

LENT



HOLY WEEK

## 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.**

## Palm Sunday

### The Collect —

Almighty and everliving God, in your tender love for the human race you sent your Son our Savior Jesus Christ to take upon him our nature and to suffer death upon the cross, giving us the example of his humility: mercifully grant that we may walk in the way of his suffering and also share in his resurrection.

*Amen.*

### AM Reading —

Psalm 118:1-2, 19-29; Mark 11:1-11

### PM Reading —

Psalm 31:9-16; Isaiah 50:4-9; Philippians 2:5-11; Mark 14:1-15:47

## Monday, April 6

### The Collect —

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory.

*Amen.*

### AM Reading —

Psalm 36:5-11; John 12:1-11

### PM Reading —

Isaiah 42:1-9; Hebrews 9:11-15

## Tuesday, April 7

### The Collect —

O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for your sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, on God, forever and ever.

*Amen.*

### AM Reading —

Psalm 71:1-14; John 12:20-36

### PM Reading —

Isaiah 49:1-7; 1 Corinthians 1:18-31

## Wednesday, April 8

### The Collect —

Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed.

*Amen.*

### AM Reading —

Psalm 70; John 13:21-32

### PM Reading —

Isaiah 50:4-9a; Hebrews 12:1-3

## Thursday, April 9

### The Collect —

God our Father, you have invited us to share in the supper which your Son gave to his Church to proclaim his death until he comes: may he nourish us by his presence and unite us in his love; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever.  
*Amen.*

### AM Reading —

Psalm 116:1, 10-17; John 13:1-17, 31b-35

### PM Reading —

Exodus 12:1-14; 1 Corinthians 11:23-26

## Friday, April 10

### The Collect —

Almighty God, we pray you graciously to behold this, your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who lives and reigns with you and the Holy Spirit, one God, forever and ever.  
*Amen.*

### AM Reading —

Psalm 22; John 18:1-19:42

### PM Reading —

Isaiah 52:13-53:12; Hebrews 10:16-25

## Holy Saturday

### The Collect —

O God, Creator of heaven and earth: grant that, as the crucified body of your beloved Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, forever and ever.  
*Amen.*

### AM Reading —

Psalm 31: 1-4; 15-16; Job 14:1-14

### PM Reading —

Lamentations 3:1-9, 19-24; 1 Peter 4:1-18; Matthew 27:57-66