

# Lent Prayers



Church of the Redeemer  
Third 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.

## Third Sunday in Lent to the Saturday Following

March 19 to 25

*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 sacrifice of God is a broken spirit;  
a broken and contrite heart, O God, you will not despise

*Psalm 51.18*

*We continue with the Psalm*

Come, let us sing to the Lord;

let us shout for joy to the rock of our salvation.

Let us come before his presence with thanksgiving  
and raise a loud shout to him with psalms.

For the Lord is a great God,  
and a great king above all gods.

In his hand are the caverns of the earth,  
and the heights of the hills are his also.

The sea is his, for he made it,  
and his hands have molded the dry land.

Come, let us bow down, and bend the knee,  
and kneel before the Lord our Maker.

For he is our God,  
and we are the people of his pasture and the sheep of his hand.  
Oh, that today you would hearken to his voice!

Harden not your hearts,  
as your forebears did in the wilderness,  
at Meribah, and on that day at Massah,  
when they tempted me.

They put me to the test,  
though they had seen my works.

Forty years long I detested that generation and said,  
“This people are wayward in their hearts;  
they do not know my ways.”

So I swore in my wrath,  
“They shall not enter into my rest.”

Psalm 95.1-11

*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 purpose<sup>d</sup>,  
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 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*

Gracious God, you provide us with living water in abundance for all to share. Nourish us with this abundance, so that we may be streams of living water to those who thirst for you; through Jesus Christ, the rock of our salvation.

*[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

### ***Third Sunday in Lent***

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?"

*Exodus 17.1-3*

### ***Reflection***

The landscape of wilderness can bring with it places of opportunity and places of despair. That wilderness—a physical place—with refreshment and dry land intermingled offers a path from one place to another.

What happens when the wilderness is our soul with places of opportunity and places of despair? When we travel through a dry land, where hope seems far away, do we not cry out for refreshment?

Where will you find your thirst quenched today?



## **Monday**

Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me."

The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

*Exodus 17.4-7*

## **Reflection**

In the midst

    Of complaint

        Of lost hope

Water

    Unexpected

        Refreshing

Presence

    Hearing

        Offering

Among us.

## **Tuesday**

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well.

It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink."

*John 4.5-7*

### *Reflection*

He travelling, tired, sits by the well

She, at height of noon day sun. comes

No one will be there

It will be safe

He speaks

Her life is about to change with a simple sentence

Give me a drink...

## **Wednesday**

The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water."

The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?"

Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water."

*John 4.9-15*

## **Reflection**

And the walls come down.

Ethnicity, gender, religion. Each is enough to keep them from one another.

The words pour out.

Each speaking and listening.

What walls will you help bring down today?

## **Thursday**

Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him. *John 4.28-30*

### **Reflection**

Come.

If you had been at the well, would you have returned home and said *come and see...*

If you had been in the community, would you have listened to the one who said *come and see...*

Come.

The invitation is extended.

Come.

Meet the one who already knows you.

Come.

## **Friday**

Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

*John 4.39-42*

## **Reflection**

We hear stories of faith. They inspire us. We believe that God's love is possible for us, too, because we see it radiating from another. And then we realize that it is no longer the story of another that is our hope for more. We see that we have our own story. God's love radiating from us. Jesus, the wellspring of hope, refreshing us. Wisdom guiding us.

We know that we can say...

I believe.

## **Saturday**

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O LORD, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there.

*I Kings 19.4-8*

## **Reflection**

*Get up and eat*

The journey before you  
has more distance yet

*Get up and eat*

You need bread  
for your journey

*Get up and eat*

You have enough  
for the days to come

Credits:

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