



Lent Prayer Handbook 2015

Hounslow Methodist Church



This prayer booklet is a source of daily prayers for the season Lent. The prayers can be said in addition to your own prayers or can be used as meditations for concentrating your thoughts.

We hope that these prayers will support your journey through this Lenten season and that you will gain a deeper understanding of God's love for us all.

As well as the prayer each day there is an 'Action for the Day' included on each page too. Some are easy, some more challenging, but all require us to give of ourselves. You are invited to take up these actions or to think of something of your own to do each day.



Sunday 22nd February



Lectionary Readings for today:

Genesis 9.8–17; Psalm 25.1–10;

1 Peter 3.18–22; Mark 1.9–15

Gracious Lord, we pray for all those
being tested by wilderness times of illness and sadness.
May we be the voices that cheer them,
and the hands that meet their needs.
We pray for those who feel surrounded
by the wild beasts of hunger and poverty.
During this Fairtrade Fortnight,
may we use our resources to help them.
We pray for all those longing for the angels of kindness
to meet them in their loneliness.
May we be friends to them
and point them towards your love.
We ask all this in Jesus' name.
Amen.



Action for the Day

Buy as many Fairtrade products as you can during
Fairtrade Fortnight this year



Monday 23rd February



Lord Jesus,
May this be the fast we choose—
to hold in our hearts the women who walk miles for water
that we turn a tap on for,
to never take for granted the food that we eat,
however plain it is,
to complain less and campaign more,
to share our bread in gratitude that we have bread to share.
And as we count our blessings,
inspire our giving, our acting and our praying
that, just a little,
they may help to lose the bonds of injustice,
to let the oppressed go free,
and to satisfy the needs of the afflicted.
So may all who fast
share in the feast of life.
Amen.

Christian Aid



Action for the Day

Consider taking part in Christian Aid's "Count Your Blessings"
Challenge (see www.christianaid.org.uk/getinvolved)





Tuesday 24th February

Knit my soul to your own, O Christ,
so that I may never be separated from you.

Only in you am I a person fully alive.
Only in your light can I see
and only in your strength can I pursue my way.

To you I come, O wisdom without end.
In you I rest, O mercy without limit.
To you I give all praise, O crown of all majesty.

Amen

Mechtild of Magdeburg 1210 –1280



Action for the Day

Take time just to sit and be in the presence of God





Wednesday 25th February

Dear Lord,
as journey through Lent,
give us the courage and strength
to live each day guided by your spirit.

Let us be ever mindful of your love for us
and of our responsibility to spread this love to all around us.

Let this Lenten season prepare us to walk with Jesus
to the events of the cross and to the joy of Easter.
Help us to pray that little bit more,
fast from the excesses of life,
and support our church community
in every way that we are able.

Amen

Patrice Fentiman



Action for the Day

Consider what you can do to support the church
community



Thursday 26th February



Gracious God,
we praise you for your limitless love,
for the way that Jesus taught his disciples how to pray
and for your Holy Spirit that inspires our prayers today.
Help us to be open to each sign of your grace.
Help us to be ready to spend time in your presence.
Guide and enrich our praying as we journey ever more closely to
you.

Amen

Michaela Youngson



Action for the Day

Surprise someone by sending an affirming
text message or giving them a call.





Friday 27th February

Lord, in these days of mercy
make us quiet and prayerful.

In these days of challenge,
make us stronger in you.

In these days of emptiness,
take possession of us.

In these days of waiting,
open our hearts to the mystery of the cross.

Amen

Comfort Asiama



Action for the Day

Thank God for those who have witnessed to us but are no longer with us





Saturday 28th February

Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.

Wash away all my iniquity
and cleanse me from my sin.

For I know my transgressions,
and my sin is always before me.
Against you, you only, have I sinned
and done what is evil in your sight,
so that you are proved right when you speak
and justified when you judge.

Create in me a pure heart, O God,
and renew a steadfast spirit within me.

Amen

Extracts from Psalm 51



Action for the Day

Ask God to help you forgive those who have
wronged you



Sunday 1st March



Lectionary Readings for today:

Genesis 17.1–7, 15–16; Psalm 22.23–31;

Romans 4.13–25; Mark 8.31–38

We bring to you in prayer, Lord Jesus,
all those carrying the crosses of illness and pain;
those bearing the burden of grief and loneliness;
those who are laughed at, or victimised,
because they are Christians.

Help us to be like them,
not ashamed to ask for help if our crosses seem too
hard to carry.

Amen.

www.rootsontheweb.com



Action for the Day

Contact someone you know to be carrying a heavy burden



Monday 2nd March



Heavenly Father, we come to You knowing that Jesus spent time in the wilderness and You will understand our struggles with our own desert experiences.

So many situations; bereavement/ illness or dying/ finding work or school situations demanding and pressured or we have problems within our families/ relationships/ struggles to find work or adjust to retirement.

The deserts can seem so overwhelming that we find it hard to think about anything else let alone spend time with You.

Help us to see You; be aware of Your presence in any of the different things we might be doing; enjoying a sunny day walking by the river; simply chatting with a friend or in meeting together to sing Your praise and to learn more of You.

Amen

Katrina Rowland



Action for the Day

Spend some quality time with family or friends.



Tuesday 3rd March



God of blessing

We thank you that you paint your covenant
in rainbow colours across the skies,
that your covenant embraces us all,
animals and earth included,
an inheritance of blessing and sustainability,
handed on as a blessing to future generations.

God of blessing

May we ensure that the blessing does not stop with what we
receive,
but that all are able to enjoy your blessing equally,
whether from the global north or the global south.
May there be goats and cows in abundance
to bless families and whole communities with financial security
for all earth's children and their children's children.

God of blessing

Bless us and show us how we can be a blessing to others.

Christian Aid



Action for the Day

Take time to thank God for the blessings you have
received from Him.



Wednesday 4th March



Lord, please challenge us to pray constantly during
this Lenten journey,
Guide us and strengthen us each day as we meet the
challenges of life
Fill us with Your love and Holy Spirit, that we may
remain steadfast
May we lift our hearts and minds to You in constant
communication
We ask this in Jesus Christ our Saviour,
Who sacrificed so much that we might have eternal
life.
Amen.

Janet Wilson



Action for the Day

Speak to God throughout the day





Thursday 5th March

As stars light up the night sky,
so may special friends light up your life,
and may the love of God surround you,
and bless all you do this day,
and throughout this Lent.
Amen.

Adapted from www.rootsontheweb.com



Action for the Day

Tell a friend how special they are to you



Friday 6th March



Jesus, Saviour of the world,
Come to us in your mercy.
By your cross and your life laid down
You set your people free.
When they were ready to perish
You saved your disciples.
In the greatness of your mercy
Loose us from our chains.
Make yourself known
As our saviour and mighty deliverer.
Come now and dwell with us, Lord Christ Jesus:
Hear our prayer and be with us always.
And when you come in your glory:
Make us to be one with you
And to share the life of your Kingdom.
Amen

Saviour of the World, Methodist Worship Book



Action for the Day

Make contact with someone you have not seen for a while.



Saturday 7th March



Father you never forget us or turn away from us
even when we fail you.

You sent your Son Jesus, who gave his for us,
cured those who were sick,
cared for those who were poor
and cried with those who were sad.

He forgave sinners and taught us to forgive each other.

For all your love we give you thanks.

We open our hearts to him;
we remember how he died
and rose again to live now in us.

Amen

*Suggestion by Lyneth Friday
Scottish Liturgy*



Action for the Day

Do something to show appreciation to
someone who cares for you.



Sunday 8th March



Lectionary Readings for today:

Exodus 20.1–17; Psalm 19;

1 Corinthians 1.18–25; John 2.13–22

Lord Jesus,

When you got angry at how the Temple was being used,
you overturned tables.

Lord, we are angry about abuse
and want to overturn tables of cruelty.

We are angry about slavery
and want to overturn tables of exploitation.

We are angry about bullying
and want to overturn tables of aggression.

We are angry about war
and want to overturn tables of violence.

Lord Jesus, give us your righteous anger
That we may overturn the tables you call us to overturn.
Amen

Adapted from www.rootsontheweb.com



Action for the Day

Tell someone how angry injustice makes you



Monday 9th March



O Lord, hear our prayer.

In your gentle understanding of our failings,
our unwillingness to change, our uneasiness to never look back.

With your patience to walk with us even though we know you know
what it's like to feel alone, disbelieved and abandoned.

O Lord, hear our prayer.

You listen to our plea for strength, for understanding and for wisdom.

When times are hard you help us

choose the right path and keep us on that same path
despite the temptations which are around us.

O Lord, hear our prayer.

In the times when it is so easy to give up and
lose all sight of hope that you are a listening God,
an all-knowing God and a compassionate God,
a God who can be compared to no one.

O Lord, hear our prayer.

You keep us going when the road is long and hard and feels too much.

You know how it feels and the difficulty of the choices to make.

You know the weight of the cross and what it holds.

Loving God help us to feel the heaviness

but also help us feel the liberation which knowing you brings.

May we all be free in this world to feel for others,

to see beyond our comfort and to become the people you wish us be.

Amen.

Christian Aid



Action for the Day

Pray for those in need of God's liberation today



Tuesday 10th March



O Lord,
we know that you are always with us
no matter where we are,
who we are
or what we're doing.

Please help us to actively listen with our heart
to your gentle whispered voice
so that we can receive your encouragement,
your guidance and your forgiveness.

Please help us to be led
to a deeper understanding and appreciation of life –
a life which is lived in relation to others.

Amen.

Patrice Fentiman



Action for the Day

Make time for someone who seems lonely



Wednesday 11th March



Lord, give us the strength to recognise when it is time to plant,
or time to uproot,
Time to tear down, or time to build,
Time to weep, or time to laugh,
Time to keep, or time to throw away,
Time to mourn, or time to dance,
Time to abstain, or time to celebrate life in all its fullness,
We thank you, Lord, that there is a time for everything,
and a season for every activity under the heavens.
Give us the wisdom to recognise the season, and the courage
to do your will.
Amen.

Naomi Oates, Based on Ecclesiastes 3:1–18



Action for the Day

Take time out of your day to do something you
haven't done for a while





Thursday 12th March

When we are tested and wrestle alone,
famished for bread when the world offers stone,
nourish us, God, by your word and your way,
food that sustains us by night and by day.

When in the desert we cry for relief,
pleading for paths marked by certain belief,
lift us to love you beyond sign and test,
trusting your presence, our only true rest.

When we are tempted to barter our souls,
trading the truth for power to control,
teach us to worship and praise only you,
seeking your will in the work that we do.

When we have struggled and searched through the night,
sorting and sifting the wrong from the right,
Savior, surround us with circles of care,
angels of healing, of hope, and of prayer.

Ruth Duck, Singing the Faith, 240



Action for the Day

Buy a meal or drink for someone who is homeless



Friday 13th March



Dear God,
forgive us when we are impatient and
miss the things you try to teach us.
Help us to listen to the words of the Bible,
and the words of those who teach us,
and to ponder them in our minds and
hearts until they reveal their truths.
Amen.

www.rootsontheweb.com



Action for the Day

Thank God for all who have taught you more about Him





Saturday 14th March

Almighty God,
Whose Son Jesus Christ
Fasted forty days in the wilderness
And was tempted as we are, yet without sin:
Give us grace to discipline ourselves
In obedience to your Spirit;
And, as you know our weakness,
So may we know your power to save;
Through Jesus Christ our Lord.
Amen

Suggested by Diane Wylie

A Collect for Lent from the Methodist Worship Book



Action for the Day

Challenge yourself to do something new



Sunday 15th March



Lectionary Readings for today:

Numbers 21.4–9; Psalm 107.1–3, 17–22;

Ephesians 2.1–10; John 3.14–21

We thank you God for giving us others to share our lives:
For parents and the love which brought us to birth.
For those who have cherished and nurtured us.
For those who have loved and supported us.
For those with whom we have shared our home.
For all who have been with us in times of joy and sadness.
For all who have taught us of Jesus and have drawn us into His family.
Help us to live as those who belong to one another and to You,
Now and always.
Amen.

Adapted from www.makeamothersday.org



Action for the Day

Do something special for a mother today



Monday 16th March



Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is discord, vision.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O divine Master,
grant that I may not so much seek to be consoled as to
console;
to be understood as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Amen

St. Francis of Assisi



Action for the Day

Be grateful for all that you have. Try not to waste anything.



Tuesday 17th March



God so loved the world that he sent his only Son
so that all can have eternal life,
and God's kingdom can come.
So we kneel before the cross
because there
Jesus showed his love for us,
bringing gain out of loss.
Amen.

www.rootsontheweb.com



Action for the Day

Read a newspaper and pray for the things you read of



Wednesday 18th March



Lord Jesus, be our companion
as we journey through Lent.
May we be voices for good
in our families and communities;
helpers of those going through difficult times,
and as faithful to you, as you are to us.
Amen.

www.rootsontheweb.com



Action for the Day

Speak out for those in trouble in your community



Thursday 19th March



Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

Saviour, breathe forgiveness o'er us;
all our weakness thou dost know;
thou didst tread this earth before us;
thou didst feel its keenest woe;
tempted, taunted, yet undaunted,
through the desert thou didst go.

Spirit of our God, descending,
fill our hearts with heavenly joy;
love with every passion blending
pleasure that can never cloy;
thus provided, pardoned, guided,
nothing can our peace destroy.

James Edmeston, Singing the Faith, 238



Action for the Day

Ask God to fill you with his Spirit again this day



Friday 20th March



God our Father,
in your love and goodness
you have taught us to overcome our sins
with prayer, fasting, and generosity;
accept our Lenten disciplines,
and when we fall by our weakness,
raise us up by your unfailing mercy;
through Jesus Christ our Lord.

Suggestion by Lyneth Friday
Prayer by David Silk



Action for the Day

Ask for God's forgiveness and accept His mercy





Saturday 21st March

God who walks with us,
be with us when we are happy.
Be with us when we are sad.
Be with us when we are angry.
Be with us when we are frightened.
Be with us when we are lonely.
Be with us when we are hurting.
Be with us when we don't really know how we feel.
Amen.

www.rootsontheweb.com



Action for the Day

Call or text someone to see how they are



Sunday 22nd March



Lectionary Readings for today:

*Jeremiah 31.31–34; Psalm 51.1–12; Psalm 119.9–16;
Hebrews 5.5–10; John 12.20–33*

Loving God,
speak words of peace to those who are at war with one
another;
words of healing to those who are suffering;
words of hope to those imprisoned;
words of encouragement to those who are exhausted,
and words of courage to those who face death.
Amen.

www.rootsontheweb.com



Action for the Day

Make peace with someone you have argued with



Monday 23rd March



Lord,

Help us to see you in each and every day.

Help us to look for you in the people we meet
and the circumstances and events of the day.

Help us to know you through the making real of your
Word to us.

Help us to thank you for all that you are.

Amen

John and Margaret Logan



Action for the Day

If you have any worries, pass them over to God.





Tuesday 24th March

Blessed are you God, for you hear the cries of your people.

Forgive us, when we take on the values of the world in which we live, seeing one person as more important than another.

Forgive us, when we refuse to listen to those who challenge our preconceptions.

Forgive us, when we make idols of money, power, education and privilege.

Teach us, to be excited by people whose experience of you is different to our own.

Teach us, that it is in the harmonies of our different voices that your music is heard.

Teach us, to listen for the voices of those in our communities whose lips are silent.

Blessed are you God, for you hear the cries of your people.
Amen.

Christian Aid



Action for the Day

Pray for the first (non-family) person that you see today.





Wednesday 25th March

Most merciful God,
Who by the death and resurrection
Of your Son Jesus Christ
Delivered and saved the world:
Grant that by faith in him
Who suffered on the cross,
We may triumph in the power of his victory;
Through Jesus Christ our Lord.

Amen.

Collect for Lent from Methodist Worship Book



Action for the Day

Contact someone who needs deliverance today





Thursday 26th March

Lord,

Take my small offering of self-denial this Lent,
as a sign of my great longing for you.

I hunger for your presence in my life,
and I thirst for your love.

I hunger for justice for those who are wronged and oppressed,
and I thirst for your peace.

I hunger for a glimpse of your glory,
and I thirst for your stillness in my heart.

God of giving, God of longing, God of pain,
I hunger for you.

Lyneth Friday



Action for the Day

Look for glimpses of God's glory today



Friday 27th March



Merciful God,
As we continue our journey through Lent,
Forgive us if we have strayed from your path.

Forgive us the times when we have fasted for show,
Rather than to bring us closer to you.
Forgive us the times when our prayers have been selfish,
Rather than for others and for your glory.
Forgive us the times we have been so busy preparing for Easter,
That we have forgotten to reflect on the season of Lent.

Forgive us and restore us again to you
That as we continue our journey,
We may walk alongside you,
This Lent and always.
Amen.

Ali Stacey–Chapman



Action for the Day

Why not go for a walk with a friend today?



Saturday 28th March



Into the dark world a snowdrop comes,
a blessing of hope and peace carrying within it a green heart:
symbol of God's renewing love.

Come to inhabit our darkness, Lord Christ,
for dark and light are alike to you.

May nature's white candles of hope remind us of your birth and
lighten our journey through Lent and beyond.

Amen.

Suggestion by Diane Wylie

Kate McIlhagga from "Lent and Easter Readings from Iona"



Action for the Day

Ask someone to pray for you and pray for them too



Sunday 29th March Palm Sunday



Lectionary Readings for today:

*Isaiah 50.4–9a; Psalm 31.9–16; Psalm 118.1–2, 19–29;
Mark 11.1–11; Philippians 2.5–11;*

On this day of great rejoicing, Lord Jesus Christ,
We welcome You as King and Saviour,
Hosanna! we cry.
Blessed are You who come in God's name to save us.
Hosanna!
Strengthen our faith this Palm Sunday
That when the time comes to carry the cross
We might still call out to You with heartfelt praise.
Give us the grace and the courage to follow You
From death to resurrection,
From darkness to the fullness of light.
In all things and at all times,
May we cry
Hosanna!
Amen

Adapted from <http://www.disciplesnow.com>



Action for the Day

Put your palm cross somewhere at home to remind you
that Jesus is King



Monday 30th March



Restore to us the joy of your salvation, Lord.
May refugees be restored to safety.
May flooded land be restored to fertile ground.
May broken hearts be restored to wholeness.
May fearful lives be restored to peaceful rest.
May compassion fatigue be restored to hopeful perseverance.
Restore to us the joy of your salvation, Lord.
Grant in us a willing spirit to sustain us.

Amen.

Christian Aid



Action for the Day

Look through your wardrobe and see if there is anything
you can donate to those in need





Tuesday 31st March

We think this week of crowds.

When we have done things in a crowd
that we would not have done on our own,
Father, forgive us.

When we gather with a crowd to celebrate,
Father, make our celebrations sincere and wholehearted.

When we gather with a crowd to hear decisions,
Father, allow us to think for ourselves.

Whenever we are with others,
Father, help us to think for ourselves,
Not to get caught up in the actions of others,
And to do what you would have us do.
Amen.

Ali Stacey-Chapman



Action for the Day

Do not be influenced by others, but be confident and proud of
your faith



Wednesday 1st April



In the name of the Creator,
I ask a blessing of calm.

In the name of the Son,
I ask a blessing of peace.

In the name of the Spirit,
I ask a blessing of healing.

In the name of the Holy Three,
I ask these three blessings
on me and those I love.

As we journey inward during this season of transformation,
may the peace and love of the Holy Three be with us.
Amen

Suggestion from Barbara McIntivey

Taken from 'A Lent Course in the Celtic Tradition' by Keith Duke



Action for the Day

Give some time to the people you love



Thursday 2nd April
Maundy Thursday



Gracious God,
Your Son Jesus Christ girded himself with a towel
And washed the feet of his disciples.
Give us the will to be the servants of others
As he was the servant of all,
Who gave up his life and died for us,
Yet lives and reigns with you and the Holy Spirit,
One God, now and for ever.
Amen

The Washing of Feet, Methodist Worship Book



Action for the Day

Do a favour for a friend today.



Friday 3rd April
Good Friday



Almighty God,
Whose most dear Son went not up to joy
But first he 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 to be the way of life and peace;
Through Jesus Christ our Lord.

Amen.

Methodist Worship Book



Action for the Day

Fast today as you think about the cross.
Have a simple meal and water.



Saturday 4th April



Grant, Lord,
That we who are baptised into the death
of your Son our Saviour Jesus Christ
May continually put to death our evil desires
and be buried with him;
And that through the grave and gate of death
We may pass to our joyful resurrection;
Through his merits,
Who died and was buried and rose again for us,
Your Son Jesus Christ our Lord.
Amen

Collect for Easter Eve from Common Worship



Action for the Day

Pray for those who have died and all who mourn.



Sunday 5th April
Easter Day



Against all hope, against all understanding, against all
the odds,
Jesus is risen.

For the hungry child, for the grieving widow, for the beaten
prisoner,
Jesus is risen.

In the refugee camp, in the hospital ward, in the suburban
street,
Jesus is risen.

In the forests, in the mountains, beside the seas,
Jesus is risen.

In the lives of the faithful, in the witness of the hopeful, in the
hearts of the loving,
Jesus is risen.

Christ is risen,
he is risen indeed.

Alleluia



Action for the Day

Treat yourself to a fairtrade Easter Egg!

