

Lent Prayers



Church of the Redeemer
Second Sunday in Lent 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.

Second Sunday in Lent to the Saturday Following

March 12 to 18

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

Psalm 103.8

We continue with the Psalm

I lift up my eyes to the hills;
from where is my help to come?

My help comes from the Lord,
the maker of heaven and earth.

He will not let your foot be moved
and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel
shall neither slumber nor sleep;

The Lord himself watches over you;
the Lord is your shade at your right hand,

So that the sun shall not strike you by day,
nor the moon by night.

The Lord shall preserve you from all evil;
it is he who shall keep you safe.

The Lord shall watch over your going out and
your coming in,
from this time forth for evermore.

Psalm 121

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?

In Peace We Pray

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?

'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 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

God of mercy, you are full of tenderness and compassion, slow to anger, rich in mercy, and always ready to forgive: grant us grace to renounce all evil and to cling to Christ, so that in every way we may prove to be your loving children; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

[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

Second Sunday in Lent

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God."

Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above."

John 3.1-3

Reflection

By night he came.

We know you are a teacher

By night he came.

But, did Nicodemus really believe that?

By night he came.

Perhaps what he said was a question not a statement

By night we come

Statements on our lips

By night we come

Perhaps we aren't so confident

By night we come

Perhaps we are asking Jesus

Show us the way...

Monday

Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?"

Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

John 3.4-8

Reflection

Absurdity.

Born again? How can this be?

Could it be that Nicodemus is more concerned about the cost of this new life, this new kingdom than his questions belie?

What about you?

What is the cost of following Jesus? Are you ready to be part of the kingdom here and now and not at some future date.

This is the first question.

Tuesday

Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?'

'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man.'

John 3.9-13

Reflection

How?

This is the second question.

The signs all point to God. And yet. Doesn't it all seem hard?

How can these things be?

Are you waiting for another time. Another sign?

Flesh

Water

Spirit

With these come faith.

Faith takes time, takes questioning, takes uncertainty.

Wednesday

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

John 3.14-17

Reflection

These words are so familiar. God so loved the world.

What do you hear when they are spoken? What resonates in your heart when you read them?

God so loved the world that he gave his only Son, so that everyone who believes in him may have eternal life.

This is the gift given to us and to all.

Thursday

Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the LORD had told him; and Lot went with him.

Genesis 12.1-4a

Reflection

They will leave all that is familiar—home, land, family.

God will be with them

God will show

God will make

God will bless

God will curse

They will know God's presence.

In a life of faith, does it feel as though you have left behind all that is familiar?

God is with you.

Know God's presence.

Friday

I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead.

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

Philippians 3.10-14

Reflection

I want to know Jesus.

What is in the past is not the way forward.

I want to know Jesus.

What lies ahead is the goal.

I want to know Jesus.

I cannot do this on my own.

Jesus, walk with me.

Saturday

For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

2 Corinthians 4.5-6

Reflection

Proclaim

Proclaim Jesus

Light

Light shines

Hearts

Hearts know

See the face of Jesus in one another.

Credits:

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