Liturgical Folk

Lenten Devotional

By Ryan Flanigan



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This ebook is a devotional companion to the album *Lent* by Liturgical Folk. Each service coincides with one of the ten major services in the season of Lent, beginning with Ash Wednesday and ending on Holy Saturday. The prayers are the Collects (focused prayers) for each service from the *Book of Common Prayer*. The Scriptures are the assigned readings from *The Lectionary*, Year C. The poems and songs/hymns are based on the Collects. Fr. Nelson Koscheski, who has been internalizing these prayers for nearly fifty years as an Anglican priest, wrote the poems. Ryan Flanigan, along with four other composers, then set the poems to music, sometimes verbatim and other times with approved tweaks. We pray this devotional serves you and your community on your Lenten journey. Good Lent!

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What Is Lent?

Lent simply means "springtime." It is the season in the Christian year when followers of Jesus walk with him to his death and burial, so that we can participate fully with him in his resurrection. Lent is the forty days (not including Sundays) leading up to Easter. It begins Ash Wednesday and ends Holy Saturday (the day before Easter Sunday). When we engage in this season the way faithful Christians have throughout the centuries, we **renounce** and **re-order** our **rhythms** into Christ.

Lent is about **rhythm**. We are rhythmic creatures. We do things in sequences and steps, marching to the beats of drummers. The problem is, there are many drummers out there, pounding away to capture our attention, calling us to follow them and submit to their stories. Lent is the Jesus-drum, calling us back into the left-right-left of God's Story. If it is not Jesus' drum that we're marching to, it's someone else's. If it is not the Story of God that we're submitting our lives to, it's someone else's story.

Lent is a time for the church to **renounce** all the other stories we have let define us and to submit singularly to God's Story. This is not a robotic submission. Robots don't have hearts. We march to the beats of drummers because we actually like the music they're playing. We desire the life they present to us, and so we follow them. With every beat and step we are being formed to look like the drummer we're following. This is why it's so important that we get in step with Jesus. We want to be like him.

In order to become like Jesus we **re-order** our life once again into the Story that defines who we are as his followers. During Lent we identify with the Story of Israel, which finds fulfillment in the Story of Jesus. We, like Israel, have fallen and wander around in the wilderness. And we, like Jesus, must wrestle in the desert of temptation. We enter into his sufferings. We fast. We pray. We simplify our lives. And we do so together as the body of Christ, full of the Holy Spirit, and for the glory of God our Father.

Ash Wednesday

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: Almighty and everlasting God, you hate nothing you have made and 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.

Readings: Psalm 103 *or* 103:8-14
Joel 2:1-2,12-17 *or* Isaiah 58:1-12
2 Corinthians 5:20b—6:10
Matthew 6:1-6,16-21

Silence

Poem: *Reflect or read aloud "Ash Wednesday."*

Hymn: *Sing or listen to "Ash Wednesday's Early Morn."*

“Ash Wednesday”

by Nelson Koscheski

It is Ash Wednesday’s early morn.
The old, the young, the newly born
Await the mark of Adam’s dust
To seal their wills in Jesus’ trust.
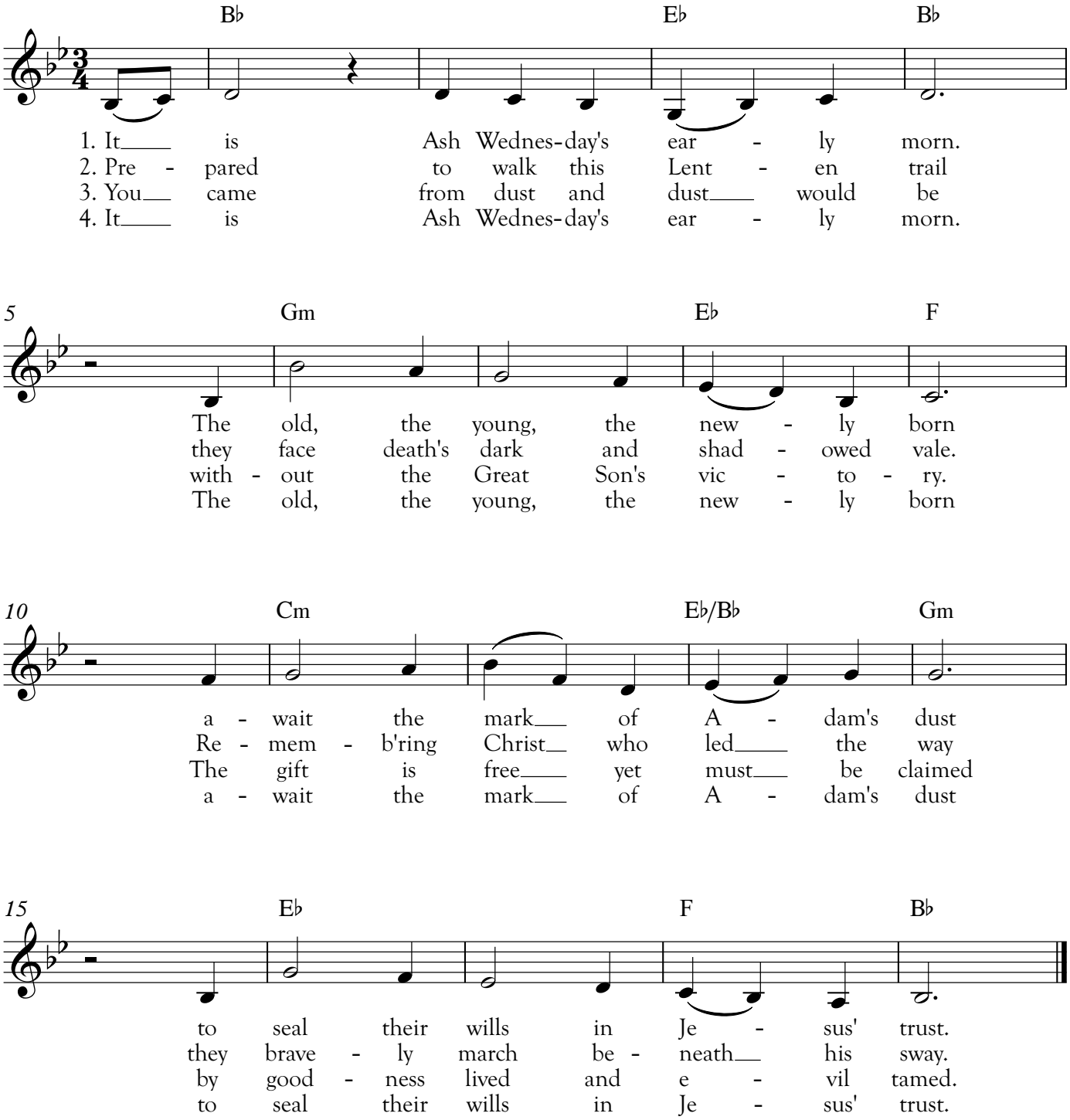
Prepared to walk the Lenten trail
They face death’s dark and shadowed vale.
Rememb'ring Christ who led the way
They bravely march beneath his sway.

You came from dust and dust would be
Without the Great Son’s victory.
The gift is free yet must be claimed
By goodness lived and evil tamed.

It is Ash Wednesday’s early morn.
The old, the young, the newly born
Await the mark of Adam’s dust
To seal their wills in Jesus’ trust.

Ash Wednesday's Early Morn

Key of B♭



Words: Nelson Koscheski
Music: Ryan Flanigan

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First Sunday in Lent

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: 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.

Readings: Psalm 91:1-2,9-16
Deuteronomy 26:1-11
Romans 10:8b-13
Luke 4:1-13

Silence

Poem: *Reflect or read aloud "Christ's Temptations."*

Hymn: *Sing or listen to "Refuse the Bait."*

“Christ’s Temptations”

by Nelson Koscheski

Jesus, you entered Satan’s lair
To conquer evil in its keep.
In forty days of fast and prayer
You showed your right to tend God’s sheep.

When hunger closed its vicious grasp
‘Round your incarnate body’s need
You fled from food as from an asp,
For you had bread enough, indeed.

You would not use the gift of bread
To cover man’s true need for grace,
The resurrection of the dead,
The gift to ‘waken Adam’s race.

For Caesar’s ways you had no care.
The way of pow’r you would not trod.
Instead you took old Satan’s dare
And let him think that he killed God.

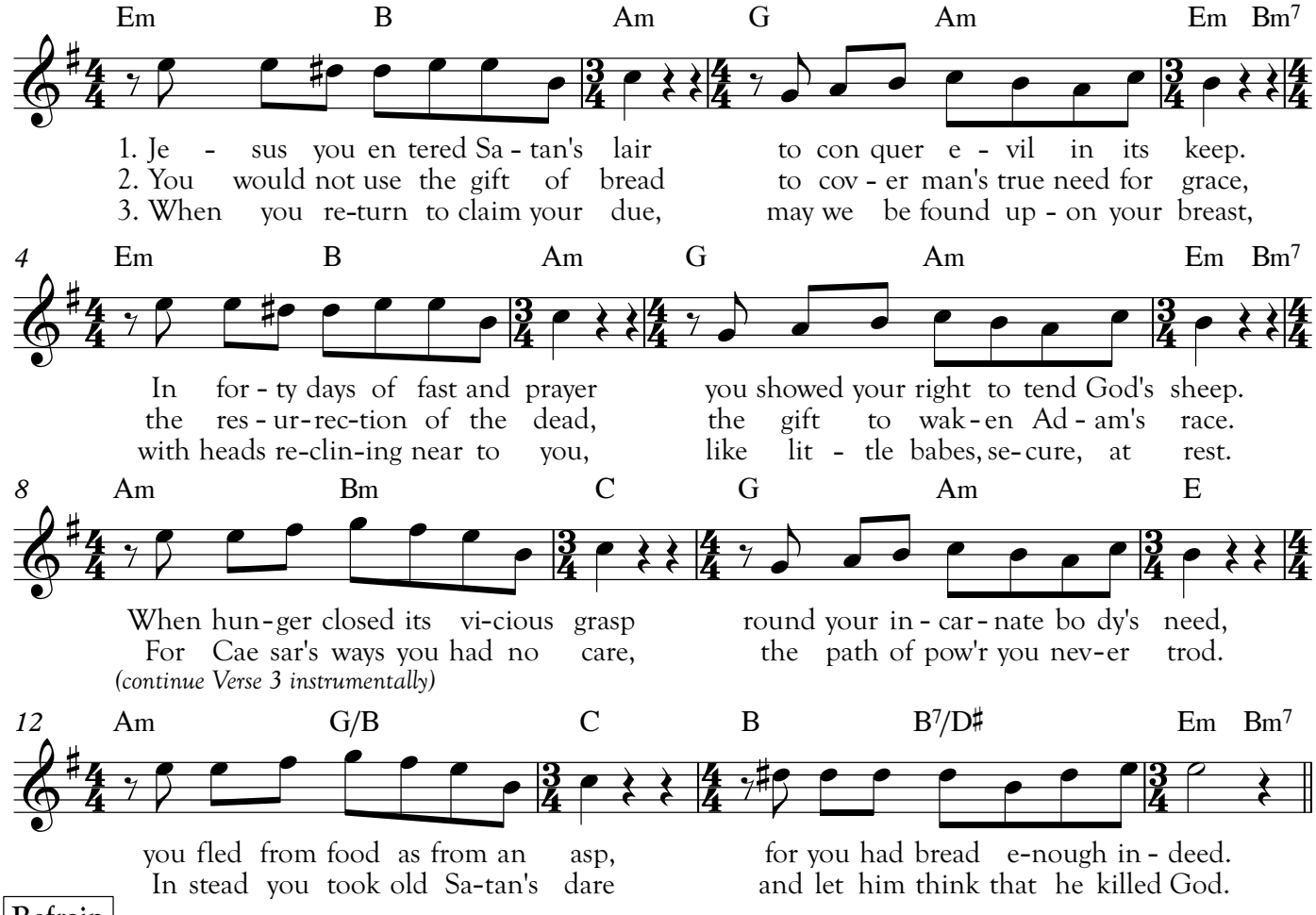
Help us, Lord, to refuse the bait
Of evil’s constant, charming lure.
Protect us now from Satan’s hate
And keep us in your arms secure.

When you return to claim your due
May we be found upon your breast
With heads reclining near to you,
Like little babes, secure, at rest.

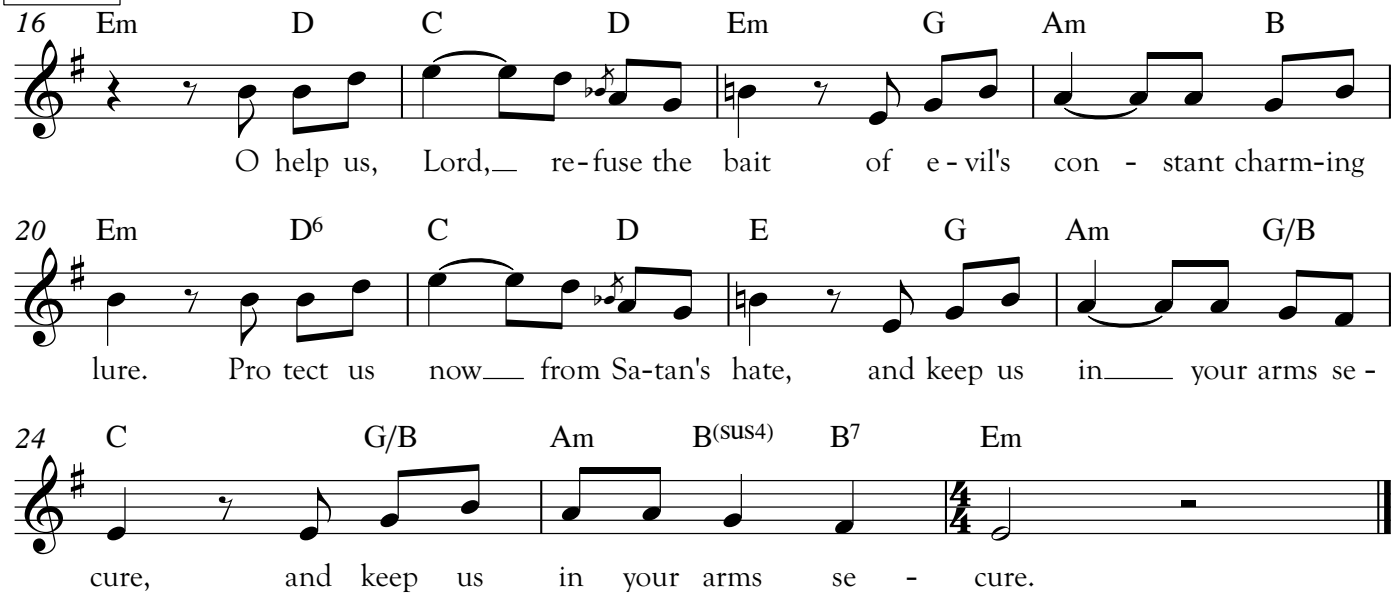
Refuse The Bait

Key of Em

Verse



Refrain



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Music: Ryan Flanigan & David Moffitt

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Second Sunday in Lent

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

Readings: Psalm 27
Genesis 15:1-12,17-18
Philippians 3:17—4:1
Luke 13:31-35

Silence

Poem: *Reflect or read aloud "Reclaim Your Sheep"*

Hymn: *Sing or listen to "Reclaim Your Sheep"*

“Reclaim Your Sheep”

by Nelson Koscheski

Great Trinity of love and might,
Your glory shines in mercy shown.
To nothingness you gave your light,
All fallen matter made your own.

Your gift of life we all denied,
But Jesus came to bear our faults.
The Spirit tells us Satan lied,
And then with truth our pride assaults.
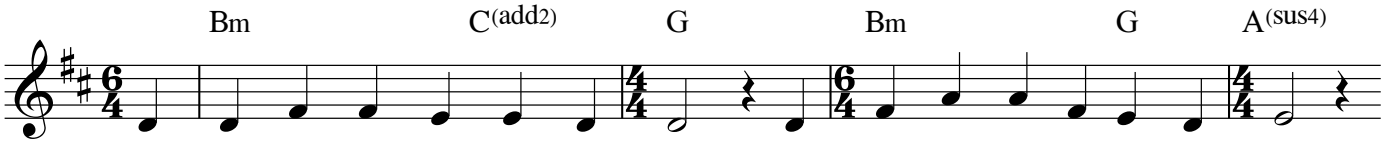
You scrape the rust of sin from souls
Who long have lived apart from good.
Your Spirit’s mercy then enrolls
The soul in Christian sisterhood.

Be merciful, O Lord, recall
All erring souls to life and light.
Your noble grace each heart enthrall.
In glory show your mercy bright.
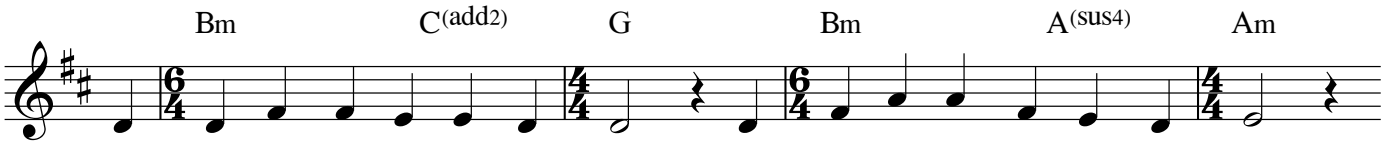
Forget not, Lord, your wand’ring sheep.
Direct us back into your Way.
Gather and guide us to your keep.
Reclaim us while it’s still the Day.

Reclaim Your Sheep
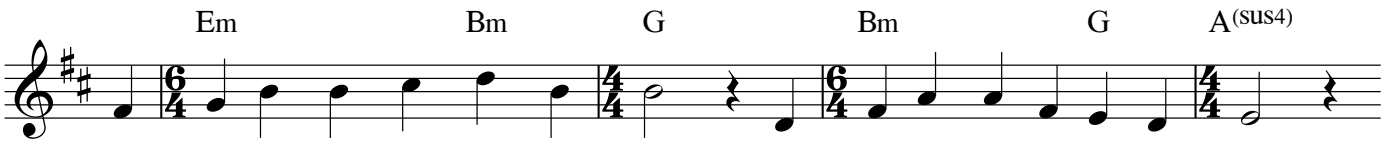
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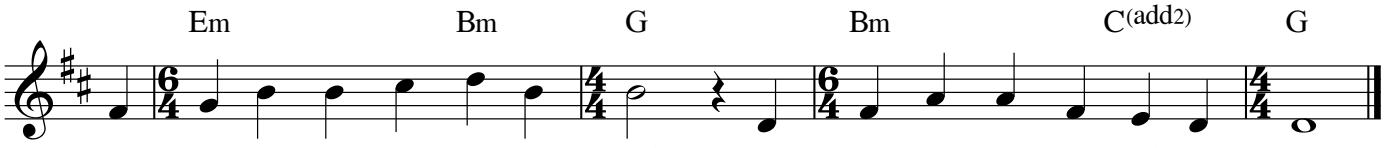


1. Great Tri - ni - ty of love and might, your glo - ry shines in mer - cy shown.
2. You scrape the rust of sin from souls who long have lived a - part from good.
3. For - get not, Lord, your wand-'ring sheep. Di - rect us back in - to your Way.



To noth-ing - ness you gave your light, all fall - en mat - ter made your own.
Your Spir - it's mer - cy then en - rolls the soul in Chris-tian sis - ter - hood.
Col - lect and guide us to your keep. Re - claim us while it's still the Day.



Your gift of life we all de -nied, but Je - sus came to bear our faults.
Be mer - ci - ful, O Lord, re - call all er-ring souls to life in light.
For - get not, Lord, your wand' ring sheep. Di - rect us back in - to your Way.



The Spir - it tells us Sa - tan lied, and then with truth our pride as - saults.
Your no - ble grace each heart en - thrall. In glo - ry show your mer - cy bright.
Col - lect and guide us to your keep. Re - claim us while it's still the day.

Words: Nelson Koscheski | adapt. Ryan Flanigan & Matt Papa
Music: Ryan Flanigan & Matt Papa

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Third Sunday in Lent

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: 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 which may happen to the body, and from all evil thoughts which 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.

Readings: Psalm 63:1-8
Exodus 3:1-15
1 Corinthians 10:1-13
Luke 13:1-9

Silence

Poem: *Reflect or read aloud "Delight in the Lord"*

Hymn: *Sing or listen to "Delight In The Lord"*

“Delight in the Lord”

by Nelson Koscheski

Bind me, O Lord, close to your loving heart,
For without you I always wander off.
There is always something pulling me apart.
I cannot keep you in mind, just myself!

Make me, dear Lord to delight solely in you,
Then I will desire to follow your ways.
When you fill my mind, then I will be true.
When you fill my heart, I am truly yours.

Please keep me from the image or event
That might lure my infant gaze from your face.
Attach me to your Word and Sacrament.
Let me adore like the child that I am.

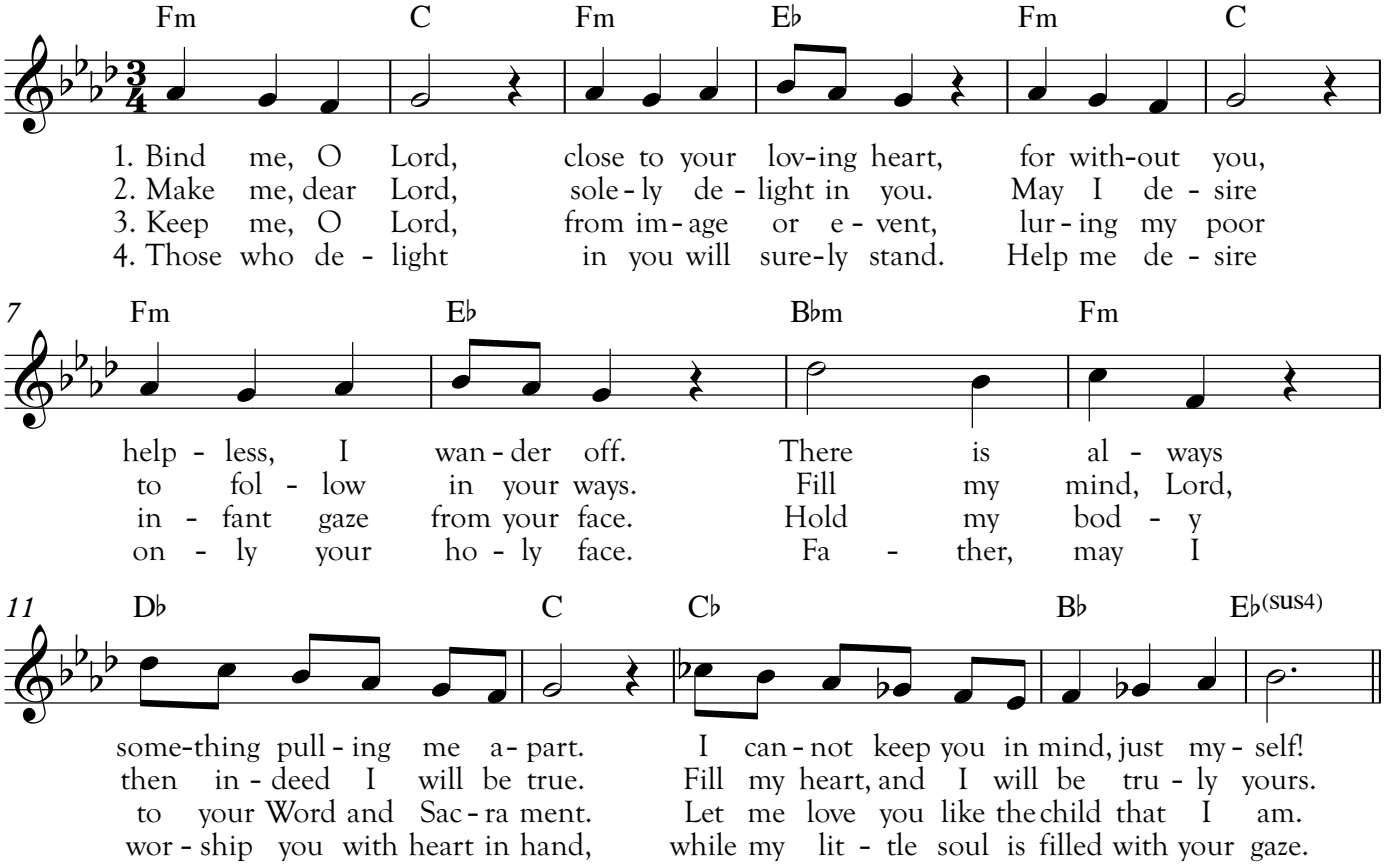
Those who delight in you will surely stand.
Let me, then, delight in your holy face.
May I worship you with heart in hand
While your sweet gaze fills my little soul.

Oh, delight, delight, delight in the Lord.
Stand in his presence for all of your days.
Gaze on his glory—our certain reward.
Adore him through all eternity’s days.

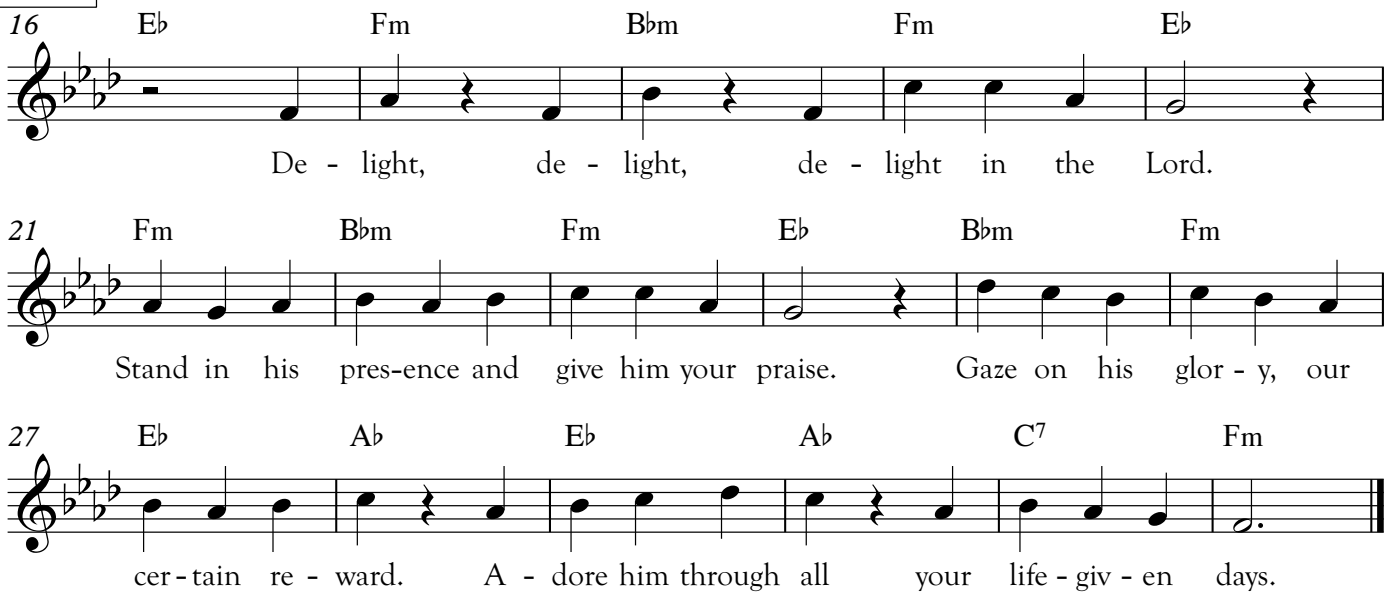
Delight In The Lord

Key of Fm

Verse



Refrain



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Music: Ryan Flanigan

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Fourth Sunday in Lent

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: 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.

Readings: Psalm 32
Joshua 5:9-12
2 Corinthians 5:16-21
Luke 15:1-3,11b-32

Silence

Poem: *Reflect or read aloud "Bread of Heaven"*

Hymn: *Sing or listen to "Set Our Hearts Ablaze"*

“Bread of Heaven”

by Nelson Koscheski

Jesus, Incarnate Son, Holy One,
Like Manna from high Heaven’s Banquet Hall,
Falls on those who would have him in their heart.
The Bread of Life which cancelled Adam’s fall.

And as it is in Heaven’s Banquet Hall
So it is in hearts where this manna dwells.
The Father’s praise is sung by hearts redeemed:
A thankful song from all creation swells.

Come then, bread of Heaven, into our hearts.
Indwell our lives, Dear Jesus, Holy Son.
Abide with us that we may live in you
And in your Word our little tales be spun.

Let our songs be sung and our stories told
With Spirit breathed words and gladdest praise
From souls indwelt by Christ the Holy Son.
Dear Bread of Heaven, set our hearts ablaze.

Set Our Hearts Ablaze

Key of D

Verse

G A Bm A

1. Je - sus Christ, Ho - ly One, In - car - nate Son,
2. As it is in Heav-en's Ban - quet Hall,
3. Come, O come, Bread of Heav'n, in - to our hearts,

6 Em G

like man-na from high Heav - en's Ban- quet Hall,
so it is in hearts where man - na dwells.
in - dwell our lives, Dear Je - sus, Bless - ed Son.

10 A Bm A

falls on those who would have him in their heart,
The Fa - ther's grace is sung by hearts re deemed:
A bide with us, That we may live in you,

14 Em G A Bm A

the Bread of Life which can - celed A - dam's Fall.
a thank-ful song from all cre - a - tion swells.
and may your sto- ries in your Word be spun.

Chorus

20 G Bm

Let our songs be sung and our sto- ries told with words Spir-it filled and glad

25 A G Bm

- dest prais - es from the soul in-dwelt by the Ho - ly One, Je-sus,

30 A Em

Bread of Heav- en, set our hearts a - blaze,

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Fifth Sunday in Lent

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: 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 the 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.

Readings: Psalm 126
Isaiah 43:16-21
Philippians 3:4b-14
John 12:1-8

Silence

Poem: *Reflect or read aloud "Willing Minds"*

Hymn: *Sing or listen to "Willing Minds"*

“Willing Minds”

by Nelson Koscheski

Our minds are fickle and our wills flighty,
They flit about like dry leaven in the wind.
Feelings chase their tails like little puppies.
Our inmost selves are all undisciplined.

We cannot control ourselves as we are,
Our wills are self-centered, they cannot hold.
We do not know what it is we desire,
Without purpose or goal our lives unfold.
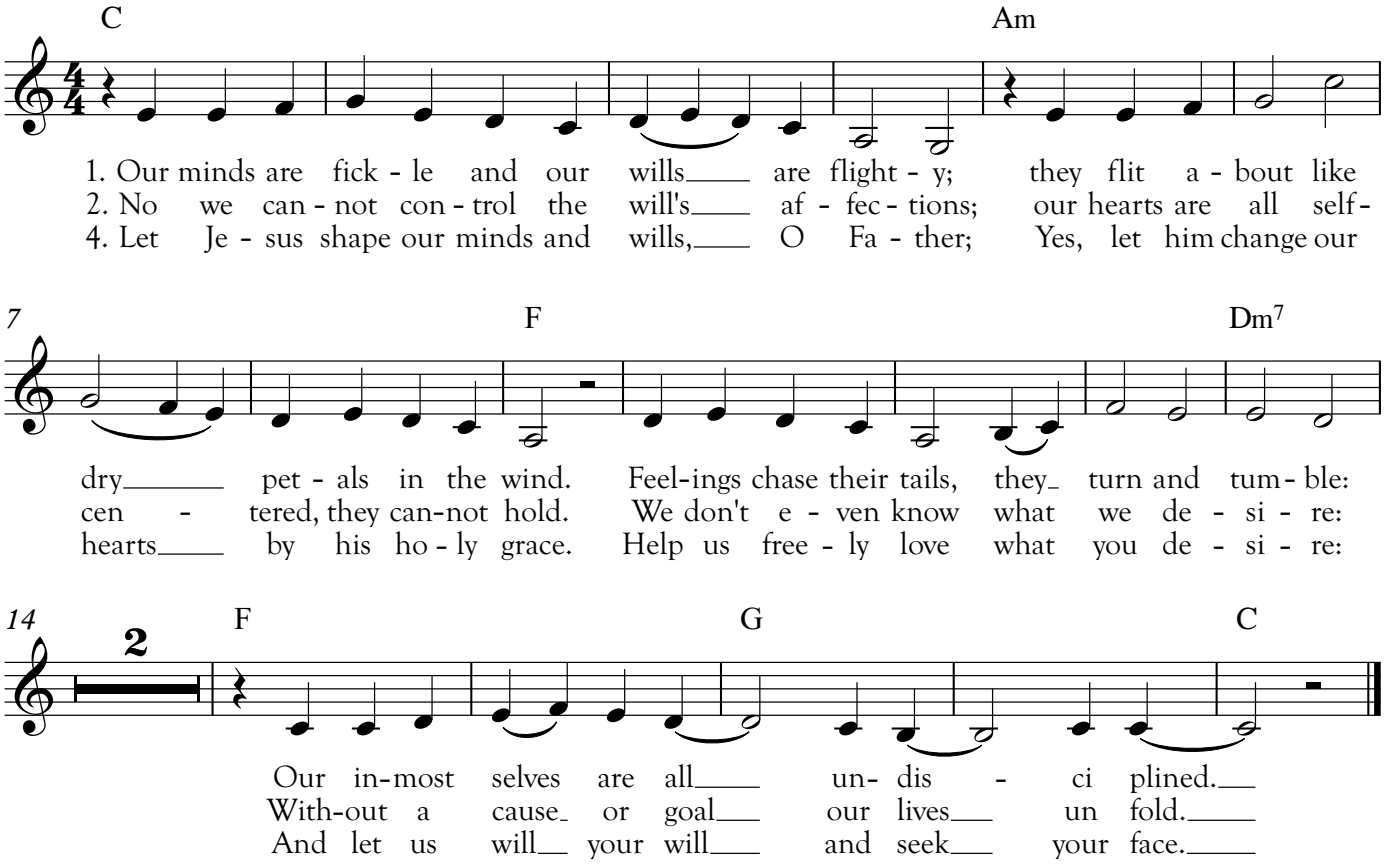
Wills could be ordered by force or constraint,
But then the image of God would be lost.
Rather than humans we would be machines
And God would have friends whatever the cost.

Let Christ, O Lord, shape our wills and our minds.
Change our minds and hearts by his holy grace.
Help us freely desire what you command,
And let us will your will and seek your face.

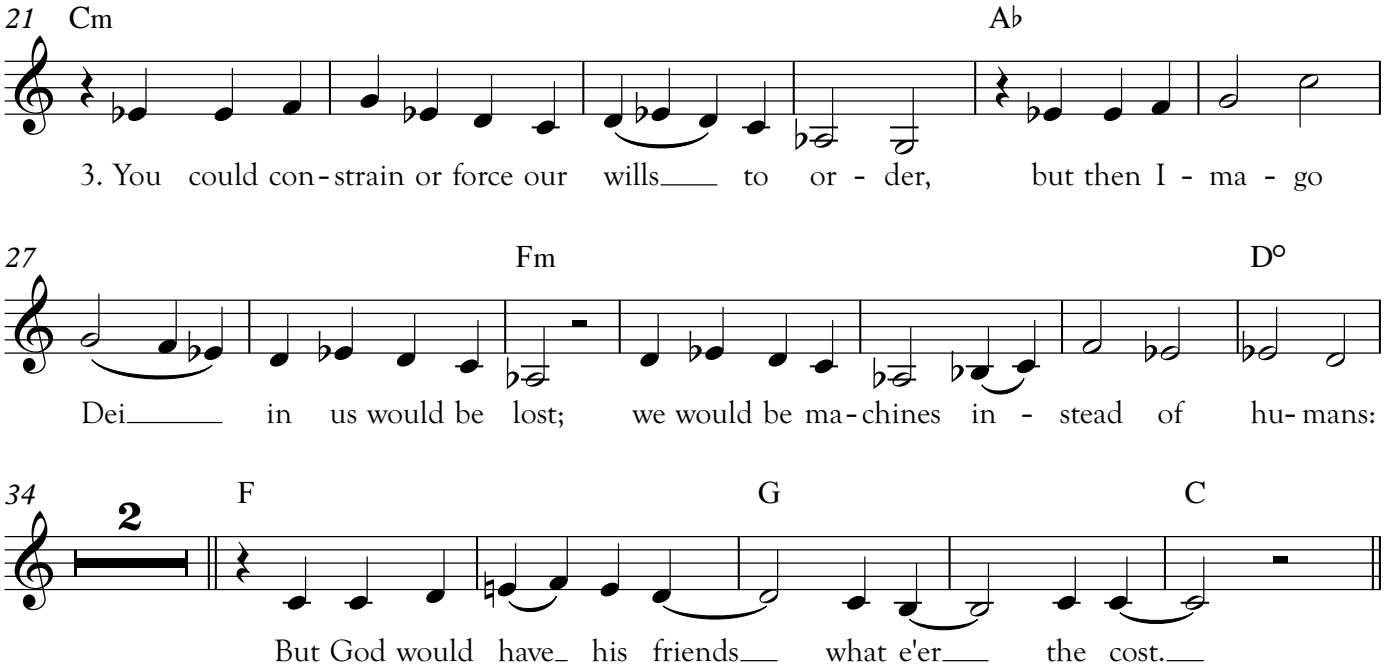
Willing Minds

Key of C

Verse



Verse 3



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Music: Ryan Flanigan

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Palm Sunday

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Readings: Psalm 31:9-16
Isaiah 50:4-9a
Philippians 2:5-11
Luke 22:14—23:56 *or* Luke 23:1-49

Silence

Poem: *Reflect or read aloud "Knight Errant."*

Hymn: *Sing or listen to "Foolish Knight."*

“Knight Errant”

by Nelson Koscheski

Like a knight errant mounted on an ass
The Messiah comes to Holy Zion.
Those who should receive Him receive Him not
While the small ones name Him David’s scion.

Hosanna Jesus. Hosanna, Dear Lord!
Hosanna Jesus. Hosanna, True Son.
Hosanna Jesus. Hosanna, Bless’d Lamb.
Hosanna, Jesus. It’s new life You’ve won.

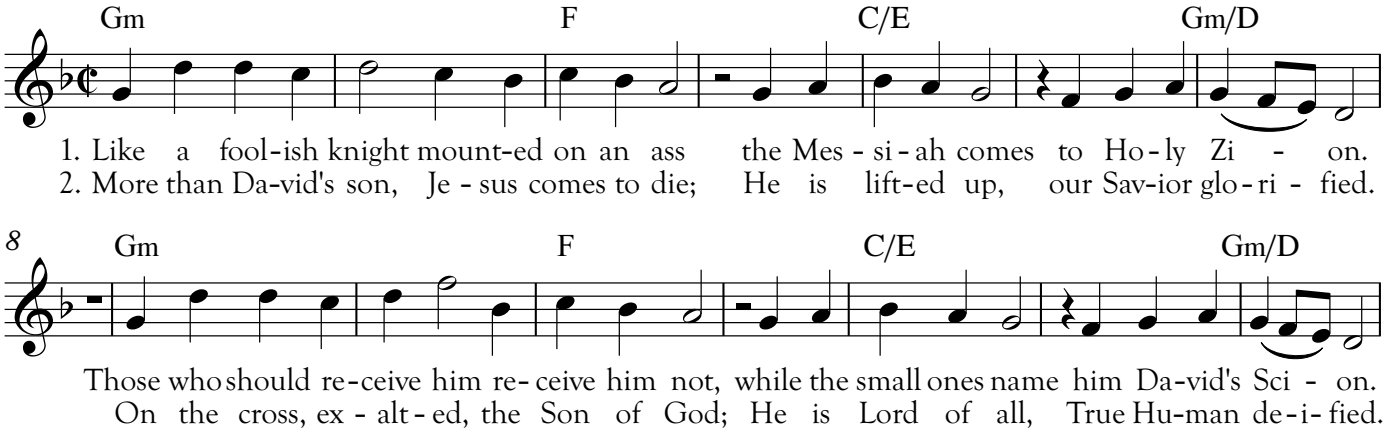
He’s more than David’s son. Christ comes to die.
He shall be lifted up and glorified
Upon the Cross, exalted Son of God,
The brother of all, true flesh deified.

Open our eyes to see the truth He bears.
Open our minds to know true glory’s sway.
Open our mouths to praise His Name on high.
Open our hands to pave His holy Way.

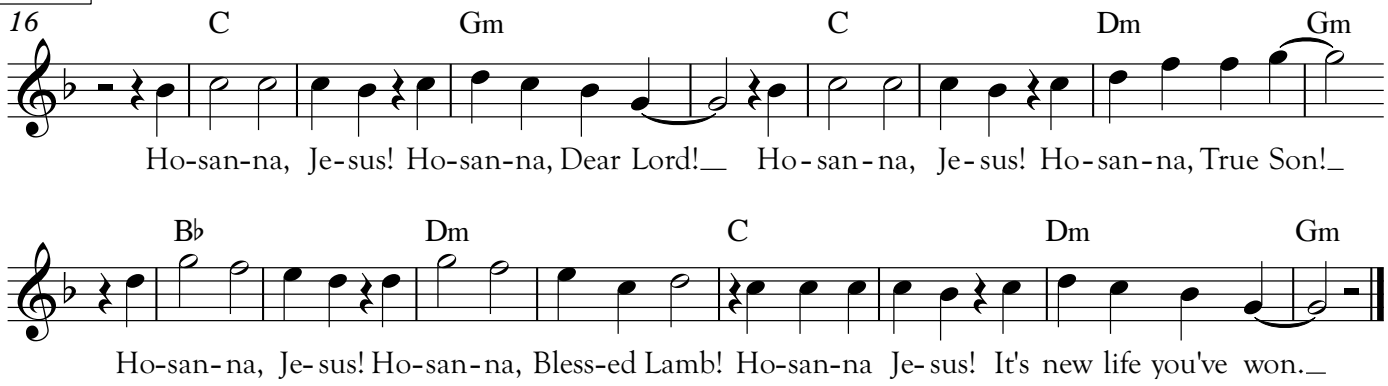
Foolish Knight

Key of G (Dorian)

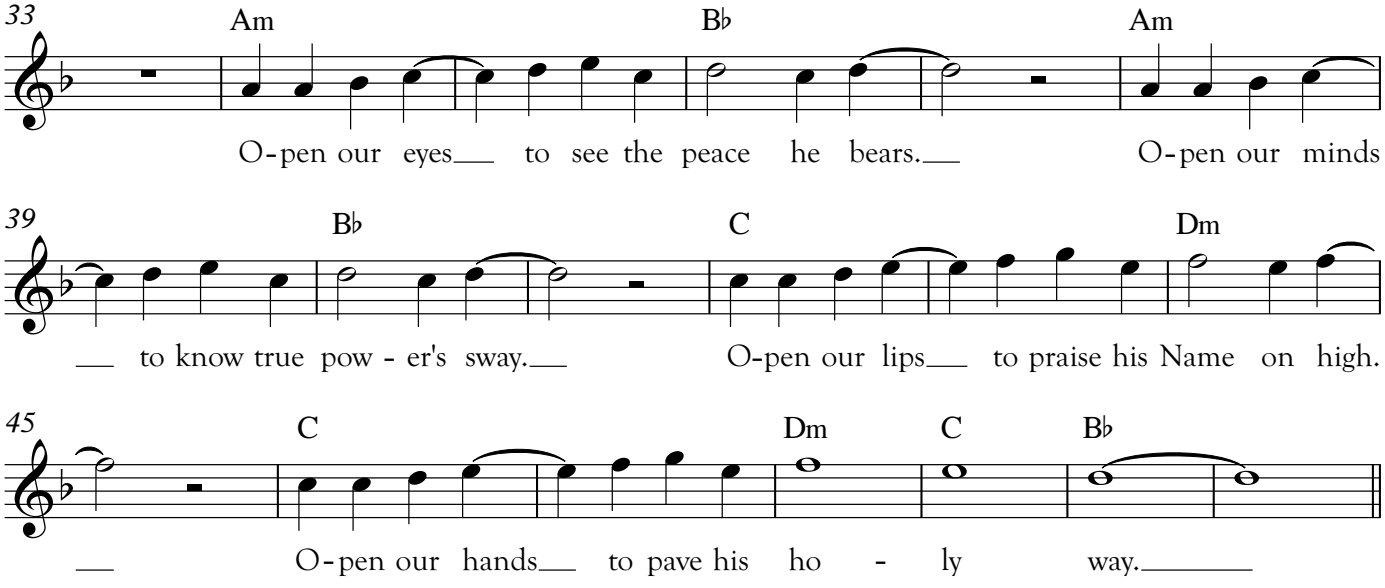
Verse



Chorus



Bridge



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Music: Ryan Flanigan & Mattew Macaulay

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Maundy Thursday

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Readings: Psalm 116:1,10-17
Exodus 12:1-4,(5-10),11-14
1 Corinthians 11:23-26
John 13:1-17,31b-35

Silence

Poem: *Reflect or read aloud "The Washer of Feet."*

Hymn: *Sing or listen to "Washer Of Feet."*

“The Washer of Feet”

by Nelson Koscheski

Let us praise Jesus, the Washer of feet.
Jesus, the Lordly who made all that is.
Jesus, the welcoming Host for our feast.
Jesus, the Servant of all that are his.

Let us praise Jesus, the Savior alone.
Jesus, the Gracious who gave his own life.
Jesus, the Sonnet of praise to our God.
Jesus, the Lowly who takes on our strife.

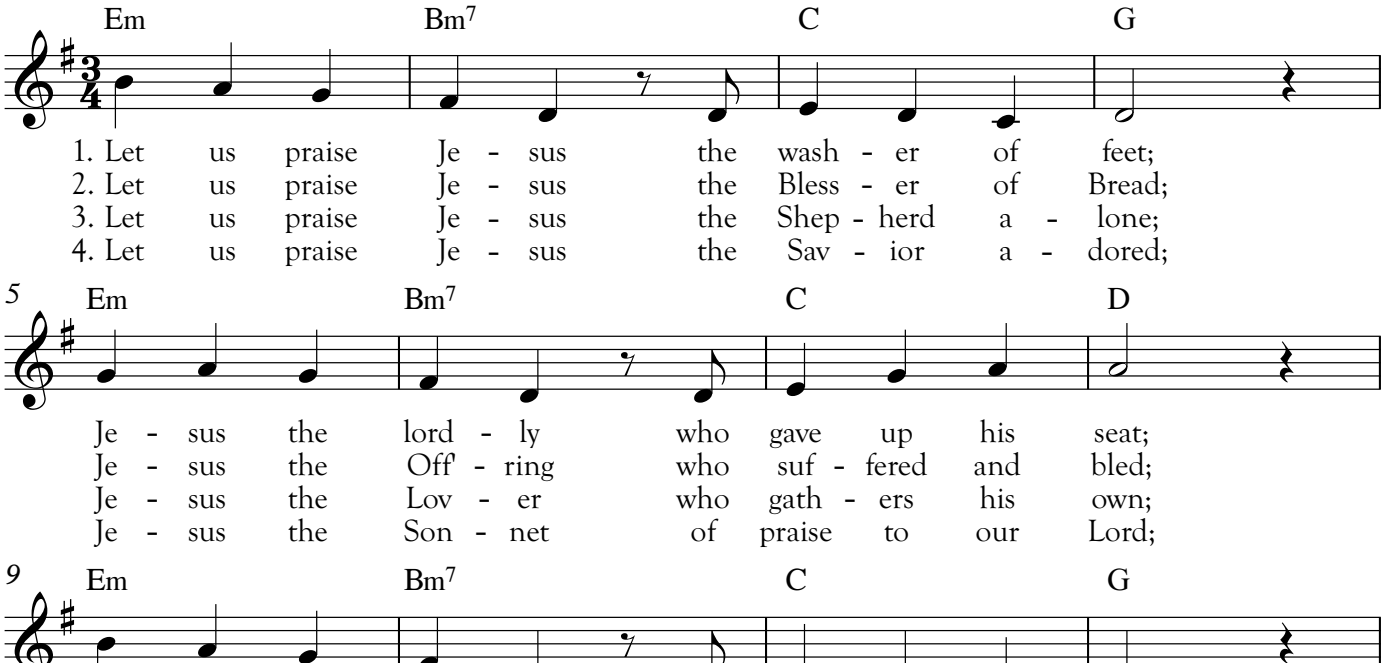
Let us praise Jesus, the Blesser of bread.
Jesus, the Lamb whose body was broken.
Jesus, the Royal who knelt in the dust.
Jesus, the Priest whose blessings are spoken.

Let us praise Jesus, Who poured out his blood.
Jesus, the wounded who died for us all.
Jesus, the Lover who gathers his own.
Jesus, the Christ whom brother we call.

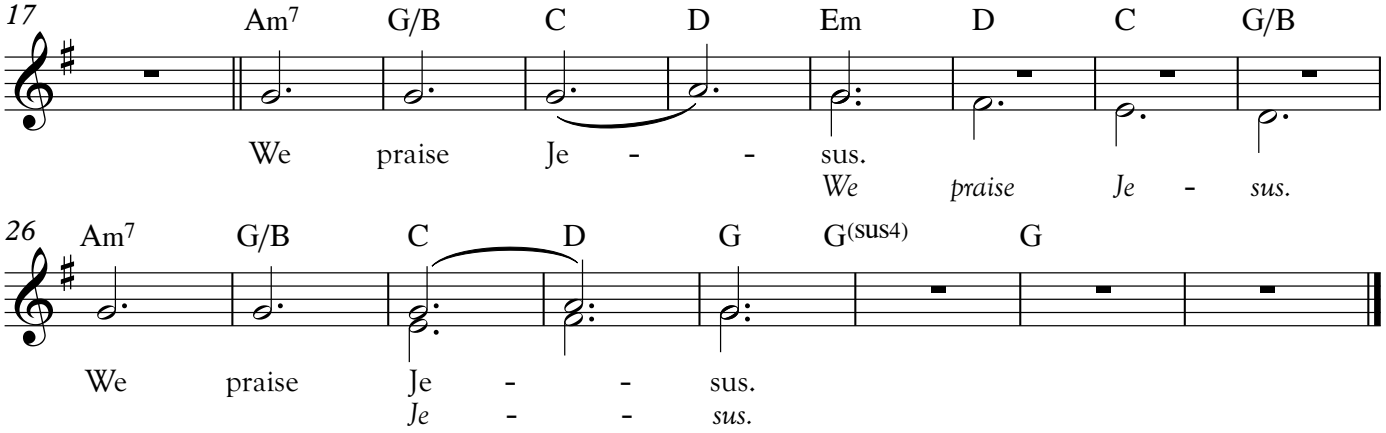
Washer Of Feet

Key of G

Verse



Refrain



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Good Friday

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Readings: Psalm 22
Isaiah 52:13—53:12
Hebrews 10:16-25 *or* Hebrews 4:14-16; 5:7-9
John 18:1—19:42

Silence

Poem: *Reflect or read aloud "Goodness, Truth and Beauty Lost."*

Hymn: *Sing or listen to "The End."*

“Goodness, Truth and Beauty Lost”

by Nelson Koscheski

Evil’s day of triumph over virtue!
On this day is the Good Man called the vile.
The Good Shepherd is treated as a wolf,
And foulest envy does the Good defile.

Day of shadows, tears and sorrows!
On this day is beauty torn asunder.
With whip and thorn and nail is Glory marred.
Foulest darkness covers Beauty’s wonder.

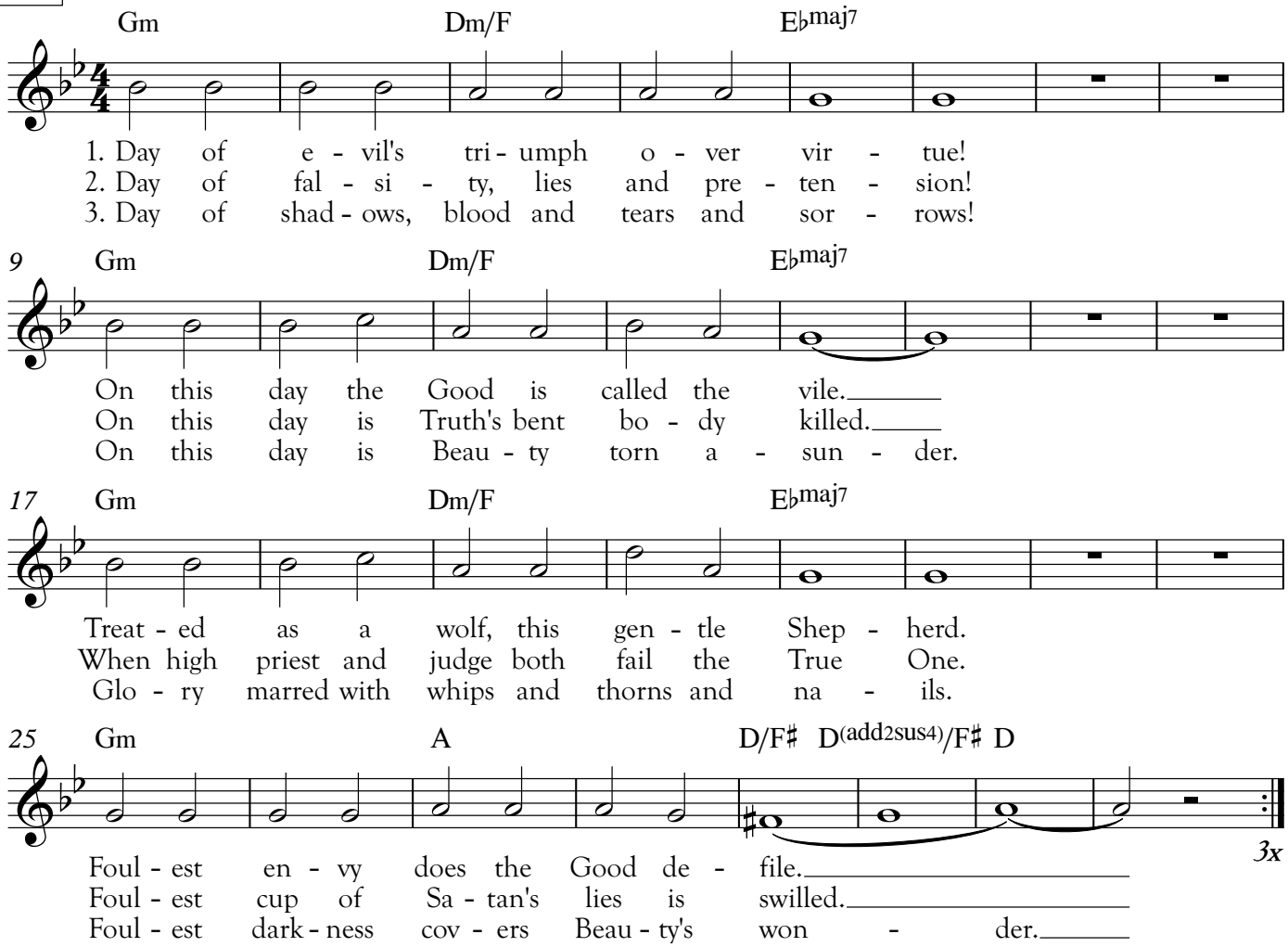
Day of falsity and pretentious lies!
On this day is Truth’s torn, bent body killed.
Day when both High Priest and Judge failed the Truth.
Foulest cup of Satan’s lies is swilled.

Dearest Jesus, you loved us to the end.
Strongest Jesus, you bore us to the end.
Truthful Jesus, you taught us to the end.
Loving Jesus, you held us to the end.

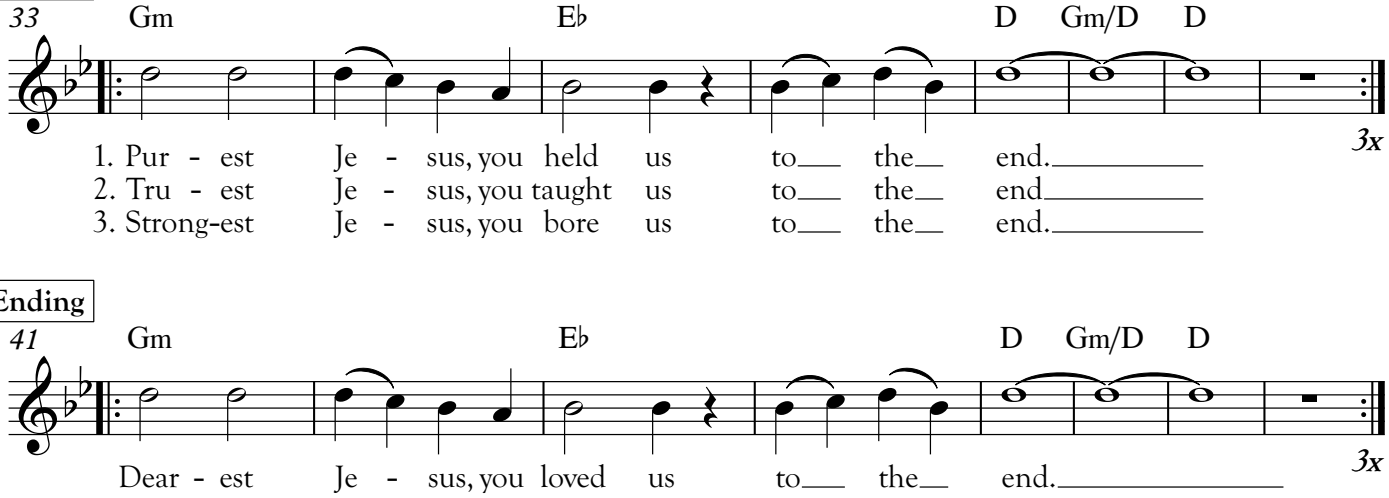
The End

Key of Gm

Verse



Chorus



Ending

Words: Nelson Koscheski
Music: Ryan Flanigan

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Holy Saturday

Leader: Lord, have mercy.
People: Christ, have mercy.
Leader: Lord, have mercy.

Let us pray.

All: O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Readings: Psalm 31:1-4,15-16
Job 14:1-14 *or* Lamentations 3:1-9,19-24
1 Peter 4:1-8
Matthew 27:57-66 *or* John 19:38-42

Silence

Poem: *Reflect or read aloud "Easter Eve."*

Hymn: *Sing or listen to "There Silence Was."*

“Easter Eve”

by Nelson Koscheski

There was silence, darkness and death’s sorrow
In Jesus’ Sabbath rest within the tomb.
The Son of Man had given up his life.
The stone had closed the Lord in silent gloom.

A seed had fallen to the stone cold earth,
And gently as the silent Sabbath fled,
That seed began to sprout its living shoot
As new life rose and into daylight sped.
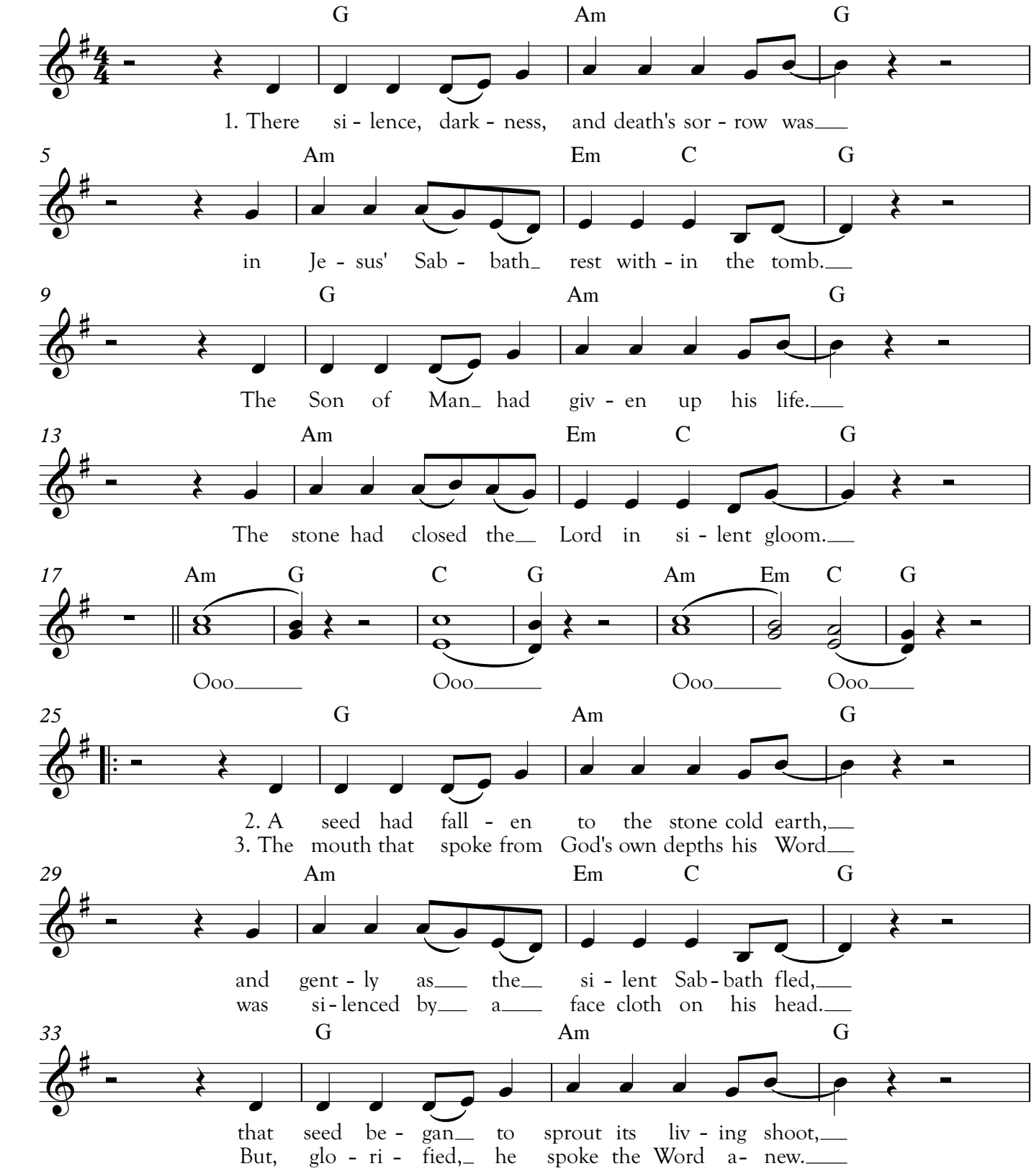
The light that had shone since creation’s birth
Was hidden by the stone that closed it in.
But with a burst of light that marked the shroud,
The Light of Christ, New light shown out again.
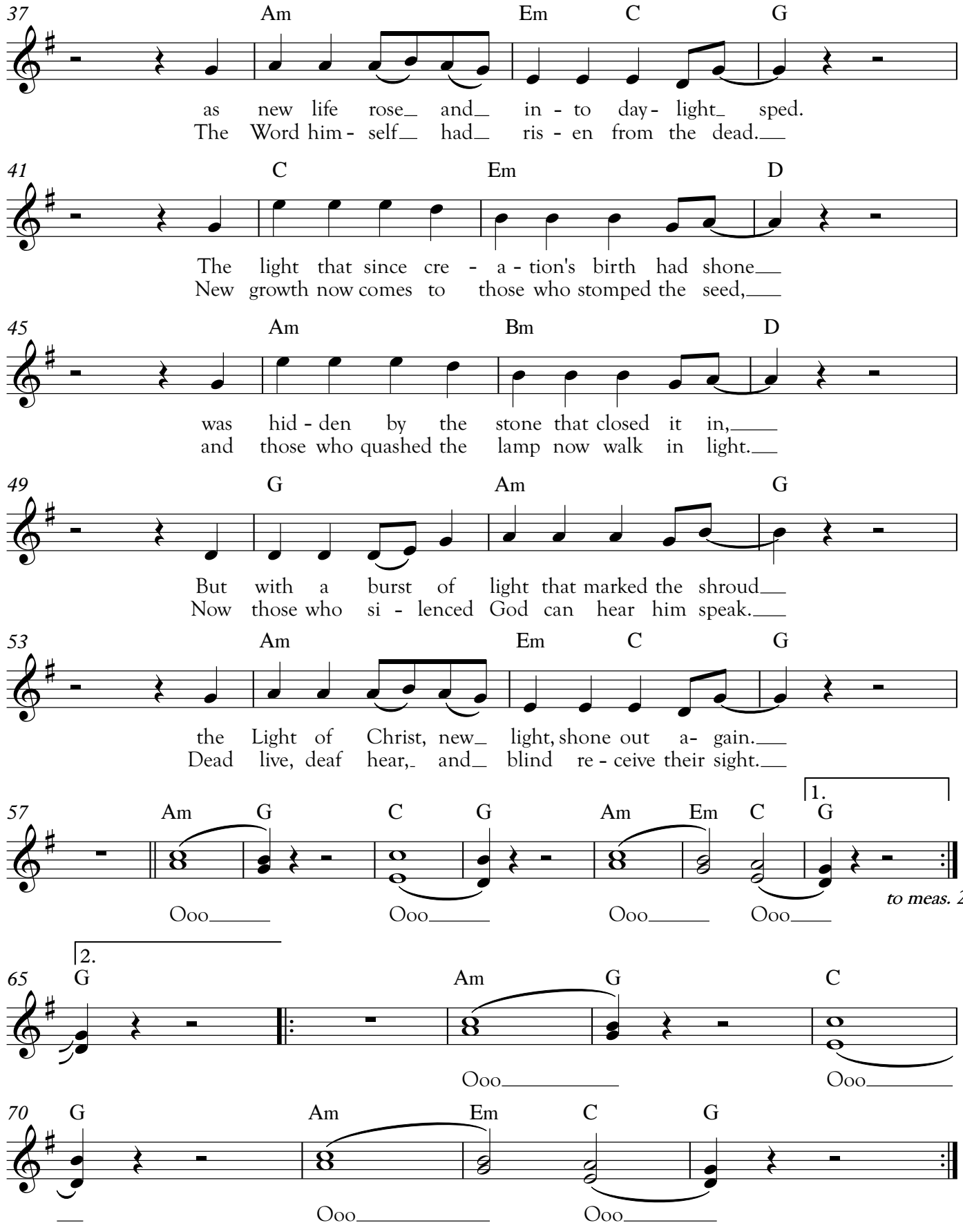
The mouth that spoke God’s word from His own depths
Was silenced by a face cloth on His head.
But, glorified, He spoke the Word anew.
The Word Himself has risen from the dead.

Those who stomped the seed now have new growth.
Those who quashed the lamp now walk in light.
Those who cut out God’s tongue now hear Him speak.
The dead live, the deaf hear, the blind have sight.

There Silence Was

Key of G





Words: Nelson Koscheski | adapt. Ryan Flanigan & Isaac Gill
Music: Ryan Flanigan & Isaac Gill

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