soul in death.

Contemporary

How sweet the name of Jesus sounds
in a believer’s ear!
It soothes his sorrows, heals his wounds,
and drives away his fear.

It makes the wounded spirit whole
and calms the troubled breast;
’tis manna to the hungry soul,
and to the weary, rest.

Weak is the effort of my heart,
And cold my warmest thought;
but when I see Thee as Thou art,
I’ll praise Thee as I ought.

Till then I would Thy love proclaim
with every fleeting breath;
and may the music of Thy name
refresh my soul in death.



Scan for the
recordings to
sing along to
both versions.

Tip: Try introducing one verse of the hymn each of the give weeks of Lent until you’ve learned the entire hymn.

The Ten Commandments

I am the Lord your God. (Ex 20:2)

- I.** You shall have no other gods before Me. (Ex 20:3)

- II.** You shall not make for yourself an idol (Ex 20:4–6)

- III.** You shall not take the name of the LORD your God in vain. (Ex 20:7)

- IV.** Remember the Sabbath day, to keep it holy.
(Ex 20:8–11)

- V.** Honor your father and your mother. (Ex 20:12)

- VI.** You shall not murder. (Ex 20:13)

- VII.** You shall not commit adultery. (Ex 20:14)

- VIII.** You shall not steal. (Ex 20:15)

- IX.** You shall not bear false witness against your neighbor. (Ex 20:16)

- X.** You shall not covet. (Ex. 20:17)

God's Commandments—Kill-Joys or Life-Givers?

It would be cruel never to set down boundaries for a child—only to encourage them to follow every impulse. Like a river needs riverbanks, human nature needs guidance, instruction, directing.

So too, one way our heavenly Father lovingly exercises authority over us is through His Law—precepts and instructions we must live by, such as the Ten Commandments. Far from kill-joys, these divine instructions are a blueprint for wise living.

This Lent our church family will dig into the Ten Commandments—our Lent Liturgy Box equips us to do so in the home and throughout the week.

Wondering about God's will for you? Seeking wholeness? Longing to show God more praise? Then consider just a few benefits of keeping these divine instructions:

Guidance: Surely God's will for us centers around the Two Great Commandments, "love God and neighbor" (Mt. 22:37, 38). Now notice how the Ten Commandments put into practice these Two. The first four specify how we love God: no gods before Him; no idols; no dishonoring His name; worship on the Lord's Day. The next six, love of neighbor: honor in the home extends to right actions, words, and desires toward others.

Wholeness: The Ten Commandments are for more than personal piety. They're for building up the whole person and society—integrity, good marriages, strong families, healthy communities.

Gratitude: Before God gives the Law to Israel, He saves them out of Egypt. His grace precedes His Law, and therefore we keep His commands not to earn His love but in response to it. Obeying the Ten Commandments is how we show gratitude to God for what He's done for us.

Jesus alone kept the Law perfectly, but that doesn't mean we cast God's precepts aside. Like our wise older Brother, Christ stands alongside us, helping us walk in the ways of our Father, using these commands to bring order, solidity, and purpose to our lives.

Tips for Practicing the Ten Commandments

Learning the Ten Commandments means living them, which God sends His Spirit to help us do: “I will put my Spirit within you and cause you to walk in my statutes and be careful to obey my rules” (Ez 36:27).

How might we “walk in” the Commandments this Lent?

1. Confess to a Friend

Like a mirror, the Ten Commandments reveal stains of sin on our lives when we study them. In the hands of the Spirit this is purposeful—a self-examination that can lead to spiritual cleansing. A biblical practice for such cleansing is confession: “He who conceals his transgression will not prosper, but he who confesses and forsakes them will obtain mercy” (Pr 28:13).

Ask a trusted Christian friend (other than your spouse) to partner with you this Lent to address two commandments per week (following the flow of this Prayer Guide). The following prompts can guide a weekly call or chat (we suggest having the call on Friday, pairing it with your fast):

Affirm the Gospel: *Do you believe that in Christ God forgives sins and cleanses us?*

Name the Sin: *Have you broken this commandment this week? If so, how?*

Amend Life: *How might you repent and seek to keep this commandment this week?*

Rest in Grace: *Hear the words David said to the Lord after confession: “I acknowledged my sin to you, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the LORD,’ and you forgave the iniquity of my sin” (Ps 32:5).*

2. Apply in Thought, Word, and Deed

The Commandments apply not only to actions but attitudes, as Jesus taught: “You heard that it was said to those of old, ‘You shall not murder...’ But I say to you that everyone who is angry with his brother will be liable to judgment” (Mt 5:21-22). Discuss as a family, or write in your journal, how a particular Commandment might apply to how we think, speak, and act.

3. Shared Practice Involving a Craft

God uses His law to reveal our need of His saving grace. As we study the Ten Commandments it can be a powerful spiritual exercise to reflect on specific ways we have fallen short of God’s good law even in the last week and to seek His forgiveness for our sin. We suggest the following family activity as a way of letting each commandment shine a light in our lives and then taking our burden of sin to the cross of Christ where, as the Lenten journey reveals, our salvation is accomplished.

Scan here to read the full instructions for this shared practice:



4. Memorize the Decalogue!

We practice God’s Law not to earn His love but in response to it—secured not by our own holiness but by what He did for us on the Cross. Practicing the Ten Commandments in Lent prepares us for celebrating God’s grace in Holy Week!

Together in Christ,

A handwritten signature in cursive script, appearing to read 'Sam'.

The Rev. Dr. Samuel D. Ferguson
Rector

Ash Wednesday

Wednesday, February 18

The Daily Form

1) Read Daily Scripture: Psalm 51

2) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” 1 Peter 1:14-16

3) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

4) Prayer (Collect for Ash Wednesday)

Almighty and everlasting God, you hate nothing 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, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

5) Practice

- Light black candle
- Attend Ash Wednesday service (10 a.m. family service, 12 p.m. or 7 p.m. at TFCA)

First Thursday in Lent

Thursday, February 19

The Daily Form

1) Read Daily Scripture: Psalm 32

2) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘**You shall be holy, for I am holy.**’” **1 Peter 1:14-16**

3) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
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4) Prayer (From the Great Litany)

*O God the Father, Creator of heaven and earth,
Have mercy upon us.*

*O God the Son, Redeemer of the world,
Have mercy upon us.*

*O God the Holy Spirit, Sanctifier of the faithful,
Have mercy upon us.*

*O holy, blessed, and glorious Trinity, one God,
Have mercy upon us.*

Remember not, Lord Jesus, our offenses, nor the offenses of our forebears; neither reward us according to our sins. Spare us, good Lord, spare your people, whom you have redeemed with your most precious blood, and by your mercy preserve us for ever.

Spare us, good Lord.

5) Practice

- Light Black Candle
- Make Cross Activity to be used throughout Lent (see p. 6, Shared Practice)

First Friday in Lent

Friday, February 20

The Daily Form

1) Read Daily Scripture: Psalm 130

2) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘**You shall be holy, for I am holy.**’” **1 Peter 1:14-16**

3) Sing Lent Hymn

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John Newton (1779)*



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4) Prayer (From the Great Litany)

*From all evil and wickedness; from sin; from the works and assaults
of the devil; from your wrath and everlasting condemnation,*

Good Lord, deliver us.

*From all blindness of heart; from pride, vanity, and hypocrisy; from
envy, hatred, and malice; and from all lack of charity,*

Good Lord, deliver us.

*From all disordered and sinful affections; and from all the deceits of
the world, the flesh, and the devil,*

Good Lord, deliver us.

*From all false doctrine, heresy, and schism; from hardness of heart,
and contempt of your Word and commandments,*

Good Lord, deliver us.

*From lightning and tempest; from earthquake, fire, and flood; from
plague, pestilence, and famine,*

Good Lord, deliver us.

*From all oppression, conspiracy, and rebellion; from violence, battle,
and murder; and from dying suddenly and unprepared,*

Good Lord, deliver us.

By the mystery of your holy incarnation; by your holy nativity and submission to the Law; by your baptism, fasting, and temptation,

Good Lord, deliver us.

By your agony and bloody sweat; by your Cross and passion; by your precious death and burial,

Good Lord, deliver us.

By your glorious resurrection and ascension; by the sending of the Holy Spirit; by your heavenly intercession; and by your coming again in power and great glory,

Good Lord, deliver us.

In all times of tribulation; in all times of prosperity; in the hour of death, and in the day of judgment,

Good Lord, deliver us.

O Lamb of God, you take away the sin of the world;

Have mercy upon us.

O Lamb of God, you take away the sin of the world;

Have mercy upon us.

O Lamb of God, you take away the sin of the world;

Grant us your peace.

5) Practice

- Light Black Candle (*make sure to save this candle for Good Friday*)
- Friday Fast (eat a simple family meal of rice and water and consider donating a meal to The Lamb Center in Fairfax, thelambcenter.org)
- Make Cross for Family Cross Confession Activity to be used throughout Lent
- Adults reach out to a trusted friend (not your spouse) who you might share your sin struggles with throughout Lent (see p. 6 Shared Practice)

Saturday, February 21

There are no practices this Saturday.

First Commandment:

Sunday, February 22

The Daily Form

1) Read Daily Scripture: Exodus 20:1-3

2) Reflection: What does it mean to have no other gods before God? It means we are to worship and love God alone, and to put our whole trust in him. Why does God remind the Israelites what he did for them (Ex 20:2) before he gives them his commandments (Ex 20:3ff)? What did God do for his people Israel?

3) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

5) Prayer (Collect for the First Sunday in Lent)

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) Practice

- Attend Sunday church service (8 a.m., 9 a.m., or 11 a.m.)
- Light First Purple Candle
- Little Feast: Enjoy a Pink/Purple Candy!

You shall have no other Gods before Me.

Monday, February 23

The Daily Form

1) **Read Daily Scripture: Deuteronomy 6:1-5**

2) **Reflection:** Discuss why God has the right to ask for “all” Israel’s love? Why does he have the right to ask for “all” of our love? Why is it good for us to love God?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

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5) **Prayer (Collect for the First Sunday in Lent)**

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light First Purple Candle

Second Commandment:

Tuesday, February 24

The Daily Form

1) **Read Daily Scripture: Exodus 20:4-6**

2) **Reflection:** The Second Commandment teaches that we must worship the one true God as he has revealed Himself and not worship Him or other gods according to our own imagination or through images. *The Anglican Catechism* asks, “Does this commandment forbid all visual art or symbols?” And answers, “No. It forbids making images to worship or to represent God falsely, not the appropriate use of art that points us to God without replacing or distorting him.”

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



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5) **Prayer (Collect for the First Sunday in Lent)**

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light First Purple Candle

You shall not make for yourself an idol.

Wednesday, February 25

The Daily Form

1) Read Daily Scripture: 1 John 5:20-21

2) **Reflection:** Why does God forbid the making of images for worship? *The Anglican Catechism* answers, “Because images cannot capture God’s glory or nature, and they tempt us to worship created things rather than the Creator.” Are there false ideas about God you hold in your mind that may be idols? Why is worshipping Jesus not breaking the second commandment? Why is Jesus not an idol?

3) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” 1 Peter 1:14-16

4) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



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5) Prayer (Collect for the First Sunday in Lent)

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) Practice

- Light First Purple Candle

Jesus and the Law

Thursday, February 26

The Daily Form

1) **Read Daily Scripture: Matthew 22:34-40**

2) **Reflection:** How does Jesus Christ summarize the moral law? *The Anglican Catechism* answers, “Jesus teaches that the whole moral law is summed up in loving God with all our heart, soul, mind, and strength, and loving our neighbors as ourselves. (*Mt 22:37-40; Mk 12:29-31*).” What does it mean to love someone “as yourself”?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘**You shall be holy, for I am holy.**’” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
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5) **Prayer (Collect for the First Sunday in Lent)**

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light First Purple Candle

Practicing Holiness

Friday, February 27

The Daily Form

1) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

2) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
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Scan here for the traditional
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3) Prayer (Collect for the First Sunday in Lent)

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

4) Practice

- Light First Purple Candle
- Friday Feast (eat a simple family meal of rice and water, and consider donating a meal to The Lamb Center in Fairfax)
- Family Cross Confession Activity
- Adults confess to your trusted friend

Saturday, February 28

There are no practices this Saturday.

Third Commandment:

Sunday, March 1

The Daily Form

1) Read Daily Scripture: Exodus 20:7

2) **Reflection:** What does the Third Commandment teach you? *The Anglican Catechism* answers, “That I must honor and reverence God’s holy Name, and use it only in ways that glorify him.” What are some of the ways that we misuse the name of God?

3) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘**You shall be holy, for I am holy.**’” 1 Peter 1:14-16

4) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



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recordings.

5) Prayer (Collect for the Second Sunday in Lent)

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) Practice

- Attend Sunday church service (8 a.m., 9 a.m., or 11 a.m.)
- Light Second Purple Candle
- Little Feast: Enjoy a Pink/Purple Candy!

You shall not take the name of the LORD in vain.

Monday, March 2

The Daily Form

1) **Read Daily Scripture: Exodus 3:13-14**

2) **Reflection:** What does it mean to take God's Name in vain? *The Anglican Catechism* answers, "To use God's Name lightly, falsely, or irreverently—whether in speech, in oaths, or in conduct that bears his Name without faith or obedience." How might you use God's name rightly? The Bible suggests that we "bless," "praise," "hallow" and "fear" the name of God. What might this mean?

3) **Practice Memory Verse**

"As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, '**You shall be holy, for I am holy.**'" **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
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recordings.

5) **Prayer (Collect for the Second Sunday in Lent)**

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) **Practice**

- Light Second Purple Candle

Fourth Commandment:

Tuesday, March 3

The Daily Form

1) **Read Daily Scripture: Exodus 20:8-11**

2) **Reflection:** How can we imitate God's behavior (Ex 20:11) on the Sabbath? *The Anglican Catechism* states that "keeping the Sabbath means I am to set apart regular time for rest, worship, and delight in God, acknowledging him as my Creator and Redeemer." It then asks, "How do Christians observe the Sabbath today?" It answers, "By gathering with God's people for worship on the Lord's Day, resting from ordinary work, and using the day for mercy, necessity, and joy in God."

3) **Practice Memory Verse**

"As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, '**You shall be holy, for I am holy.**'" **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



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and contemporary
recordings.*

5) **Prayer (Collect for the Second Sunday in Lent)**

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) **Practice**

- Light Second Purple Candle

Remember the Sabbath day, to keep it holy.

Wednesday, March 4

The Daily Form

1) **Read Daily Scripture: Matthew 11:28-30**

2) **Reflection:** How does Jesus give us rest? What does Jesus give us rest from?

2) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘**You shall be holy, for I am holy.**’” **1 Peter 1:14-16**

3) **Sing Lent Hymn**

*How Sweet the Name
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5) **Prayer (Collect for the Second Sunday in Lent)**

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) **Practice**

- Light Second Purple Candle

Jesus and the Law

Thursday, March 5

The Daily Form

1) **Read Daily Scripture: Mark 2:23-36**

2) **Reflection:** Jesus says that the Sabbath was made for man. How is keep the Sabbath good for us?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

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5) **Prayer (Collect for the Second Sunday in Lent)**

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) **Practice**

- Light Second Purple Candle
- Discuss how you or your family might apply these lessons this Sunday by doing something new or different to honor the Sabbath

Practicing Holiness

Friday, March 6

The Daily Form

1) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

2) Sing Lent Hymn

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3) Prayer (Collect for the Second Sunday in Lent)

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

4) Practice

- Light Second Purple Candle
- Friday Feast (eat a simple family meal of rice and water, and consider donating a meal to The Lamb Center in Fairfax)
- Discuss how you or your family might apply these lessons this Sunday by doing something new or different to honor the Sabbath
- Family Cross Confession Activity
- Adults confess to your trusted friend

Saturday, March 7

There are no practices this Saturday.

Fifth Commandment:

Sunday, March 8

The Daily Form

1) **Read Daily Scripture: Exodus 20:12; Proverbs 6:20-23**

2) **Reflection:** How does obeying the fifth commandment foster a good life? Why is it hard to obey?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) **Prayer (Collect for the Third Sunday in Lent)**

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heart-felt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) **Practice**

- Attend Sunday church service (8 a.m., 9 a.m., or 11 a.m.)
- Light Third Purple Candle
- Little Feast: Enjoy a Pink/Purple Candy!

Honor your father and your mother.

Monday, March 9

The Daily Form

1) Read Daily Scripture: Ephesians 6:1-4

2) **Reflection:** Why does God want us to honor parents? *The Anglican Catechism* asks, “How should this commandment be practiced throughout life?” And answers, “By showing respect, gratitude, and care for parents and elders, and by living faithfully within the relationships God has given me.”

3) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) Prayer (Collect for the Third Sunday in Lent)

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heart-felt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) Practice

- Light Third Purple Candle

Sixth Commandment:

Tuesday, March 10

The Daily Form

1) **Read Daily Scripture: Exodus 20:13; 1 John 3:11-15**

2) **Reflection:** According to John (1 Jn 3:11-15), what is the source or root of murder? *The Anglican Catechism* teaches that this command is about more than not being angry. “It means I must respect, preserve, and protect human life, as a gift from God, from conception to natural death.”

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

5) **Prayer (Collect for the Third Sunday in Lent)**

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heart-felt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) **Practice**

- Light Third Purple Candle

You shall not murder.

Wednesday, March 11

The Daily Form

1) Read Daily Scripture: Proverbs 3:29-31

2) **Reflection:** What does the heart of the Sixth Commandment require of us? *The Anglican Catechism* answers, “That we seek peace, practice mercy, defend the vulnerable, and care for our neighbors in body and soul.”

2) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

3) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

5) Prayer (Collect for the Third Sunday in Lent)

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heart-felt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) Practice

- Light Third Purple Candle

Jesus and the Law

Thursday, March 12

The Daily Form

1) **Read Daily Scripture: Matthew 5:21-26**

2) **Reflection:** Discuss the ways Jesus deepens the requirements of the Sixth commandment? What should we do with our *sinful* anger?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) **Prayer (Collect for the Third Sunday in Lent)**

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heart-felt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

6) **Practice**

- Light Third Purple Candle

Practicing Holiness

Friday, March 13

The Daily Form

1) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

2) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

3) Prayer (Collect for the Third Sunday in Lent)

Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heart-felt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

4) Practice

- Light Third Purple Candle
- Friday Feast (eat a simple family meal of rice and water, and consider donating a meal to The Lamb Center in Fairfax)
- Family Cross Confession Activity
- Adults confess to your trusted friend

Saturday, March 14

There are no practices this Saturday.

Notes for Parents of Young Children on the Seventh Commandment (Sunday March 15 & Monday, March 16)

The Seventh Commandment relates to the topics of marriage and intimacy. As parents, you are the deciders of when to introduce these topics to your children and this prayer guide is not intended to alter your timing. In any case, you may be looking for support in how to convey the intended lesson in an age-appropriate way. The wording below is a suggestion for how you might explain this commandment to your children.

- *When a man and a woman get married they promise to stay with each other for the rest of their lives. It is a special relationship intended to create families. In the Seventh Commandment, God asks us not to commit adultery. That means:*
- **For young children:** *God asks married people to be faithful to each other. Or: God asks people to keep their marriage promises.*
- **For younger elementary-aged children:** *If you are married, He asks you to keep your marriage relationship special. Another way to think of it is: if you are married, God asks you not have any other boyfriends or girlfriends. If you are a married lady, God says you should not have another boyfriend. If you are a married man, God says you should not have another girlfriend.*

- **For older elementary-aged children and middle schoolers:** *We've talked to you about how babies are made and how God intended that sex only happen between married people. In this commandment, God specifically asks that married people be faithful only to each other and not have sex with anyone other than their husband or wife.*

Seventh Commandment:

Sunday, March 15

The Daily Form

1) **Read Daily Scripture: Exodus 20:14; Matthew 5:27-30**

2) **Reflection:** *The Anglican Catechism* asks, “What does the Seventh Commandment teach you? It answers, “That I must honor marriage as God’s gift, and live a life of sexual purity, faithfulness, and self-control.”

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, ‘**You shall be holy, for I am holy.**’” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

5) **Prayer (Collect for the Fourth Sunday in Lent)**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Attend Sunday church service (8 a.m., 9 a.m., or 11 a.m.)
- Light Fourth Purple Candle
- Little Feast: Enjoy a Pink/Purple Candy!

You shall not commit adultery.

Monday, March 16

The Daily Form

1) **Read Daily Scripture: Matthew 5:8**

2) **Reflection:** Jesus teaches that before an act of sin our hearts have developed a wrong attitude. What is our heart doing before we sin? How can we keep our hearts pure?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) **Prayer (Collect for the Fourth Sunday in Lent)**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light Fourth Purple Candle

Eighth Commandment:

Tuesday, March 17

The Daily Form

1) **Read Daily Scripture: Exodus 20:15; Proverbs 10:2**

2) **Reflection:** *The Anglican Catechism* asks, “What kinds of sin does this commandment forbid?” It answers, “It forbids theft, fraud, deceit, exploitation, waste, and any unjust gain at the expense of others.”

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

5) **Prayer (Collect for the Fourth Sunday in Lent)**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light Fourth Purple Candle

You shall not steal.

Wednesday, March 18

The Daily Form

1) Read Daily Scripture: Proverbs 11:1

2) **Reflection:** *The Anglican Catechism* teaches that this commandment “requires that Christians practice generosity, fairness, and stewardship, using our possessions to serve God and our neighbor. It teaches that all we have comes from God, that work is a vocation, and that our resources are entrusted to us for faithful and loving use.” In light of this, how can we learn to be fair to those around us? How can we learn to be generous toward them?

2) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

3) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) Prayer (Collect for the Fourth Sunday in Lent)

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) Practice

- Light Fourth Purple Candle

Jesus and the Law

Thursday, March 19

The Daily Form

1) **Read Daily Scripture: Matthew 6:19-21**

2) **Reflection:** What does it mean to treasure something? What is a treasure in heaven? What should we be doing with our earthly treasures?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

5) **Prayer (Collect for the Fourth Sunday in Lent)**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light Fourth Purple Candle

Practicing Holiness

Friday, March 20

The Daily Form

1) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

2) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

3) Prayer (Collect for the Fourth Sunday in Lent)

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

4) Practice

- Light Fourth Purple Candle
- Friday Feast (eat a simple family meal of rice and water, and consider donating a meal to The Lamb Center in Fairfax)
- Family Cross Confession Activity
- Adults confess to your trusted friend

Saturday, March 21

1) Read Daily Scripture: 2 Timothy 4:6-8

3) Prayer (Collect for Purity first translated into English by Thomas Cranmer) *Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.*

6) Practice: Read the FaithHeroCard and give thanks for Thomas Cranmer, the founder of the Anglican Church and one of its first martyrs. 36

Ninth Commandment:

Sunday, March 22

The Daily Form

1) **Read Daily Scripture: Exodus 20:16; Proverbs 6:16-19**

2) **Reflection:** Why does the Lord hate lying? Why is “bearing false witness” so destructive? *The Anglican Catechism* notes that this commandment “requires that Christians must speak truthfully and justly, avoiding lies, deceit, slander, or gossip against others.”

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



*Scan here for the traditional
and contemporary
recordings.*

5) **Prayer (Collect for the Fifth Sunday in Lent)**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Attend Sunday church service (8 a.m., 9 a.m., or 11 a.m.)
- Light Fifth Purple Candle
- Little Feast: Enjoy a Pink/Purple Candy!

You shall not bear false witness against your neighbor.

Monday, March 23

The Daily Form

1) **Read Daily Scripture: Exodus 20:16; Zechariah 8:16-17**

2) **Reflection:** Why can't there be peace without honesty? What do you think is the connection between making peace and speaking the truth?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) **Prayer (Collect for the Fifth Sunday in Lent)**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light Fifth Purple Candle

Tenth Commandment:

Tuesday, March 24

The Daily Form

1) **Read Daily Scripture: Exodus 20:17; Philippians 4:11-13**

2) **Reflection:** What does it mean to be content? How can a person be content in all circumstances? What does it mean to be content with what God has given us?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) **Prayer (Collect for the Fifth Sunday in Lent)**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light Fifth Purple Candle

You shall not covet.

Wednesday, March 25

The Daily Form

1) **Read Daily Scripture: Exodus 20:17; Proverbs 4:23**

2) **Reflection:** How do we take care of our hearts—especially to keep them from envy and covetousness? What should I be doing (we being doing as a family) to “keep” my (our) heart(s)? *The Anglican Catechism* notes we “obey the Tenth Commandment by trusting God to provide for our needs, cultivating gratitude, and rejoicing in the good of others instead of envying them.”

2) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

3) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) **Prayer (Collect for the Fifth Sunday in Lent)**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light Fifth Purple Candle

Jesus and the Law

Thursday, March 26

The Daily Form

1) **Read Daily Scripture: Luke 12:15**

2) **Reflection:** How do I learn to want the right things? If we should not be seeking the abundance of possessions, what should we be seeking in our lives?

3) **Practice Memory Verse**

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

4) **Sing Lent Hymn**

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

5) **Prayer (Collect for the Fifth Sunday in Lent)**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

6) **Practice**

- Light Fifth Purple Candle

Practicing Holiness

Friday, March 27

The Daily Form

1) Practice Memory Verse

“As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, **‘You shall be holy, for I am holy.’**” **1 Peter 1:14-16**

2) Sing Lent Hymn

*How Sweet the Name
of Jesus Sounds,
John Newton (1779)*



Scan here for the traditional
and contemporary
recordings.

3) Prayer (Collect for the Fifth Sunday in Lent)

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

4) Practice

- Light Fifth Purple Candle
- Friday Fast (eat a simple family meal of rice and water and consider donating a meal to The Lamb Center in Fairfax, thelambcenter.org)
- Family Cross Confession Activity
- Adults Confess to your trusted friend
- Bake Simnel Cake, to eat on Palm Sunday (*See recipe on p. 43*)

Saturday, March 14

There are no practices this Saturday.

Traditional English Simnel Cake

The Simnel Cake goes back to medieval England and has been a signature part of English Christianity ever since. It was often made on the fourth Sunday of Lent, but it is also prepared for Palm Sunday or Easter Sunday. The cake's name comes from the Latin word *simila*, meaning fine wheat flour. One of the signature features of the Simnel Cake is the eleven marzipan balls (or toasted macadamia nuts) on top, signifying the eleven faithful apostles (excluding Judas). When the cake is sliced it is important that each slice has a ball—and it is very difficult to cut eleven even slices! We suggest preparing on the Saturday before Palm Sunday and enjoying it as part of your feast on Palm Sunday

Ingredients

- 1¾ cups (225 g) all-purpose flour
- 1½ cups (350 g) mixed dried fruits
- 1 cup (225 g) butter, softened
- 1 cup (225 g) light brown sugar
- 4 large eggs
- 2 tablespoons milk
- 1½ lbs (675 g) marzipan
- 2 teaspoons mixed spice
- 1 teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- Zest of 1 lemon
- 2 tablespoons apricot jam
- 1 egg white (for brushing)

Step-by-Step Instructions

- 1. Preheat and prepare pan:** Preheat the oven to 300 °F (150 °C). Grease and line an 8-inch cake tin thoroughly to prevent sticking.
- 2. Cream butter and sugar:** Cream the softened butter and brown sugar together until light and fluffy.
- 3. Add eggs:** Beat in the eggs one at a time to the creamed mixture.
- 4. Fold in dry ingredients:** Fold in the flour, mixed spice, cinnamon, nutmeg, and lemon zest.
- 5. Add fruit:** Stir in the mixed dried fruits until evenly distributed
- 6. Layer batter and marzipan:** Pour half of the cake batter into the prepared cake tin. Roll out about one-third of the marzipan into a circle slightly smaller than the tin, and place it on top of the batter layer.
- 7. Add remaining batter:** Spoon the remaining batter over the marzipan layer and smooth the top.
- 8. Bake:** Bake in the preheated oven for about 2½ hours. Test doneness with a skewer after approximately 2 hours; it should come out clean.
- 9. Cool and decorate:** Once cooled, warm the apricot jam and brush it over the cake top. Add a marzipan layer on top and decorate with 11 marzipan balls (or try toasted macadamia nuts). Brush with egg white and briefly brown the top under a broiler if desired.
- 10. Cutting:** Cutting the cake into eleven equal parts, each with a ball representing the eleven faithful disciples (besides Judas), is one of the most fun challenges about making his cake!

