

LENT



WEEK FIVE

## Introduction

What is provided for you here is a simple prayer and scripture guide, adapted from the Book of Common Prayer and Common Worship, that covers the duration of the Lenten season. It is meant to be used individually or within your house church, family, and friends for the purpose of prayer, meditation, and reflection. You will also find these themes and some of these scriptures and prayers mirrored in our Lenten gatherings.

Lent is the oldest season of the church, and I believe the most gracious season, as the church presses upon us the need for penitence, fasting, and prayer -- ancient practices of the faithful. In penitence we examine our hearts, discovering ways in which we have drifted from the beauty of God, for ways in which we have hurt ourselves and others, and we seek to turn from these beliefs and actions. Through fasting, we make space within ourselves to become attentive again to that hunger within us to know our creator. In prayer, we open ourselves up to the transcendent, allowing our hearts be drawn into God, through the Spirit.

These practices serve to give space for the opening up of ourselves to the presence of God, who surrounds us and longs to make his home within us. This Lent, my prayer for you is that you would know Christ as he really, really is. May you find him in the silence, in the hunger, in the examination of your own heart. As I said on Sunday, I'm looking forward to a "holy boredom." I'm needing moments in my day when, free from the many distractions that I pour into my life, I can begin to give attention to that place in me that longs for something more.

Whatever this journey is for you, may it be full of life, moment by moment, as you open yourself up to the one who holds all things.

We have compiled a Lenten guide for our community. In it we have compiled the readings throughout Lent, as well as some resources that may be of help to you in your journey. We have also scheduled some times of prayer throughout the season that we hope may be good for you.

- David

## Morning Prayer

O Lord, open our lips

***and our mouth shall proclaim your praise.***

Hear our voice, O Lord, according to your faithful love,

***according to your judgement give us life.***

The night has passed, and the day lies open before us:  
let us pray with one heart and mind.

*Silence is kept*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and forever.

***Amen.***

*The Psalm is read*

***Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning, is now,  
and shall be forever.***

***Amen.***

*The OT/NT reading(s) are read*

***Full of compassion and mercy and love  
Is God, the Most High, the Almighty.***

*The Gospel is read*

*Silence is kept*

To you, O Lord, I lift up my soul;

**O my God, in you I trust.**

You are the God of my salvation,

**To you, O Lord, I lift up my soul.**

In you I hope all the day long.

**O my God, in your I trust.**

Remember, Lord, your compassion and love,  
for they are from everlasting.

**To you, O Lord, I lift up my soul.**

**O my God, in you I trust.**

Intercessions are offered

*for the day and its task*

*for the world and its needs*

*for the Church and her life*

*for peace*

*for individuals and their needs*

Almighty and everlasting God,

you hate nothing that you have made

and forgive the sins of all those who are penitent:

create and make in us new and contrite hearts

that we, worthily lamenting our sins

and acknowledging our wretchedness,

may receive from you, the God of all mercy,

perfect remission and forgiveness;

through Jesus Christ our Lord.

**Amen.**

*The Lord's Prayer is said*

May God our Redeemer show us compassion and love.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

## Evening Prayer

O God, make speed to save us.

**O Lord, make haste to help us.**

Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

That this evening may be holy, good, and peaceful,  
let us pray with one heart and mind.

*Silence is kept*

As our evening prayer rises before you, O God,

so may your mercy come down upon us

to cleanse our hearts

and set us free to sing your praise

now and forever.

**Amen.**

**Christ committed no sin,**

**no guile was found on his lips.**

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.**

**Christ committed no sin,**  
**no guile was found on his lips.**

*The Gospel is read*

*Silence is kept*

Forsake me not, O Lord;  
be not far from me, O my God,  
**Forsake me not, O Lord;**  
**be not far from me, O my God.**

Make haste to help me,  
O Lord of my salvation.  
**Be not far from me, O my God,**  
Glory to the Father and to the Son  
and to the Holy Spirit.  
**Forsake me not, O Lord;**  
**be not far from me, O my God.**

*Thanksgivings for the day may be made*

In penitence and faith let us make our prayer to the Father  
and ask for his mercy and grace.

For your holy people,  
that they may triumph over evil and grow in grace,  
we pray to you, O Lord:  
**in your mercy, hear our prayer.**

For the leaders of the nations,  
that you will guide them in the ways of mercy and truth,  
we pray to you, O Lord:  
**in your mercy, hear our prayer.**

For the needy,  
that they may not be forgotten,  
nor the hope of the poor be taken away,  
we pray to you, O Lord:  
**in your mercy, hear our prayer.**

For the sick in body, mind, and spirit,  
that they may know your power to heal,  
we pray to you, O Lord:  
**in your mercy, hear our prayer.**

For the poor in spirit,  
that they may inherit the kingdom of heaven  
and see you face to face,  
we pray to you, O Lord:  
**in your mercy, hear our prayer.**

Let us commend the world, for which Christ suffered,  
To the mercy and protection of God.  
**Amen.**

*Personal intercessions may be offered*

*The Collect of the day is said*

May God our Redeemer show us compassion and love.  
**Amen.**

Let us bless the Lord.  
**Thanks be to God.**

## Fourth Sunday in Lent

### The Collect —

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: evermore give us this bread, that he may live in us and we in him; who live and reigns with you and the Holy Spirit, one God, now and forever.

*Amen.*

### Readings —

Psalm 107:1-3, 17-22; Numbers 21:4-9; Ephesians 2:1-10; John 3:14-21

## Monday, March 23

### The Collect —

Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord.

*Amen.*

### Readings —

Psalm 30:1-6, 11-13; Isaiah 65:17-25; John 4:43-54

## Tuesday, March 24

### The Collect —

O God, with you is the well of life and in your light we see light: quench our thirst with living water and flood our darkened minds with heavenly light.

*Amen.*

### Readings —

Psalm 46:1-8; Ezekiel 47:1-9, 12; John 5:1-18

## Wednesday, March 25

### The Collect —

Merciful Lord, cleanse your people from their offenses, that through your abounding goodness we may be delivered from the chains of those sins which we have committed by our weakness.

*Amen.*

### Readings —

Psalm 145:8-19; Isaiah 49:8-15; John 5:19-29

## Thursday, March 26

### The Collect —

Almighty and most merciful God, drive from us all weakness of body, mind, and spirit; that being restored to wholeness, we may with free hearts become what you intend us to be and accomplish what you want us to do.

*Amen.*

### Readings —

Psalms 106:6-7, 19-23; Exodus 32:7-14; John 5:30-47

## Friday, March 27

### The Collect —

O God, you have given us the Good News of your abounding love in your Son Jesus Christ, so fill our hearts with thankfulness that we may rejoice to proclaim the good tidings we have received.

*Amen.*

### Readings —

Psalms 34:15-22; John 7:1-2, 10, 25-30

## Saturday, March 28

### The Collect —

Mercifully hear our prayers, O Lord, and spare all those who confess their sins to you; that those whose consciences are assaulted by sin may by your merciful pardon be forgiven and freed.

*Amen.*

### Readings —

Psalms 7:6-11; Jeremiah 11:18-20; John 7:37-52