



GUIDE TO PRAYER



This Guide to Prayer has been prepared as an aid to enhance your Lenten journey by including the poor in your daily thoughts and prayers.

“Yet even now, says the Lord, return to me with all your heart, with fasting.” Joel 2:12

Week of Ash Wednesday:

PREPARING THE MIND, BODY, AND SOUL

Opening Prayer – O Lord, as I begin this journey, I am taking each step knowing I have a companion who knows the way and will go with me.

Scriptures for the Week: Psalm 51:6-7; Mk. 12:29-31; Psalm 68:19-20; 1 Corinthians 1:8-9

Food for Thought: *“To clasp the hands in Prayer is the beginning of an uprising against the disorder of the world.”*

Focus in Silence

Prayers of Intercession

Benediction: You have been in communion with your Lord. Go forth now in the strength and assurance that the Lord Jesus Christ is with you.

First Week in Lent:

TURNING TOWARD THE LORD

Opening Prayer – Almighty God, pour out your Holy Spirit upon me and deliver me from coldness of heart, a wandering mind, and wrongful desire.

Scriptures for the Week: Joel 2:12-13; John 17:9-19; Isaiah 42:1-4; Romans 5:6-11; Philippians 2:5-8; Psalm 121:1-8; Eph. 5:8-14

Food for Thought: *“Prayer is the nearest approach to God and the highest enjoyment of him that we are capable of in this life.” – William Law*

Focus in Silence

Prayers of Intercession

Benediction: Almighty and merciful God, surround you with peace and power all day long and bring you at last to life abundant and eternal.

Second Week in Lent:

SEEKING THE WISDOM OF GOD

Opening Prayer – Lord, You have invited me to pray for the needs of others, and knowing you desire what is best for them, I lift them to you in prayer.

Scriptures for the week: 1Cor. 1:25-29; 2Chron. 19:7; Psalm 9:7-10; Romans 8:5-6; Titus 3:1-8; 1Cor. 3:18-23; Phil. 4:4-7

Food for Thought: *“I have come more and more to realize that it is being unwanted that is the worst disease that any human being can ever experience.” – Mother Teresa*

Focus in Silence

Prayers of Intercession

Benediction: I commend you to God and to the word of his grace, which is able to build you up and to give you wisdom and strength.

Third Week in Lent:

ANSWERING THE CALL TO SERVE

Opening Prayer – O Heavenly Father, renew my spirit and draw my heart to thyself, that my work may not be to me a burden but a delight.

Scriptures for the Week: Luke 4:17-21; Col. 3:12-14; 1Cor. 4:10-13; Mark 2:15-17; Isaiah 58:1-11; 1Peter 3:10-12; James 4:7-10

Food for Thought: *“Blessed are the poor! How easily we take that always to mean somebody else.” – Simon Tugwell*

Focus in Silence

Prayers of Intercession

Benediction: May the Lord allow you to serve in His peace. The Lord will uphold you as you serve in His name.

Fourth Week in Lent:

RECEIVING THE MERCIES OF GOD

Opening Prayer – Almighty God, in whom I find life, and strength, and through whose mercy I am clothed and fed, grant unto me a thankful and faithful heart.

Scriptures for the Week: Ezek. 18:30-31; Isa. 40:27-31; Ps. 107:1-9; 1Kings 8:22-23; Psalm 145:7-9; Micah 7:18-19; Phil. 4:10-14

Food for Thought: *“I try to give to the poor people for love what the rich could get for money” – Mother Teresa*

Focus in Silence

Prayers for others and myself

Benediction: May God be your source of peace and power all day long.

Fifth Week in Lent:

GOD’S DESIRE FOR JUSTICE

Opening Prayer – Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of my heart by the inspiration of thy Holy Spirit that I may perfectly love thee and worthily magnify thy holy name; through Christ our Lord.

Scriptures for the Week: Psalm 82:1-4; Micah 6:6-8; Col. 3:12-14; 1Tim. 6:17-19; Lam. 3:55-58; 1 Jn. 3:16-22; Pro. 14:31

Food for Thought: *“God wants to be known and loved through justice and compassion.” – Julian of Norwich*

Focus in Silence

Prayers of Intercession

Benediction: The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you.

Sixth Week in Lent – Holy Week:

BECOMING PARTAKERS OF ETERNAL LIFE

Opening Prayer – Lord Jesus, you were faithful in all, even to death on the cross. Grant me grace and strength to faithfully follow you all my life.

Scriptures for the Week: Phil. 2:5-8; Mark. 8:34-36; Heb. 4:14-16; John. 17:20-26; Isa. 53:1-9; 1Tim. 6:17-19; Rev. 21:2-5

Food for Thought: *“There is no such thing as my bread. All bread is ours, given to others through me, and to me through others.” – Meister Eckart*

Focus in Silence

Prayers of Intercession

Benediction: The Lord bless you and keep you: the Lord make his face shine upon you, and be gracious to you, and give you peace.