

LENT



WEEK THREE

## 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.**

## Second Sunday in Lent

### The Collect —

O God, whose glory it is always to have mercy: be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son.

*Amen.*

### Readings —

Psalm 22:22-30; Genesis 17:1-7, 15-16; Romans 4:13-25; Mark 8:1-38

## Monday, March 9

### The Collect —

Let your Spirit, O Lord, come into the midst of us to wash us with the pure water of repentance and prepare us to be always a living sacrifice to you.

*Amen.*

### Readings —

Psalm 79:1-9; Daniel 9:3-10; Luke 6:27-38

## Tuesday, March 10

### The Collect —

O God, you willed to redeem us from all sin by your Son: deliver us when we are tempted to regard sin without disgust and let the virtue of his passion come between us and our mortal enemy.

*Amen.*

### Readings —

Psalm 50:7-15, 22-24; Isaiah 1:2-4, 16-20; Matthew 23:1-12

## Wednesday, March 11

### The Collect —

O God, you so loved the world that you gave your only begotten Son to reconcile earth with heaven: grant that we, loving you above all things, may love our friends in you and our enemies for your sake.

*Amen.*

### Readings —

Psalm 31:9-16; Jeremiah 18:1-11, 18-20; Matthew 20:17-28

## Thursday, March 12

### The Collect —

O Lord, strong and mighty: cleanse our hearts from sin, keep our hands pure, and turn our minds from what is passing away; so that at the last day we may stand in your holy place and receive your blessing; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

*Amen.*

### Readings —

Psalm 1; Jeremiah 17:5-10; Luke 16:19-31

## Friday, March 13

### The Collect —

Grant, O Lord, that as your Son Jesus Christ prayed for his enemies on the cross, so we may have grace to forgive those who wrongfully or scornfully use us, that we ourselves may be able to receive your forgiveness, through Jesus Christ our Lord.

*Amen.*

### Readings —

Psalm 105:16-22; Genesis 37:3-4, 12-28; Matthew 21:33-43

## Saturday, March 14

### The Collect —

Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

*Amen.*

### Readings —

Psalm 103:1-12; Micah 7:14-15, 18-20; Luke 15:11-32