

Lent Prayers



Church of the Redeemer
Lent Three 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 Three to the Saturday Following

March 8 to 15

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

To the Lord our God belong mercy and forgiveness, for we have rebelled against him, and have not obeyed the voice of the Lord our God by following his laws, which he set before us by his servants the prophets.

Daniel 9.9-10

We continue with the Psalm

The heavens declare the glory of God, *
and the firmament shows his handiwork.

One day tells its tale to another, *
and one night imparts knowledge to another.

Although they have no words or language, *
and their voices are not heard,

Their sound has gone out into all lands, *
and their message to the ends of the world.

In the deep has he set a pavilion for the sun; *
it comes forth like a bridegroom out of his chamber;
it rejoices like a champion to run its course.

It goes forth from the uttermost edge of the heavens
and runs about to the end of it again; *
nothing is hidden from its burning heat.

The law of the Lord is perfect
and revives the soul; *
the testimony of the Lord is sure
and gives wisdom to the innocent.

The statutes of the Lord are just
and rejoice the heart; *
the commandment of the Lord is clear
and gives light to the eyes.

The fear of the Lord is clean
and endures for ever; *
the judgements of the Lord are true
and righteous altogether.

More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.

By them also is your servant enlightened, *
and in keeping them there is great reward.

Who can tell how often he offends? *
cleanse me from my secret faults.

Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.

Let the words of my mouth and the meditation of my
heart be acceptable in your sight, *
O Lord, my strength and my redeemer.

Ps 19

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 ~ Song of Peace

In the days to come *
the mountain of the house of the Lord
shall tower as the highest of mountains *
and be raised above the hills.
There shall all the nations flow; *
many peoples shall come and say,
“Let us go up to the mountain of the Lord, *
to the house of the God of Jacob,
that he may teach us his ways *
that we may walk in his paths.”
For the law shall go out from Zion, *
from Jerusalem the word of the Lord.
He shall judge between the nations *
and decide for many peoples.
They shall beat their swords into ploughshares, *
their spears into pruning-knives;
nation shall not lift sword against nation; *
they shall never train for war again.
O people of Jacob, come, *
let us walk in the light of the Lord.

Isaiah 2.2-5

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 covenant,
give us zeal to discern the foolishness
and the wisdom of this present age,
so that we may proclaim Christ crucified;
to whom with you and the Holy Spirit,
be honour and glory, now and forever. 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

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

Dear Lord,
Watch with those who wake or watch or weep tonight,
And give your angels charge over those who sleep;
Tend your sick ones,
Rest your afflicted one, shield your joyous ones,
And all for your love's sake. Amen

The Readings and Reflections

Third Sunday in Lent

Then God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

Exodus 20.1-17

Reflection

Rules. Nothing more than rules. Is that what this reading seems to be about?

But is that really so? Could it be...

Guideposts along the way that remind us how to relate to one another

Reminders of what community is about—particularly a community that is faithful to God?

Some days it seems we need to recall that it isn't always about 'me' but about 'us'.

Is today one of those days—which of these makes you pause and reconsider how you are living faith-fully.

Monday

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end.

1 Corinthians 13.1-8

Reflection

Love
Patient
Kind

Love
Not envious or boastful
Not arrogant or rude

Love
Yours
Without end.

How
will you show
Love?

Tuesday

Then Peter came and said to him, 'Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?' Jesus said to him, 'Not seven times, but, I tell you, seventy-seven times.'

Matthew 18.21-22

Reflection

Forgive

Forgive

Forgive

Forgive

Forgive

Forgive

Forgive

And forgive more

Can you do it?

Wednesday

But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous.

Matthew 5.44-45

Reflection

It would be easy to pass by this reading wouldn't it? A good life lesson—but since I don't have any enemies and I'm not being persecuted it doesn't apply to me, right?

What if it said 'love those who bug you and pray for those who hurt you'? That takes away some of the context that Jesus is speaking to but don't those grudges and hurts sometimes carry as much weight?

Some days I find it too easy to hate those who irritate me; to hold on to the wounds. I do need to love them; I need to pray for them because they, too, are God's beloved. Hard though it may be to remember that.

Who will I carry in prayer today?

Thursday

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

1 John 1.8-9

Reflection

Am I deceiving myself?

Not me—I've done nothing wrong.

Am I deceiving myself?

Well...there is that action...

Or inaction...

Those words said...

Or not said...

Am I deceiving myself?

What do I need to confess today so that the truth is in me?

Friday

The LORD is merciful and gracious,
slow to anger and abounding in steadfast love.
He will not always accuse,
nor will he keep his anger for ever.
He does not deal with us according to our sins,
nor repay us according to our iniquities.
For as the heavens are high above the earth,
so great is his steadfast love towards those who fear him;
as far as the east is from the west,
so far he removes our transgressions from us.

Psalm 103.8-12

Reflection

I need to hear these words

I need to be reminded

God is merciful

God is steadfast in love to me

I need to be reminded

I need to hear these words

God be merciful to me...

Saturday

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' His disciples remembered that it was written, 'Zeal for your house will consume me.' The Jews then said to him, 'What sign can you show us for doing this?' Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

John 2.13-22

Reflection

He drove all of them out
Money-changers scattered, cattle and sheep, doves, too
Tables overturned
Stop!
He had their attention
and he told them what was to come.

Church of the Redeemer

162 Bloor Street West Toronto, ON M5S 1M4

416.922.4948 redeemer@bellnet.ca www.TheRedeemer.ca

Twitter: [@theRedeemerTO](https://twitter.com/theRedeemerTO) Facebook: RedeemerAnglican

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