

MAY 14, 2026
ASCENSION OF
OUR LORD



Jesus' ascension sends us out into the world.

ASCENSION DAY BIBLE READINGS

Take time to read and reflect on these Bible passages as part of your Ascension Day observances.

Thursday	Acts 1:1-11	Jesus is taken up to heaven
	Psalms 47	God rules the nations
	Ephesians 1:15-23	Paul's prayer for the church
	Luke 24:44-53	The ascension of Jesus

SCRIPTURE VERSE FOR ASCENSION DAY

"But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." Acts 1:8 (NRSV)

PRAYERS AND BLESSING

A Prayer for Ascension Day:

Dear Jesus, may your ascension and the giving of the Holy Spirit lead us, your followers, to witness to your love and power that knows no end. Amen.

Mealtime Prayer:

Ascended Lord Jesus, may this food strengthen us to be your servants of faith and show love for all the world. Amen.

A Blessing to Give:

May the God of glory fill you with hope.



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HYMN FOR ASCENSION DAY

*The Church's One
Foundation*

ASCENSION DAY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

CARING CONVERSATIONS

Discuss in your home, small group, or use for personal reflections:

- Who is someone you would name as having power? How is that power used?
- How do you experience the power of God in the world?

DEVOTIONS

Read: Acts 1:1-11.

Paintings throughout Christian history have depicted Jesus' ascension as a moment of glory when Jesus rises up to heaven. The verbal painting of Acts 1 gives real substance to that meaning of Jesus' ascent. Interestingly, the sufferings of Jesus are not forgotten or left in the past. God's kingdom is seen in Jesus' suffering, death, and resurrection in a way that now embraces Jesus' followers to go out from Jerusalem "to the ends of the earth" (v. 8). For us, the ascension is not about "looking up toward heaven" (v. 11), but looking out in faith to follow the call of God into the world. It is true that followers will not fully grasp the mission and may imagine that Christ came to restore national pride and power to Israel. The church's mission is to extend God's love and forgiveness to all the world, even if that means the church will experience the suffering the Lord has known. The power of Jesus' ascension comes with the potential to suffer as his followers, yet gives the courage to follow anyway.

Discuss: How do you show God's love at home, in the community, and in the world?

Pray: **Ascended Lord, help us to follow you each and every day with faith in you and love for one another so that your glory and power may fill the earth with peace and hope. Amen.**

SERVICE

Jesus calls us to serve our neighbor in love. Based on the Ascension Day Bible Readings and theme for this day, what organization can you help or support financially that serves those who are suffering?

RITUALS AND TRADITIONS

Ascension Day is preparation for Pentecost and the coming of the Holy Spirit. The nine days between Ascension Day and Pentecost are referred to as the *novena* (Latin for nine) and is used as a time to join Christians in prayer as the church awaits the giving of the Holy Spirit. In 1 Peter 5:7 it reads, "God cares for you, so turn all your worries over to him." Between now and Pentecost Sunday, set aside time to name the things you worry about and pray:

Come, Holy Spirit, come.

