

Sumud Lenten Series 2025:

“Is Not This the Fast That I Choose?”

Introduction

- [How to use this Lenten resource](#)

Week 1: “He Has Lifted Up the Lowly”

- [Video: “Sumud the Way of Jesus” with Ranan Issa Abu Shanab \(ELCJHL\)](#)
- [Devotion: Dr. Yousef AlKhouri \(Bethlehem Bible College\)](#)

Week 2: “Loose the Bonds of Injustice”

- [Video: “Good News of Great Joy for All People” with the Rev. Dr. Imad Haddad \(ELCJHL\)](#)
- [Devotion: Lorans Qassis](#)

Week 3: “Wilderness”

- [Video: “Belovedness in the Wilderness” with Rev. Fursan Zu'mot \(ELCJHL\)](#)
- [Devotion: Khaled Dally \(Bethlehem Bible College\)](#)

Week 4: “To Set Free Those Who are Oppressed”

- [Video: “A Counter Cultural Message” with Rev. Ashraf Tannous \(ELCJHL\)](#)
- [Devotion: Lourdes Sayeh \(Bethlehem Bible College\)](#)

Week 5: “What makes for peace”

- [Video: “The Things that Make for Peace” with Rev. Sally Azar \(ELCJHL\)](#)
- [Devotion: Sherin Kando Juha \(Bethlehem Bible College\)](#)

Week 6: “Good Friday, Good News...”

- [Video: “Journey to the Cross” with the Rev. Rodny Said \(ELCJHL\)](#)
- [Devotion: Bishop Meghan Johnston Aelabouni \(ELCA\)](#)