

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

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

Servant-Christ,
help us all to follow you into the desert,
with you to fast, denying false luxury,
refusing the tempting ways of self-indulgence,
the way of success at all costs,
the way of coercive persuasion.

Servant-Christ, help us all to follow you.

Worship in an Indian Context

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 your cross. *Angela Ashwin*

Almighty God,
as we stand at the foot of the cross of your Son,
help us to see and to know your love for us,
so that in humility, love and joy
we may place at his feet
all that we have and all that we are;
through Jesus Christ our Saviour.

Celebrating Common Prayer

Oh Saviour of the world,
who redeemed us by your Cross and precious Blood,
save us, and help us, we humbly beseech you.

Western Rite, Good Friday Liturgy

Jesus, our true and only Saviour,
you died like a criminal on the cross;
but you are God, the one who forgives.
You were broken, helpless and in pain;
but you are God, in whom there is hope.
You have shown us a love beyond words:
give us your forgiveness, hope and love.

A New Zealand Prayer Book (adapted)