

Prayers for the first week of Lent



*'developing a Benefice of churches and communities that is accessible,
inclusive, and ready to change with the times
and the needs of the people it serves.'*

Benefice Mission Plan

Verses from Psalm 77 to be said each day through the week

I cried out to God for help;
I cried out to God to hear me.
When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.

I remembered you, God, and I groaned;
I meditated, and my spirit grew faint.
You kept my eyes from closing;
I was too troubled to speak.
I thought about the former days,
the years of long ago;
I remembered my songs in the night.
My heart meditated and my spirit asked:

Your ways, God, are holy.
What god is as great as our God?
You are the God who performs miracles;
you display your power among the peoples.
With your mighty arm you redeemed your people,
the descendants of Jacob and Joseph.

Sunday

Lord God,
you who breathed the spirit of life within me.
Draw out of me the light and life you created.
Help me to find my way back to you.
Help me to use my life to reflect your glory
and to serve others
as your son Jesus did.
Amen

Monday

Loving God,
you call us back to you with all of our hearts.
I feel your call for me deep in my heart
and I know you want me back
as much as I want to return.
Please, Lord,
give me the wisdom to know how to return.
Make my journey back to you this Lent
one of grace, forgiveness and gentle love.
Amen

Tuesday

Father of my soul,
mother of my heart,
I know your love for me is limitless beyond imagining.
You care for me as a loving parent.
Through my smallest Lenten sacrifices,
help me to become less selfish
and more aware of your ways.
Fan the flame of my desire
to draw ever closer to you.
Guide me to seek your love.
Amen

Wednesday

Dear Lord,
I know you receive what is in my heart.
Let me be inspired by your words
and by the actions of your son, Jesus.
Guide me to make sacrifices this Lent
in the spirit of self-denial
and with greater attention to you
and to those around me.
Help me to believe that you will grant me this
because of the sacrifice Jesus made for me.
Amen

Thursday

Lord,
I'm not always eager to do your will.
I'd often much rather do my own will.
Please be with me on this Lenten journey
and help me to remember
that your own spirit can guide me
in the right direction.
I want to 'fix' my weaknesses
but the task seems overwhelming.
But I know that with your help,
anything can be done.
With a grateful heart,
I acknowledge your love
and know that without you,
I can do nothing.
Amen.

Friday

Creator of my Life,
renew me: bring me to new life in you.
Touch me and make me feel whole again.
Help me to see your love
in the passion, death and resurrection of your son.
Help me to observe Lent
in a way that allows me to celebrate that love.
Prepare me for these weeks of Lent
as I feel both deep sorrow for my sins
and your undying love for me.
Amen

Saturday

Loving God,
Sometimes my heart
turns in every direction
except towards you.
Please help me
to turn my heart toward you,
to gaze upon you in trust
and to seek your kingdom with all of my heart.
Soften my hardened heart
so that I might love others
as a way to glorify and worship you.
Grant me this
with the ever-present guidance of your spirit.
Amen

Additional Prayers

Father in Heaven,
the light of your truth bestows sight
to the darkness of sinful eyes.
May this season of repentance
bring us the blessing of Your forgiveness
and the gift of Your light.
Grant this through Christ our Lord.

International Committee on English in the Liturgy (ICEL)

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and to serve others as your son Jesus did.
Amen

If you require any resources for prayer, then please do not hesitate to contact me.
Blessings, thanks and stay safe

Jonathan
Rev'd Jonathan Plows
Rector

21st February 2021