

LENT



WEEK FOUR

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.

Third Sunday in Lent

The Collect —

Almighty God, you know that we have no power in ourselves to help ourselves: keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body and from all evil thoughts which may assault and hurt the soul. *Amen.*

Readings —

Psalm 19; Exodus 20:1-17; 1 Corinthians 1:18-25; John 2:13-22

Monday, March 16

The Collect —

Almighty God, whose most dear Son went not up to joy but first suffered pain and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace. *Amen.*

Readings —

Psalm 42:1-7; 2 Kings 5:1-15b; Luke 4:23-30

Tuesday, March 17

The Collect —

O Lord, we beg you to hear us mercifully; and grant that we, to whom you have given a fervent desire to pray, may, by your mighty aid be defended and comforted in all dangers and difficulties. *Amen.*

Readings —

Psalm 25:3-10; Matthew 18:21-35

Wednesday, March 18

The Collect —

Give ear to our prayers, O Lord, and direct the way of your servants in safety under your protection, that amid all the changes of our earthly journey, we may be guarded by your mighty aid. *Amen.*

Readings —

Psalm 78:1-6; Deuteronomy 4:1-2, 5-9; Matthew 5:17-19

Thursday, March 19

The Collect —

Keep watch over your Church, O Lord, with your unfailing love; and, since it is grounded in human weakness and cannot maintain itself without your aid, protect it from all danger and keep it in the way of salvation.

Amen.

Readings —

Psalm 95:6-11; Jeremiah 7:23-28; Luke 11:14-23

Friday, March 20

The Collect —

Grant us, O Lord our strength, a true love of your Holy Name; so that trusting in your grace, we may fear no earthly evil, nor fix our hearts on earthly goods, but may rejoice in your full salvation.

Amen.

Readings —

Psalm 81:8-14; Hosea 14:1-9; Mark 12:28-34

Saturday, March 21

The Collect —

O God, you know us to be set in the midst of such great evils, that by reason of the frailty of our humanity we cannot always stand upright: grant us your strength and protection to support us in all dangers and carry us through all temptations.

Amen.

Readings —

Psalm 51:15-20; Hosea 6:1-6; Luke 18:9-14