

Prayers and devotions for Lent

During this season of penitence, prayer and discipline, please give some quiet, prayerful preparation time to God before the service starts.

You may like to reflect on the spiritual exercises below, and/or use the prayers that follow.

Not every question in the exercises will be relevant each time you pray.

You may also like to use this resource during the distribution of Communion. Please keep this as a quiet time too, for your own prayers, and so that the devotions of others are not disturbed by conversation.

Thank you for entering the spirit of this special season.

Spiritual Exercises

Thanksgiving

What do I want to give thanks for today:

- In my life?
- In the world?
- In the past few days?

Penitence

What do I need to bring to God for repentance:

- That happened recently?
- That happened a long time ago?
- That keeps happening, despite my resolve?

Intercession

Who and what is on my heart to pray for:

- Among my nearest and dearest?
- In the wider world?
- In the church?
- Among the people I find hard to love?

Praise

What shall I praise God for today:

- In his creation?
- In his saving work in Jesus?
- In his sustaining us through his Holy Spirit?

Communion

Whom shall I bring to God in my heart to the altar this day?

Whom shall I God to bless among my fellow-worshippers?

What shall I ask God to grant me, in his mercy and grace?



Lenten Prayers

Jesus, my true King,
when you were tempted in the wilderness, you rejected the way of easy popularity,
and chose instead a path of humiliation at the hands of those you had come to love.
Give me the wisdom to see when it is necessary to be, like you,
a fool in the eyes of the world, and keep me always true to you. *Angela Ashwin*

God of the desert,
as we follow Jesus into the unknown,
may we recognise the tempter when he comes,
let it be your bread we eat,
your world we serve
and you alone we worship. *A New Zealand Prayer Book*

Dust and ashes touch our face, mark our failure and our falling.
Holy Spirit, come, walk with us tomorrow, take us as disciples,
washed and awakened by your calling.
Take us by the hand and lead us,
lead us through the desert sands,
bring us living water,
Holy Spirit, come. *Brian A. Wren*

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. *Angela Ashwin*

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. *David Silk*

Blessed are you, O Lord our God, the shepherd of Israel, their pillar of cloud by day, their
pillar of fire by night. In these forty days you lead us into the desert of repentance that
in this pilgrimage of prayer we might learn to be your people once more. In fasting and
service you bring us back to your heart. You open our eyes to your presence in the
world and you free our hands to lead others to the radiant splendour of your mercy.
Be with us in these journey days for without you we are lost and will perish. To you
alone be dominion and glory, for ever and ever. *Praise God in Song*