

# 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 22<sup>nd</sup> 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 23<sup>rd</sup> 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

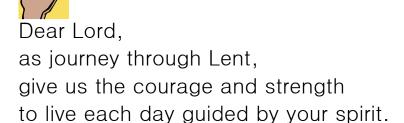
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Action for the Day

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



# Wednesday 25<sup>th</sup> February



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 26<sup>th</sup> February

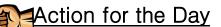


Gracious God,

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



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



## Friday 27<sup>th</sup> 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



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



#### Saturday 28<sup>th</sup> 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:

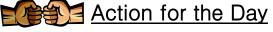
Genesis 17.1-7,15-16; Psalm 22.23-31; Romans 4.13-25; Mark 8.31-38

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



Contact someone you know to be carrying a heavy burden



#### Monday 2<sup>nd</sup> 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 3<sup>rd</sup> 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 5<sup>th</sup> 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 6<sup>th</sup> 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 vourself 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



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



#### Saturday 7<sup>th</sup> 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

Suggestion by Lyneth Friday

Amen

Scottish Lituray

Action for the Day

and rose again to live now in us.

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



#### Sunday 8<sup>th</sup> 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 10<sup>th</sup> 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 11<sup>th</sup> 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 12<sup>th</sup> 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



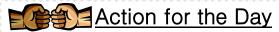
## Friday 13<sup>th</sup> March



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



Thank God for all who have taught you more about Him



# Saturday 14<sup>th</sup> March



Almighty God,
Whose Son Jesus Christ
Fasted forty days in the wilderness
And was tempted as we are, yet without sin:
Give us grave 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 15<sup>th</sup> 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.

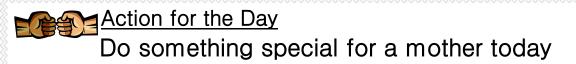
For all who have been with us in times of joy and sadness.

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





#### 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;

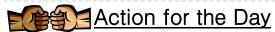
for it is in giving that we receive,

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



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 18<sup>th</sup> 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 19<sup>th</sup> 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 20<sup>th</sup> 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.

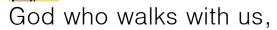
Suggestion by Lyneth Friday Prayer by David Silk

Action for the Day

Ask for God's forgiveness and accept His mercy



## Saturday 21<sup>st</sup> March



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 22<sup>nd</sup> 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;

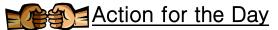
words of healing to those are suffering;

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



Make peace with someone you have argued with



### Monday 23<sup>rd</sup> 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 24<sup>th</sup> 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.

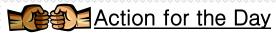
Teach us, to be excited by people whose experience of you is different to our own.

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



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 26<sup>th</sup> 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





#### Friday 27th March



Merciful God,

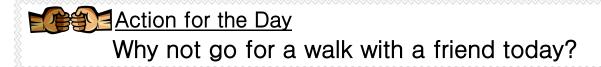
As we continue our journey through Lent, Forgive us if we have strayed from your path.

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





## Saturday 28<sup>th</sup> 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"



Ask someone to pray for you and pray for them too



## Sunday 29<sup>th</sup> 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;

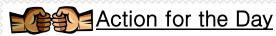
On this day of great rejoicing, Lord Jesus Christ, We welcome You as King and Saviour, Hosanna! we cry.

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



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



## Monday 30<sup>th</sup> 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



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



#### Tuesday 31<sup>st</sup> 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,

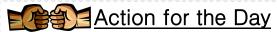
Father, help us to think for ourselves,

Not to get caught up in the actions of others,

And to do what you would have us do.

Amen.

Ali Stacey-Chapman



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



# Wednesday 1<sup>st</sup> 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.

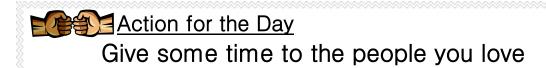
In the name of the Spirit, I ask a blessing of healing.

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





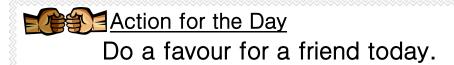
# Thursday 2<sup>nd</sup> April Maundy Thursday



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.

The Washing of Feet, Methodist Worship Book





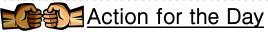
## Friday 3<sup>rd</sup> April Good Friday



Almighty God,
Whose most dear Son went not up to joy
But first he suffered pain,
And entered not into glory before he was crucifies:
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



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



### Saturday 4<sup>th</sup> April



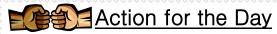
Grant, Lord,

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



Pray for those who have died and all who mourn.



## Sunday 5<sup>th</sup> 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



Treat yourself to a fairtrade Easter Egg!

