

St Luke's & St John's
Lent, Holy Week
& Easter
Prayer Booklet



I hope this booklet will be a prayer support for you over the coming weeks. It has been put together using a range of resources which are referenced where appropriate.

Starting on the Ash Wednesday to the end of the first week in Easter, you will find a prayer, poem, word from a hymn or bible passage for you to use each day as you wish.



Ash Wednesday

Collect: 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 your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Thursday

Joel 2:12-14: “Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the LORD your God, for He is gracious and compassionate, slow to anger and abounding in love, and He relents from sending calamity. Who knows? He may turn and relent and leave behind a blessing — grain offerings and drink offerings for the LORD your God.

Friday

Father, hear the prayer we offer: not for ease that prayer shall be, but for strength that we may ever live our lives courageously.

Love M. Whitcomb Willis

Saturday

Father as we come to you this Lent, we pray for the world, for our community, all our churches, our loved ones and ourselves. We ask that your presence is known in all the world. We ask that our churches reach out to all who wish to know you. We ask that our loved ones are kept safe, and we ask that we are attentive to your being in all that we think, do and say. Amen



1st Sunday of Lent

Collect: Heavenly Father, your Son battled with the powers of darkness, and grew closer to you in the desert: help us to use these days to grow in wisdom and prayer that we may witness to your saving love in Jesus Christ our Lord.

Amen

Taken from: Church of England Common Worship 2000 Liturgy

Monday

Jesus, like a mother you gather your people to you; you are gentle with us as a mother with her children. Despair turns to hope through your sweet goodness; through your gentleness we find comfort in fear. Your warmth gives life to the dead, your touch makes sinners righteous. Lord Jesus, in your mercy heal us; in your love and tenderness remake us. In your compassion bring grace and forgiveness, for the beauty of heaven may your love prepare us.

Anselm (1109)

Tuesday

These forty days of Lent, O Lord, With you we fast and pray; Teach us to discipline our wills And follow Lord your way.

Omer Westendorf (1916-1997)

Wednesday

Blessed are you, God of compassion and mercy, to you be praise and glory for ever. In the darkness of our sin, your light breaks forth like the dawn and your healing springs up for deliverance. As we rejoice in the gift of your saving help, sustain us with your bountiful Spirit and open our lips to sing your praise. Blessed be God, Father, Son and Holy Spirit. *Blessed be God for ever.*

Common Worship Liturgy 2000: Morning Prayer Lent

Thursday

Psalm 33:20-22: We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love be with us, Lord, even as we put our hope in you.

Friday

Taking the Cross by Rachel Mann

Who teaches the tree its seasons? To wait in its bones in winter, to bleed, weep and bud, tell the story in rings and girth, the seed the store of all things. Who can teach him now?

Not for him to feel of the plough cutting furrows into the palms of his hands, the taste of snow on a thirsty tongue, how his face too might finally sag with all the stories he's ever told.

He is the bee stumbling with its pollen, the swallow dancing in the fowler's net. He is the branch breaking in the storm, he is the way ahead.

Taken from *The Risen Duct*

Saturday

There's a wideness in God's mercy, Like the wideness of the sea. There's a kindness in God's justice, Which is more than liberty. There is no place where earth's sorrows Are more felt than up in heaven. There is no place where earth's failings Have such kindly judgement given.

Frederick William Faber (1862)



2nd Sunday of Lent

Collect: Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Monday

Mark 1:12-15: At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"

Tuesday

Silent God by Edwina Gateley

This is my prayer— That, though I may not see, I be aware Of the Silent God Who stands by me. That, though I may not feel, I be aware Of the Mighty Love Which doggedly follows me. That, though I may not respond, I be aware That God—my Silent, Mighty God, Waits each day. Quietly, hopefully, persistently. Waits each day and through each night. For me. For me—alone.

There Was No Path So I Trod One (1996, 2013)

Wednesday

Lord Jesus, think on me, and purge away my sin; from earthborn passions set me free, and make me pure within. Lord Jesus, think on me with many a care opprest; let me thy loving servant be, and taste thy promised rest. Lord Jesus, think on me, nor let me go astray; through darkness and perplexity point thou the heavenly way. Lord Jesus, think on me, that, when the flood is past, I may the eternal brightness see, and share thy joy at last.

George the Sinner, tr: A W Chatfield

Thursday

When Jesus wept, the falling tear In mercy flowed beyond all bound; When Jesus groaned, a trembling fear Seized all the guilty world around.

William Billings (1746-1800)

Friday

Psalm 22:23-31: You who fear the LORD, praise him! All you descendants of Jacob, honour him! Revere him, all you descendants of Israel! For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help. From you comes the theme of my praise in the great assembly; before those who fear you' I will fulfill my vows. The poor will eat and be satisfied; those who seek the LORD will praise him—may your hearts live forever! All the ends of the earth will remember and turn to the LORD, and all the families of the nations will bow down before him, for dominion belongs to the LORD and he rules over the nations. All the rich of the earth will feast and worship; all who go down to the dust will kneel before him—those who cannot keep themselves alive. Posterity will serve him; future generations will be told about the Lord. They will proclaim his righteousness, declaring to a people yet unborn: He has done it!

Saturday

Take a moment to fully absorb Jesus Words:

“Peace be with you”



3rd Sunday of Lent

Collect: 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 none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen

Taken from: Church of England Common Worship 2000 Liturgy

Monday

V1: I heard the voice of Jesus say, "Come unto me and rest. Lay down, O weary one, lay down your head upon my breast." I came to Jesus as I was, so weary, worn, and sad. I found in him a resting place, and he has made me glad.

V3: I heard the voice of Jesus say, "I am the dawning light. Look unto me, your morn shall rise, and all your day be bright." I looked to Jesus, and I found in him my star, my sun, and in that light of life I'll walk till trav'ling days are done.

Horatius Bonar (1846)

Tuesday

I Corinthians 9.24-end: Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

Wednesday

Final Verse of *I Have A Dream* Poem by Martin Luther King, Jr.

"I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight; "and the glory of the Lord shall be revealed and all flesh shall see it together."

(delivered August 28, 1963)

Thursday

In penitence and faith let us make our prayer to the Father: For your holy people, that they may triumph over evil and grow in grace. For the needy, that they may not be forgotten, nor the hope of the poor be taken away, For the sick in body, mind and spirit, that they may know your power to heal. For the poor in spirit, that they may inherit the kingdom of heaven and see you face to face. So, let us commend the world, for which Christ suffered, to the mercy and protection of God.

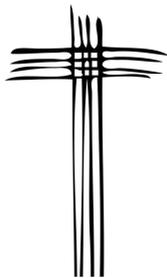
Taken from: Church of England Common Worship 2000 Liturgy: Prayers

Friday

Matthew 6.1-4: Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.'

Saturday

Gracious Father, you are able to do far more than we can ask or even imagine. Surprise us this day with the holiness that you fill us with, as you fill our lives with yours. Amen



4th Sunday of Lent

Collect: Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Monday

Collect from Mothering Sunday: God of love, passionate and strong, tender and careful: watch over us and hold us all the days of our life; through Jesus Christ our Lord. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Tuesday

Amazing grace (how sweet the sound), that saved a wretch like me! I once was lost, but now am found, was blind, but now I see.

Tw'as grace that taught my heart to fear, and grace my fears relieved; how precious did that grace appear the hour I first believed.

Through many dangers, toils and snares I have already come: 'tis grace has brought me safe thus far, and grace will lead me home.

The Lord has promised good to me, his word my hope secures; he will my shield and portion be as long as life endures.

Yes, when this flesh and heart shall fail, and mortal life shall cease: I shall possess, within the veil, a life of joy and peace.

The earth shall soon dissolve like snow, the sun forbear to shine; but God, who called me here below, will be forever mine.

John Newton (1779)

Wednesday

Romans 7.21-25a: I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Thursday

The Peace Prayer of Saint Francis

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; Where there is error, truth; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And 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; It is in self-forgetting that we find; And it is in dying to ourselves that we are born to eternal life. Amen.

Saint Francis of Assisi (1182–1226)

Friday

Luke 15.7 : Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.'

Saturday

Psalm 107:1-3, 17-22: Give thanks to the LORD, for he is good; his love endures forever. Let the redeemed of the LORD tell their story— those he redeemed from the hand of the foe, those he gathered from the lands, from east and west, from north and south. Some became fools through their rebellious ways and suffered affliction because of their iniquities. They loathed all food and drew near the gates of death. Then they cried to the LORD in their trouble, and he saved them from their distress. He sent out his word and healed them; he rescued them from the grave. Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind. Let them sacrifice thank offerings and tell of his works with songs of joy.



5th Sunday of Lent

Collect: 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 your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Monday

Blessed are you, Lord God of our salvation, to you be praise and glory for ever. As a man of sorrows and acquainted with grief your only Son was lifted up that he might draw the whole world to himself. May we walk this day in the way of the cross and always be ready to share its weight, declaring your love for all the world. Blessed be God, Father, Son and Holy Spirit. *Blessed be God for ever.*

Common Worship Liturgy 2000: Morning Prayer Passiontide

Tuesday

Vs 2 - 5: O Wind of God, come bend us, break us, till humbly we confess our need; then in your tenderness remake us, revive, restore, for this we plead.

O Breath of love, come breathe within us, renewing thought and will and heart; come, Love of Christ, afresh to win us, revive your church in ev'ry part

O Heart of Christ, once broken for us, 'tis there we find our strength and rest; our broken, contrite hearts now solace and let your waiting church be blest.

Revive us, Lord! Is zeal abating while harvest fields are vast and white?

Revive us, Lord, the world is waiting, equip your church to spread the light.

Bessie Porter Head (1920)

Wednesday

Isaiah 30:18: Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!

Thursday

We adore you, O Christ, and we bless you; by your holy cross, you have redeemed the world. Christ committed no sin, no guile was found on his lips. We adore you, O Christ, and we bless you. He himself bore our sins in his body on the tree that we might die to sin and live to righteousness. By your holy cross, you have redeemed the world. By his wounds you have been healed. We adore you, O Christ, and we bless you; by your holy cross, you have redeemed the world.

cf 1 Peter 2

Friday

With faith and love and in union with Christ, let us offer our prayer before the throne of grace. Have mercy on your people, for whom your Son laid down his life: Bring healing and wholeness to people and nations, and have pity on those torn apart by division: Strengthen all who are persecuted for your name's sake, and deliver them from evil: Look in mercy upon all who suffer, and hear those who cry out in pain and desolation: Bring comfort to the dying, and gladden their hearts with the vision of your glory: Give rest to the departed and bring them, with your saints, to glory everlasting: Let us commend the world, for which Christ died, to the mercy and protection of God. Amen

Taken from: Church of England Common Worship 2000 Liturgy: Prayers

Saturday

Zephaniah 3:17: The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."



Palm Sunday

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

Taken from: Church of England Common Worship 2000 Liturgy

Monday of Holy Week

My song is love unknown, my Savior's love for me: love to the loveless shown that they might lovely be. But who am I, that for my sake my Lord should take frail flesh and die?

Samuel Crossman (1664)

Tuesday of Holy Week

Mark 8: 31-35: Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.'

Wednesday of Holy Week

Chat or say this lime a number of times, as you just rest in God's presence.

'Jesus Remember Me, When you come in to you kingdom'

Taizé Community (France)

Maunder Thursday

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 for ever. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Good Friday

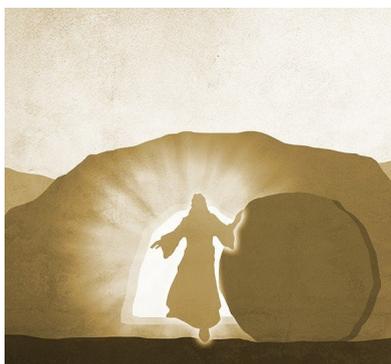
Collect: Almighty Father, look with mercy on this your family for which our Lord Jesus Christ was content to be betrayed and given up into the hands of sinners and to suffer death upon the cross; who is alive and glorified with you and the Holy Spirit, one God, now and for ever. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Saturday of Holy Week

In the depths of our isolation we cry to you, Lord God: give light to our darkness and bring us out of the prison of our despair; through Jesus Christ our Lord. Amen

Taken from: Church of England Common Worship 2000 Liturgy



Easter Sunday

Collect: Lord of all life and power, who through the mighty resurrection of your Son overcame the old order of sin and death to make all things new in him: grant that we, being dead to sin and alive to you in Jesus Christ, may reign with him in glory; to whom with you and the Holy Spirit be praise and honour, glory and might, now and in all eternity. Amen

Taken from: Church of England Common Worship 2000 Liturgy

Monday of Easter Week

Spiritual Communion Prayer: My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Amen.

Church of England Liturgy 2020

Tuesday of Easter Week

Thine be the glory, risen, conquering Son, endless is the victory thou o'er death hast won; angels in bright raiment rolled the stone away, kept the folded grave-clothes where thy body lay. *Thine be the glory, risen, conquering Son, endless is the victory thou o'er death hast won.*

Lo! Jesus meets us, risen from the tomb; lovingly he greets us, scatters fear and gloom; let the Church with gladness hymns of triumph sing, for her Lord now liveth; death hath lost its sting. *Thine be the glory, risen, conquering Son, endless is the victory thou o'er death hast won.*

No more we doubt thee, glorious Prince of life; life is nought without thee: aid us in our strife; make us more than conquerors, through thy deathless love: bring us safe through Jordan to thy home above. *Thine be the glory, risen, conquering Son, endless is the victory thou o'er death hast won.*

Edmond Louis Budry (1854-1932) tr. Richard Birch Hoyle (1875-1939)

Wednesday of Easter Week

Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen

Thursday of Easter Week

I Peter 1.3-5 : Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time.

Friday of Easter Week

Yesterday I was crucified with Christ; today I am glorified with him. Yesterday I was dead with Christ; today I am sharing in his resurrection. Yesterday I was buried with him; today I am waking with him from the sleep of death.

Gregory of Nazianzus (389)

Saturday of Easter Week

God be in my head, and in my understanding; God be in my eyes, and in my looking; God be in my mouth, and in my speaking; God be in my heart, and in my thinking; God be at mine end, and at my departing. Amen

Anonymous

