

Lent Prayers



Church of the Redeemer

Lent One to the Saturday Following

Introduction

We 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...

Lent One to the Saturday Following

February 22 to 28

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

He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited upon him

Mark 1.13

We continue with the Psalm

To you, O Lord, I lift up my soul;
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.

Let none who look to you be put to shame; *
Let the treacherous be disappointed in their schemes.

Show me your ways, O Lord, *
and teach me your paths.

Lead me in your truth and teach me, *
for you are the God of my salvation;
in you have I trusted all the day long.

Remember, O Lord, your compassion and love, *
for they are from everlasting.

Remember not the sins of my youth and my transgressions; *
remember me according to your love and for the sake of your goodness,
O Lord.

Gracious and upright is the Lord; *
therefore he teaches sinners in his way.

He guides the humble in doing right *

and teaches his way to the lowly.

All the paths of the Lord are love and faithfulness *
to those who keep his covenant and his testimonies.

For your name's sake, O Lord, *
forgive my sin, for it is great.

Ps 25.1-10

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 ~ Seek the Lord

'Seek the Lord while he wills to be found; *
call upon him when he draws near.

Let the wicked forsake their ways *
and the evil ones their thoughts;

And let them turn to the Lord,
and he will have compassion, *
and to our God, for he will richly pardon.

For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.

For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.

For as rain and snow fall from the heavens *
and return not again, but water the earth,

Bringing forth life and giving growth, *
seed for sowing and bread for eating,

So is my word that goes forth from my mouth; *

it will not return to me empty;
But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

Isaiah 55.6-11

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

God of the wilderness,
your Son battled with the powers of darkness
and grew closer to you in the desert:
help us to use these forty days
to grow in wisdom and prayer,
so that we may witness to your saving love
in Jesus Christ our Lord. Amen.

[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

God of work and rest and pleasure,
grant that what we do this week
may be for us an offering Rather than a burden;
and for those we serve,
may it be the help they need. Amen.

In the evening

Be present, merciful God,
and protect us through the silent hours of this night,
that we, who are wearied
by the changes and chances of this fleeting world,
may rest upon your eternal changelessness. Amen.

The Readings and Reflections

First Sunday in Lent

God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

Genesis 9.12-17

Reflection

When you see a rainbow, what do you think? I was chagrined to realized that my first thought was 'pot of gold at the end of the rainbow' and not 'God's promise'. What other signs of God's promise do I not notice?

God of covenant, help me to see and remember.

Monday

Do not say, 'I will do to others as they have done to me;
I will pay them back for what they have done.'

Proverbs 24.29

Reflection

When I have been hurt
have I returned hurt?

When I have been disappointed
have I dwelt on that disappointment?

When I have been shown kindness
have I acted with kindness?

When I have been treated with love
have I responded with love?

I want to say 'no' to the first two questions and 'yes' to the last two. But I know better. I pray that I may be aware of how I 'pay back' others.

Tuesday

Once Joseph had a dream, and when he told it to his brothers, they hated him even more. He said to them, 'Listen to this dream that I dreamed. There we were, binding sheaves in the field. Suddenly my sheaf rose and stood upright; then your sheaves gathered around it, and bowed down to my sheaf.' His brothers said to him, 'Are you indeed to reign over us? Are you indeed to have dominion over us?' So they hated him even more because of his dreams and his words.

He had another dream, and told it to his brothers, saying, 'Look, I have had another dream: the sun, the moon, and eleven stars were bowing down to me.' But when he told it to his father and to his brothers, his father rebuked him, and said to him, 'What kind of dream is this that you have had? Shall we indeed come, I and your mother and your brothers, and bow to the ground before you?' So his brothers were jealous of him, but his father kept the matter in mind.

Genesis 37.5-11

Reflection

Hatred.

Oh so powerful.

It is fed by jealousy

It deepens.

When you read this passage, do you understand how the brothers feel? Have there been times in your life when you allow these emotions to overflow? Is now one of those times?

Wednesday

Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, 'What profit is there if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.' And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

Genesis 37.25-28

Reflection

Sometimes it seems that the way to deal with a perceived problem is to make it go away and pretend it doesn't exist anymore. Joseph's brothers took that to the extreme—they sold him so that all that he represented in their life would be gone.

Open my eyes to the ways, small though they may be, that I am trying to make a situation go away rather than deal with it. Help me to speak when words are needed, to listen when that is the better part and to seek a new path forward.

Thursday

During the high-priesthood of Annas and Caiaphas, the word of God came to John son of Zechariah in the wilderness. He went into all the region around the Jordan, proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the words of the prophet Isaiah,

‘The voice of one crying out in the wilderness:
“Prepare the way of the Lord,
make his paths straight.

Luke 3.2-4

Reflection

Prepare...

Are you ready to hear the word of God that comes to you?

There is a voice that cries out in the wilderness...

yes even to you.

Prepare...

What does God call you to do and be?

Friday

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'

Mark 1.9-11

Reflection

With you I am well pleased.

Do you yearn to hear these words?

With you I am well pleased.

Instead of listening to your inner voice where you tell yourself of the ways you have failed, listen instead for the ways you are beloved.

You, too, are a beloved child of God.

Saturday

And the Spirit immediately drove him out into the wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

Mark 1.12-15

Reflection

We reminded the children of the number of times forty appears in our stories of faith and our communal life.

 Noah and the ark—forty days and nights of rain

 Jesus in the wilderness—forty days of temptation

 Lent—forty days of prayer, fasting, almsgiving, penitence, self-examination,
 reading scripture

We are well on the road through our forty days. What is the good news you've heard this week?

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