

Lent Prayers



Church of the Redeemer
Ash Wednesday 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 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 through social media. **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.

Lord, hear our prayer.

Ash Wednesday to the Saturday Following

March 1 to 4

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

For thus said the Lord God, the Holy One of Israel:
In returning and rest you shall be saved;
in quietness and in trust shall be your strength

Isaiah 30.15

We continue with the Psalm

Have mercy on me, O God, according to your
loving-kindness; *
in your great compassion blot out my offenses.
Wash me through and through from my wickedness *
and cleanse me from my sin.
For I know my transgressions, *
and my sin is ever before me.
Against you only have I sinned *
and done what is evil in your sight.
And so you are justified when you speak *
and upright in your judgement.
Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.
For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.
Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
Make me hear of joy and gladness, *
that the body you have broken may rejoice.

In Peace We Pray

Hide your face from my sins *
and blot out all my iniquities.

Create in me a clean heart, O God, *
and renew a right spirit within me.

Cast me not away from your presence *
and take not your holy Spirit from me.

Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

I shall teach your ways to the wicked, *
and sinners shall return to you.

Deliver me from death, O God, *
and my tongue shall sing of your righteousness,
O God of my salvation.

Open my lips, O Lord, *
and my mouth shall proclaim your praise.

Had you desired it, I would have offered sacrifice, *
but you take no delight in burnt-offerings.

Ps 51.1-17

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 from Ezekiel

I will take you from the nations, ♦
and gather you from all the countries.

I will sprinkle clean water upon you, ♦
and you shall be clean from all your uncleannesses.

A new heart I will give you, ♦
and put a new spirit within you,

And I will remove from your body the heart of stone ♦and give you a heart
of flesh.

You shall be my people, ♦
and I will be your God.

Ezekiel 36.24-26, 28b

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 catechumens 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

"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

We begin.

The invitation has been extended—in the name of the Lord, observe a holy Lent by self-examination, penitence, prayer, fasting and almsgiving, and by reading and meditating on the word of God.

Where is your treasure? What is in your heart? Ask God to help you let go of all that consumes you that you may see more clearly and love God more deeply.

We begin.

Thursday

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

See.

Now.

Look around you. Now.

Do you see that this is the time? Do you see that now is the day?

See.

Now.

Where do you see God working in us?

Friday

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

I cry out
 For the hungry
 the homeless
 the naked.

I cry out
 For the broken
 the hurting
 the lost

I cry out
 and
 I hear:
 Here I am.

Saturday

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

On Wednesday, as ashes were placed on our foreheads we were reminded of our frailty.

Remember, you are dust and to dust you shall return.

It matters not the number of years we count. We are dust. There was another reminder in those ashes. A reminder of whose we are. The cross of ashes reminding us that in the frailty of new born faith in baptism, we are marked with the sign of a cross and that we belong to God. The cross of ashes reminding us that in prayers for healing, a cross of chrism marks us and holds us in the love of Jesus. The cross of ashes reminding us that with our dying breath the Spirit has breathed through us.

Today, we are reminded that in returning to God, we come back to a God who loves us in all our frailty.

Credits:

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