

# Lent Prayers



Church of the Redeemer  
First Sunday in Lent 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 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.

## First Sunday in Lent to the Saturday Following

March 5 to 11

*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 on him.

Mark 1.13

*We continue with the Psalm*

Happy are they whose transgressions are forgiven,  
and whose sin is put away!

Happy are they to whom the Lord imputes no guilt,  
and in whose spirit there is no guile!

While I held my tongue, my bones withered away,  
because of my groaning all day long.

For your hand was heavy upon me day and night;  
my moisture was dried up as in the heat of summer.

Then I acknowledged my sin to you,  
and did not conceal my guilt.

I said, "I will confess my transgressions to the Lord."  
Then you forgave me the guilt of my sin.

Therefore all the faithful will make their prayers to you in time of trouble;  
when the great waters overflow, they shall not reach them.

You are my hiding-place;  
you preserve me from trouble;

you surround me with shouts of deliverance.

"I will instruct you and teach you in the way that you should go;  
I will guide you with my eye.

Do not be like horse or mule, which have no understanding;  
who must be fitted with bit and bridle,  
or else they will not stay near you.”

Great are the tribulations of the wicked;  
but mercy embraces those who trust in the Lord.

Be glad, you righteous, and rejoice in the Lord;  
shout for joy, all who are true of heart.

Ps 32

*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 Christ the Servant**

Christ suffered for you, leaving you an example, ♦  
that you should follow in his steps.

He committed no sin, no guile was found on his lips, ♦ when he was reviled,  
he did not revile in turn.

When he suffered, he did not threaten, ♦  
but he trusted himself to God who judges justly.

Christ himself bore our sins in his body on the tree, ♦ that we might die to sin  
and live to righteousness.

By his wounds, you have been healed, ♦  
for you were straying like sheep,

but have now returned ♦  
to the shepherd and guardian of your souls.

1 Peter 2.21b-25

*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*

Heavenly Father, your Son battled with the powers of darkness and drew closer to you in the desert; help us to use these days to grow in wisdom and prayer, so that we may witness to your saving love. 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*

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

### ***First Sunday in Lent***

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Matthew 4.1-4

### ***Reflection***

Sometimes we think of wilderness as a place of isolation and abandonment; of brokenness and dryness.

Could it be that wilderness is something else? Could it be that during these days of Lent we are invited into a wilderness time that shows us the ways that we have enough, are enough.

The things that beckon—that promise to feed deep hungers—are not enough. We will still be hungry.

With God we will be fed.



## **Monday**

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Matthew 4.6-7

## **Reflection**

*Do not put the Lord your God to the test.*

How many times have you challenged God? How many times have you bargained with God?

That temptation is there. Promises of changed behaviour if things go your way. Or perhaps it isn't for you. Maybe the deal-making is for someone else, that they be spared hardship or pain.

What happens when things don't go the way you want? Do you blame God?

Rather than testing God, in the stillness listen for God. What unexpected ways is God calling you to newness of life?

## **Tuesday**

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me."

Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him,'" Then the devil left him, and suddenly angels came and waited on him.

*Matthew 4.8-11*

### *Reflection*

Worship

God

Serve

God

God waits for you

How will you serve God with all that you are?

## **Wednesday**

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

*Genesis 2.15-17, 3.1-5*

### **Reflection**

If you eat of the tree, you shall die.

If you eat of the tree, you will not die.

Who to believe? And what price? There doesn't seem to be a straightforward answer here. And what is wrong with knowledge? Why not see with open eyes?

What would you have done?

### **Thursday**

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Genesis 3.6-7

### **Reflection**

The temptation of things shiny and bright.

The lure of something that might be better and more than what you already have.

Would you have eaten of the tree?

Today, what happens when you give in? Is your life better and more? Is it shiny and bright? Is that which you see and know what you expect?

## **Friday**

See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, to Isaac, and to Jacob.

*Deuteronomy 30.15-20*

### **Reflection**

Today you chose

Obey the commandments

Today you chose

Love God

Today you chose

Walk in God's ways

Today you chose

If you chose life

The promise is there

For you

Today you chose.

**Thursday**

I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, "You fool", you will be liable to the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. Truly I tell you, you will never get out until you have paid the last penny.

Matthew 5.22-26

**Reflection**

Is there someone whose forgiveness you need to seek?

Go

Go now

Ask

God waits

Ask

Be reconciled

God waits.

Credits:

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