

# Lent Prayers



Church of the Redeemer  
Ash Wednesday to the Saturday Following

## Introduction

**W**e invite you to enter into a time of intentional prayer during these 40 days of Lent and through Holy Week. Lent offers us an opportunity to be more intentional in our prayer-life—to enter more deeply into the conversation with God about who we are as God's beloved. It is a time to listen to what God might be calling us to do and be and in turn to ask God to be with us as we seek out ways to love and serve God. It is a time to step forward into something new or renewed. It is a time to step onto the path that God invites each of us to follow. The days of Lent will sometimes bring comfort and other times bring challenge as we seek to listen attentively. It is helpful to remember that as we journey through these days, we have as our companions each other and we have Jesus. We can support and uphold one another and we can be supported and upheld by the One in whose steps we walk.

The order is designed such that you may enter into a time of prayer morning, noon or night, whenever it fits the pattern of your day. Please know that as you make time to pause and be with God, others in the parish are also praying alongside you and that as you go about your day, others are offering their prayers. That is the wonderful thing about this discipline—while we may do this alone, we also do it in community.

Each Sunday a new booklet will be available following the worship service and on our website. You are welcome to keep the booklets each week. In addition we will post a brief excerpt from the daily prayers with an image on our Facebook page. We hope you'll join us there, too.

It is our hope that this discipline becomes part of your journey from ashes to the cross to the empty tomb. In peace, let us pray.

In Peace we pray...

## Ash Wednesday to the Saturday Following

February 18 to 21

*We enter into a time of quiet. We offer to God our selves and in the silence know that God embraces us as God's very own. We offer to God our hopes and our concerns through our prayers and in the silence listen for God.*

*We begin by saying*

The sacrifice of God is a broken spirit; \*  
a broken and contrite heart, O God you will not despise me.

*Psalm 51.18*

*We continue with the Psalm*

The Lord is full of compassion and mercy, \*  
slow to anger and of great kindness.

He will not always accuse us, \*  
nor will he keep his anger for ever.

He has not dealt with us according to our sins, \*  
nor rewarded us according to our wickedness.

For as the heavens are high above the earth, \*  
so is his mercy great upon those who fear him.

As far as the east is from the west, \*  
so far has he removed our sins from us.

As a father cares for his children, \*  
so does the Lord care for those who fear him.

For he himself knows whereof we are made; \*  
he remembers that we are but dust.

Our days are like the grass; \*  
we flourish like a flower of the field;

When the wind goes over it, it is gone, \*  
and its place shall know it no more.

But the merciful goodness of the Lord endures for ever on those who fear  
him, \*  
and his righteousness on children's children;  
On those who keep his covenant \*  
and remember his commandments and do them.

Ps 103.8-18

*We continue with the reading and the reflection beginning on page eight. In silence we ask what the reading has to say to us today. Is there something in the reflection that draws us more deeply into the reading? What does God have to say to us? What do we have to ask God?*

*When the time is right, we conclude our time of silence with the canticle below.*

### ***The Canticle ~ A Song of Humility***

Come, let us return to the Lord \*  
who has torn us and will heal us.  
  
God has stricken us \*  
and will bind up our wounds.  
  
After two days, he will revive us, \*  
and on the third day will raise us up,  
that we may live in his presence.  
  
Let us strive to know the Lord; \*  
his appearing is as sure as the sunrise.  
  
He will come to us like the showers, \*  
like the spring rains that water the earth.  
  
'O Ephraim, how shall I deal with you? \*  
How shall I deal with you, O Judah?  
  
'Your love for me is like the morning mist, \*  
like the dew that goes early away.  
  
you humbly chose the Virgin's womb.

'Therefore, I have hewn them by the prophets, \*  
and my judgement goes forth as the light.

'For loyalty is my desire and not sacrifice, \*  
and the knowledge of God rather than burnt offerings.'

Hosea 6.1-6

*We continue in prayer for those people and situations that we hold up before God (The Intercessions) and continue with the concluding collect, the Lord's prayer and the closing sentences.*

### **The Intercessions**

We offer prayers:

For God's creation...

For peace in the world...

For the Church and all who serve in Christ's name...

For our catechumen and those who are their companions during this time of study and preparation...

For the poor, the persecuted, the sick, and all who suffer...

For forgiveness from those whom we have injured or offended...

For those who have gone before us in faith...

*We conclude our prayers*

Almighty and everlasting God, you despise 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 brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord.

*[let us pray as our Saviour taught us,]*

Our Father in heaven,  
hallowed be your name,  
your kingdom come,

your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen

OR

God, who cares for us,  
The wonder of whose presence fills us with awe,  
Let justice, kindness and love shine in our world.  
Let your secrets be known here as they are in heaven.  
Give us the food and the hope we need for today.  
Forgive us our wrongdoing  
as we forgive the wrongs done to us.  
Protect us from pride and from despair  
and from the fear and hate which can swallow us up.  
In you is truth, meaning, glory and power,  
while worlds come and go. Amen.

*In the morning*

Holy and enabling Spirit,  
Give wings to our morning prayers.  
May those we support and cherish with our love  
Receive your grace to help them in their need. Amen.

*In the evening*

Preserve us, O God, while waking,  
And guard us while sleeping,  
That awake we may watch with Christ,  
And asleep may rest in your peace. Amen.



## The Readings and Reflections

### *Ash Wednesday*

Yet even now, says the LORD,  
return to me with all your heart,  
with fasting, with weeping, and with mourning;  
rend your hearts and not your clothing.  
Return to the LORD, your God,  
for he is gracious and merciful,  
slow to anger, and abounding in steadfast love,  
and relents from punishing.  
Who knows whether he will not turn and relent,  
and leave a blessing behind him,  
a grain-offering and a drink-offering  
for the LORD, your God?

*Joel 2.12-14*

### *Reflection*

The invitation is extended. We are invited to observe a holy Lent.

Self-examination

Penitence

Prayer

Fasting

Almsgiving

Reading and meditating on the word of God.

It is time. Make time. God waits for you. Will you say yes?



## Thursday

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?

Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the LORD shall be your rearguard.

Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

*Isaiah 58.6-9a*

## Reflection

Do you ever look closely at the stained glass windows in our church? Have you noticed the two that remind us to feed the hungry and clothe the naked? I sometimes forget that those windows are there...and sometimes I don't see what is happening in the world around me.

Lord

Help me to see injustice and loosen the bonds so that there is freedom

Help me to see that which holds my brothers and sisters so the yoke can be broken

Help me to share what I have so that the hungry are fed, the homeless have shelter and the naked, clothed.

This I can do.

## **Friday**

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Matthew 6.19-21

## *Reflection*

When acquiring more, having the best and the latest and the most sparkling seems the thing to do; when we are located in a neighbourhood where there is great wealth...we read these words.

Where is your treasure? In these days of Lent is there anything you need to let go of? What new thing will you discover if you look at treasure differently?

## ***Saturday***

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation!

2 Corinthians 5.20b-6.2

## ***Reflection***

We have just begun. Is there something in your relationship with God that is starting to be stirred up? Now is the acceptable time. Make time today to be still and listen for God's voice. God awaits.

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Lent 2015