



Lent Daily Prayer

Lent is a season where we are invited to reflect and examine ourselves before God. It is an opportunity for 40 days, to draw closer to Him, away from some of the distractions and temptations of life and encounter Him afresh. And as we do, we pray that by His grace, he will transform us. This Lent, we want to invite you to do just that, by taking time each day with God in the format of this daily prayer. We encourage you to find a quiet place each day and 20 minutes or so to be before God, to take your time to slowly reflect and pray, and allow Him to speak to you.

Pray for the 'One Thing' you want to see God transform in you...

And we...are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:18)

As Christians we are called to become 'transformed to the likeness of Christ.' As we journey through Lent this year, may this be our prayer, that we will become more like Christ. As a way of seeking Christ's transformation, we invite you to prayerfully ask '**What's the one thing God wants to transform in me this Lent?**'

- It might be one thing about your character – maybe God will put his finger on one fruit of the Spirit (Gal 5:22-23) he wants to grow in you this Lent – love, joy, self-control...
- Maybe you are aware of a habit or 'addiction' that you want to break – an addiction to your mobile phone or social media perhaps...
- Maybe God wants to transform a relationship – your marriage, a friendship, a relationship with a family member or work colleague. Maybe there is unforgiveness and he wants to transform you to be able to forgive that person and bring restoration...

We invite you to prayerfully select just **one thing**, and pray each day during Lent, that God would transform you in this one area. In Ignatian spirituality, we are often invited to 'pray for a grace' – to pray for God's free gift of transformation in a specific area. This daily prayer invites us to pray each day for the grace to be transformed in our '**one thing**.'

My 'One thing' is....

- **Each day you will be invited to pray for God's grace to transform you**

(Eg. "Loving Father, I pray afresh for the grace to forgive X"; "Loving Father, I pray afresh for the grace to grow in joy despite my circumstances", "Loving Father, I pray afresh for the grace to more loving and gentle husband/wife/parent"; "Loving Father, I pray afresh for the grace of self-control")

"Loving Father, I pray afresh for the grace to

"

- **What specific action(s) will you take to play your part in this transformation?**

(E.g. "I will pray each day for God's blessing on the person I struggle with"; "I will seek to do one act of kindness each day"; "I will seek to take time to be thankful each day for what I have").

Daily Prayer for Lent

As I enter prayer now, I pause to be still; to breathe slowly; to re-centre my scattered senses upon the presence of God.

Opening Scripture

To you, O Lord, I lift up my soul;
In you I trust, O my God.
Show me your ways, O Lord
Teach me your paths,
Guide me in your truth and teach me,
For you are God, my Saviour,
And my hope is in you all day long.

(Psalm 25:1-2a,4-5)

Take a moment to praise God for who he is and thank him for what he has done for you.

A daily prayer for Lent

I will lean in, retreat from the pressures I face, and move closer and deeper into your love.

I will breathe out, refrain from the distractions I seek, and become open and receiving of your grace.

I will linger, encircled by the depth of your care, and receive the endless nature of your mercy.

I will whisper, in the quiet of this sanctuary, and be honest and real in your presence.

I will listen, awaken my senses to your voice, and become expectant and hopeful of your kingdom work in my life.

(www.living-prayers.com/events/lenten_prayers.html)

Take time now to be still, to listen closely to God, and reflect on those words.

- *Linger in His care and love*
- *What do you want to whisper honestly to God today?*
- *Where do you hear him calling you to kingdom work in your life today?*

A time of self-examination and being open to God's transformation

Search me O God and know my heart;
Test me and know my anxious thoughts.
See if there is any offensive way in me,
And lead me in the way everlasting

(Psalm 139:23-24)

Take a few moments to think back over the last 24 hours.

- *Where have you not lived as God has called you to live. Confess anything you need to confess now, and ask for his strength to live differently.*
- *How have you been doing with your 'One Thing' over this last 24 hours? Thank the Lord where you have seen any progress and transformation, and pray for his grace afresh in this 'One Thing' today*
'Loving Father, I pray afresh for the grace to...'

Scripture Reading

Slowly and reflectively read the Lectionary reading(s) (on the back of this sheet) for today.

What does God want to say to you through these readings about

- *His Character?*
- *How he is calling you to follow Him?*

Respond in prayer to God

Praying for Others on your heart

Take a few moments to pray for others who God puts on your heart today

Closing Prayer

Heavenly Father, I pray that this day I may live in your presence and please you more and more.

Lord Jesus, I pray that this day I may take up my cross and follow you

Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Amen.

(Daily Prayer of John Stott)

Lectionary Readings Through Lent – choose 1 or 2 readings to do each day.

(The Lectionary is the Church of England’s official reading pattern for each day)

Day	Psalm	New Testament
Wed 2 nd March (Ash Wednesday)	51:1-18	Matthew 6:1-6; 16-21
Thurs 3 rd March	77	Galatians 2:11-end
Fri 4 th March	3	Galatians 3:1-14
Sat 5 th March	71	Galatians 3:15-22
Sun 6 th March	91:1,2,9-end	Luke 4:1-13
Mon 7 th March	10	Galatians 3:23-4:7
Tue 8 th March	44	Galatians 4:8-20
Wed 9 th March	6	Galatians 4:21-5:1
Thurs 10 th March	42	Galatians 5:2-15
Fri 11 th March	22	Galatians 5:16-end
Sat 12 th March	63	Galatians 6
Sun 13 th March	27	Luke 13:31-end
Mon 14 th March	32	Hebrews 1
Tue 15 th March	50	Hebrews 2:1-9
Wed 16 th March	35	Hebrews 2:10-end
Thurs 17 th March	34	Hebrews 3:1-6
Fri 18 th March	41	Hebrews 3:7-end
Sat 19 th March	89:26-36	Romans 4:13-18
Sun 20 th March	63:1-9	Luke 13:1-9
Mon 21 st March	1	Hebrews 4:14-5:10
Tue 22 nd March	9	Hebrews 5:11-6:12
Wed 23 rd March	38	Hebrews 6:13-end
Thurs 24 th March	15	Hebrews 7:1-10
Fri 25 th March	40:5-11	Hebrews 7:11-end
Sat 26 th March	31	Hebrews 8
Sun 27 th March	32	Luke 15:1-3, 11b-end
Mon 28 th March	77	Hebrews 9:1-14
Tue 29 th March	79	Hebrews 9:15-end
Wed 30 th March	90	Hebrews 10:1-18
Thurs 31 st March	86	Hebrews 10:19-25
Fri 1 st April	102	Hebrews 10:26-end
Sat 2 nd April	42	Hebrews 11:1-16
Sun 3 rd April	126	John 12:1-8
Mon 4 th April	73	Hebrews 11:17-31
Tue 5 th April	35	Hebrews 11:32-12:2
Wed 6 th April	55	Hebrews 12:3-13
Thurs 7 th April	40	Hebrews 12:14-end
Fri 8 th April	22	Hebrews 13:1-16
Sat 9 th April	23	Hebrews 13:17-end
Sun 10 th April (Palm Sunday)	118:1-2, 19-end	Luke 19:28-40
Mon 11 th April	41	Luke 22:1-23
Tue 12 th April	27	Luke 22:39-53
Wed 13 th April	102	Luke 22:54-end
Thurs 14 th April (Maundy Thursday)	42	Luke 23:1-25
Fri 15 th April (Good Friday)	69	John 19
Sat 16 th April	31:1-4, 15-16	Matthew 27:57-end
Sun 17 th April (Easter Sunday)	118: 14-24	John 20:1-18