

A Daily Prayer Guide for **Lent 2012**

Jesus walked. He walked around Galilee. He walked from town to town. He walked around the streets of Jerusalem. He walked to the cross – a particular journey we remember in the series of meditations called the Way of the Cross or the Stations of the Cross.

Jesus still walks. He walks with us; he accompanies us on our journey. In the Church season of Lent we have ample opportunities to reflect on Christ's journey and our own, or rather, our

different types of journey. We might begin with the journey through temptation, as we reflect on Jesus in the wilderness. Jesus had the scriptures ready to hand to help him in his battle with temptations. Is the word of the Lord in our mouth and on our tongue?

Another journey we undertake is a journey towards understanding and enlightenment. Jesus also had this journey, such as when he set his face towards Jerusalem, and made preparations to celebrate the Passover there. Through readily-available Lent reading and activities – books, meditations,



events, and special services like the Way of the Cross, we can open ourselves to listening, discovery and deepening spiritual life.

Part of this journey is to grow in self-understanding, and self-awareness. What are we really like? How does God see us? A realistic view of ourselves involves an element of compunction, confession, repentance. The Liturgy of Ash Wednesday is a ready-made example of what to take onboard in this regard. Psalm 51, for example, which is used on Ash Wednesday, is full not only of humility but of a passion for holiness. Do we have such a longing for this?

May this booklet of prayers and readings assist us in our journeying with Jesus through this season.

Daily Prayer in Lent

Preparation

O Lord, open our lips.

All **and our mouth shall proclaim your praise.**

Come, let us worship Christ our Lord and King.

All **He was lifted up on the cross for our salvation .**

All **Glory to the Father and to the Son and to the Holy Spirit:
as it was in the beginning, is now, and shall be for ever. Amen.**

Praise

- 1 I will cry aloud to God; ♦
I will cry aloud and he will hear me.
- 2 In the day of my trouble I sought the Lord; ♦
my hands were stretched out by night and did not tire;
I refused to be comforted.
- 3 I think of God, I am restless, ♦
I ponder and my spirit faints.
- 4 You will not let my eyelids close; ♦
I am troubled and I cannot speak.
- 5 I consider the days of old; ♦
I remember the years long past;

- 6 I commune with my heart in the night; ♦
I ponder and search my mind.
- 7 Will the Lord cast me off for ever? ♦
will he no more show his favour?
- 8 Has his loving-kindness come to an end for ever? ♦
has his promise failed for evermore?
- 9 Has God forgotten to be gracious? ♦
has he, in his anger, withheld his compassion?
- 10 And I said, 'My grief is this: ♦
the right hand of the Most High has lost its power.'
- 11 I will remember the works of the Lord, ♦
and call to mind your wonders of old time.
- 12 I will meditate on all your acts ♦
and ponder your mighty deeds.
- 13 Your way, O God, is holy; ♦
who is so great a god as our God?
- 14 You are the God who works wonders ♦
and have declared your power among the peoples. *Psalm 77.1-14*

All **Glory to the Father and to the Son and to the Holy Spirit:
as it was in the beginning, is now, and shall be for ever. Amen.**

The Word of God

Readings are taken from the 'daily' sections of the following pages.

Response

Silence, study, song, or words from Scripture, such as

Blessed are the merciful,

All **for they will receive mercy.**

Matthew 5.7

Prayers

This form of prayer may be used.

Heavenly Father, through the blood of Christ you have brought us forgiveness and freedom in your presence. By your Holy Spirit you strengthen us to follow Christ faithfully. Hear us as we say:

Lord, give us hope.

Grant to all who follow Christ a listening ear, a firm will, and a loving heart. **R/**

Give us humility, Lord, as we undertake the spiritual examination of our own hearts and motives; may we have honesty and compunction, and grow in integrity and understanding. **R/**

Cleanse and purify your Church from error, half-heartedness, weakness, and lack of love, and strengthen her in witness to your saving mercy. **R/**

Help us to use the opportunities and resources of this season, for our own good and that of others. **R/**

Grant peace and healing to all who are in pain and distress; and bring good out of all their troubles. **R/**

Raise up all who are fallen, and restore to wholeness all who turn to you, that they may rejoice to know the fullness of your love in your eternal kingdom. **R/**

Open prayer may be offered and silence is kept.

The Collect of the day or the following prayer is said

Gracious God, in whose presence repentance leads to joy, keep us from sin, protect and guard us, and enable us, for the sake of Christ who has borne such love for us, to take up our own cross and follow the way of Christ with steadfastness and trust, to the end of our lives.

All **Amen.**

The Lord's Prayer is said.

The Conclusion

May the cross of Christ be our strength and our guide.

All **Amen.**

The beginning of Lent

22-25 February 2012

Collect

O God, who in your great mercy has called us to bear the name of Christ, and to be followers of the crucified one, signed with his cross: strengthen us with the same love that he has for us, that we may choose what is good and reject what is evil; through Jesus Christ our Lord.



Readings

Ash Wednesday

*Joel 2.1-2, 12-17 • Psalm 51.1-18 •
2 Corinthians 5.20b-6.10 •
Matthew 6.1-6, 16-21*

At the favourable time, I have listened to you; on the day of salvation I came to your help. Well, now is the favourable time; this is the day of salvation.. (2 Corinthians 6.2)

Thursday after Ash Wednesday

*Deuteronomy 30.15-20 • Psalm 1 •
Luke 9.22-25*

'If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me.' (Luke 9.23)

Friday after Ash Wednesday

*Isaiah 58.1-9a • Psalm 51.1-5, 17-18 •
Matthew 9.14-15*

'You desire no sacrifice, else I would give it; you take no delight in burnt offerings. The sacrifice of God is a broken spirit; a broken and contrite heart, O God, you will not despise.'
(Psalm 51.17-18)

Saturday after Ash Wednesday

*Isaiah 58.9b-14 • Psalm 86.1-7 •
Luke 5.27-32*

'It is not those that are well who need the doctor, but the sick. I have come to call not the upright but sinners to repentance.'
(Luke 5.31-32)

The First Week of Lent

26 February – 3 March 2012



Collect

Gracious Father, whose Son overcame temptation in the wilderness, and was renewed for his saving work, so pour out on us your grace that we may be purified from all sin, strengthened in resolve, and

empowered as disciples of your Son our Saviour Jesus Christ.

Readings

The First Sunday of Lent

Genesis 9.8-17 • Psalm 25.1-9 • 1 Peter 3.18-22 • Mark 1.9-15

And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the wilderness (Mark 1.11-12)

The First Monday of Lent

Leviticus 19.1-2,11-18 • Psalm 19.7-14 • Matthew 25.31-46

'The judgements of the Lord are true and righteous altogether. More to be desired are they than gold. (Psalm 19.9b-10a)

The First Tuesday of Lent

Isaiah 55.10-11 • Psalm 34.4-6,21-22 • Matthew 6.7-15

'The word that goes from my mouth' does not return to me empty, without carrying out my will and succeeding in what it was sent to do.' (Isaiah 55.11)

The First Wednesday of Lent

Jonah 3.1-10 • Psalm 51.1-5,17-18 • Luke 11.29-32

'just as Jonah became a sign to the people of Nineveh, so will the Son of man be a sign to this generation.' (Luke 11.30)

The First Thursday of Lent

Esther 14.1-5,12-14 • Psalm 138 • Matthew 7.7-12

'If you, then, evil as you are, know how to give your children what is good, how much more will your Father in heaven give good things to those who ask him!' (Matthew 7.11)

The First Friday of Lent

Ezekiel 18.21-28 • Psalm 130 • Matthew 5.20-26

'When the wicked abandons wickedness to become law-abiding and upright, he saves his own life.' (Ezekiel 18.27)

The First Saturday of Lent

Deuteronomy 26.16-19 • Psalm 119.1-8 • Matthew 5.43-48

You, O Lord have charged that we should diligently keep your commandments. O that my ways were made so direct that I might keep your statutes. (Psalm 119.4-5)



The Second Week of Lent

4-10 March 2012

Collect

Eternal Father, you have shown us in Christ a way of suffering that leads to glory; grant us firm faith in times of trouble and temptation that we may continue with faith and fortitude on the way of your Son our Saviour Jesus Christ.

Readings

The Second Sunday of Lent

Genesis 17.1-7, 15-16 • Psalm 22.23-31 • Romans 4.13-25 • Mark 8.31-38

Jesus said: 'Anyone who wants to save his life will lose it; but anyone who loses his life for my sake, and for the sake of the gospel, will save it.'
(Mark 8.35)

The Second Monday of Lent

Daniel 9.4-10 • Psalm 79.8-9, 12, 14 • Luke 6.36-38

'O my Lord, God great and to be feared, you keep the covenant and show faithful love towards those who love you and who observe your commandments.' (Daniel 9.4)

The Second Tuesday of Lent

Isaiah 1.10, 16-20 • Psalm 50.8, 16-23 • Matthew 23.1-12

'You, however, must not allow yourselves to be called Rabbi, since you have only one Master, and you are all brothers.' (Matthew 23.8)

The Second Wednesday of Lent

Jeremiah 18.18-20 • Psalm 31.4-5, 14-18 • Matthew 20.17-28

Into your hands I commend my spirit, for you have redeemed me, O Lord God of truth. (Psalm 31.5)

The Second Thursday of Lent

Jeremiah 17.5-10 • Psalm 1 • Luke 16.19-31

'I, the Lord, search the heart, test the motives, to give each person what his conduct and his actions deserve.'
(Jeremiah 17.10)

The Second Friday of Lent

Genesis 37.3-4, 12-13, 17-28 • Psalm 105.16-22 • Matthew 21.33-43, 45-46

They shackled his feet with fetters; his neck was ringed with iron. Until all he foretold came to pass, the word of the Lord tested him. (Psalm 105.18-19)

The Second Saturday of Lent

Micah 7.14-15, 18-20 • Psalm 103.1-4, 9-12 • Luke 15.1-3, 11-32

The Pharisees and scribes complained saying, 'This man welcomes sinners



and eats with them.' (Luke 15.2)

The Third Week of Lent

11-17 March 2012

Collect

Almighty God, who has made foolish the wisdom of the world, and has brought salvation to us through the folly of the

cross; hold up those who stumble and enlighten those who are ignorant of the saving power of Christ crucified; for his name's sake.

Readings

The Third Sunday of Lent

*Exodus 20.1-17 • Psalm 19 • 1
Corinthians 1.18-25 • John 2.13-22*

Jesus answered, 'Destroy this Temple, and in three days I will raise it up'.
(John 2.19)

The Third Monday of Lent

*2 Kings 5.1-15 • Psalms 42.1-2; 43.1-4
• Luke 4.24-30*

As the deer longs for the water brooks, so longs my soul for you, O God.
(Psalm 42.1)

The Third Tuesday of Lent

*Song of the Three 2,11-20 (=Daniel 3.25,34-43) • Psalm 25.3-10 •
Matthew 18.21-35*

May it be your will that we follow you wholeheartedly, since those who put their trust in you will not be disappointed. (Song of the Three 17)

The Third Wednesday of Lent

*Deuteronomy 4.1,5-9 • Psalm 147.13-20
• Matthew 5.17-19*

'Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish but to complete them.' (Matthew 5.17)

The Third Thursday of Lent

*Jeremiah 7.23-28 • Psalm 95.1-2,6-11 •
Luke 11.14-23*

'If it is through the finger of God that I drive devils out, then the kingdom of

God has indeed caught you unawares.'
(Luke 11.20)

The Third Friday of Lent

*Hosea 14.2-10 • Psalm 81.6-10,13,16 •
Mark 12.28-34*

I heard a voice I did not know, that said: 'I eased their shoulder from the burden; their hands were set free from bearing the load.' (Psalm 81.6)

The Third Saturday of Lent

*Hosea 5.15-6.6 • Psalm 51.1-2,17-19 •
Luke 18.9-14*

'For everyone who raises himself up will be humbled, but anyone who humbles himself will be raised up.'
(Luke 18.14)



The Fourth Week of Lent

18-24 March 2012

Collect

Almighty God, we thank you for the saving work of Christ, who was raised up for us. As we keep our eyes on him, so

strengthen us in faith enlighten us by your truth, and bring us into the fullness of your presence; through Christ our Lord.

Readings

The Fourth Sunday of Lent

Numbers 21.1-4 • Psalm 107.1-3,17-22 • Ephesians 2.1-10 • John 3.14-21

or God sent his Son into the world not to judge the world, but so that through him the world might be saved. (John 3.17)

The Fourth Monday of Lent

Isaiah 65.17-21 • Psalm 30.1-5,8.11-12 • John 4.43-54

‘Be joyful, be glad for ever at what I am creating, for look, I am creating Jerusalem to be ‘Joy’ and my people to be ‘Gladness’.’ (Isaiah 65.18)

The Fourth Tuesday of Lent

Ezekiel 47.1-9,12 • Psalm 46.1-8 • John 5.1-3,5-16

God is our refuge and strength, a very present help in trouble. (Psalm 46.1)

The Fourth Wednesday of Lent

Isaiah 49.8-15 • Psalm 145.8-18 • John 5.17-30

‘In all truth I tell you, whoever listens to my words, and believes in the one who sent me, has eternal life.’ (John 5.24a)

The Fourth Thursday of Lent

Exodus 32.7-14 • Psalm 106.19-23 • John 5.31-47

‘How can you believe, since you look to each other for glory and are not

concerned with the glory that comes from the one God?’ (John 5.44)

The Fourth Friday of Lent

Wisdom 2.1,12-22 • Psalm 34.15-22 • John 7.1-2,10,25-30

If, as it seemed to us, they suffered punishment, their hope was rich with immortality; slight was their correction, great will their blessings be. (Wisdom 2.4-5a)

The Fourth Saturday of Lent

Jeremiah 11.18-20 • Psalm 7.1-2,8-10 • John 7.40-52

Give judgement for me according to my righteousness, O Lord, and according to the innocence that is in



me. (Psalm 7.8)

The Fifth Week of Lent

25 – 31 March 2012

Collect

Lord Jesus Christ, who has won for us eternal life, grant that we may feel and know your passion, that our hearts may be inflamed with love, for you and for all humanity, for your sake; who lives and

reigns with the Father and the Holy Spirit, one God, for ever and ever.

Readings

The Fifth Sunday of Lent

Jeremiah 31.31-34 • Psalm 51.1-13 • Hebrews 5.5-10 • John 12.20-33

‘In all truth I tell you, unless a wheat grain falls into the earth and dies, it remains only a single grain; but if it dies it yields a rich harvest.’
(John 12.24)

The Fifth Monday of Lent

Susannah (=Daniel 13.) 1-9, 15-17, 19-31, 33-62 [or 41b-62] • Psalm 23 • John 8.1-11

The Lord is my shepherd; therefore can I lack nothing. (Psalm 23.1)

The Fifth Tuesday of Lent

Numbers 21.4-9 • Psalm 102.1-3, 16-23 • John 8.21-30

Jesus said: ‘When you have lifted up the Son of man, then you will know that I am He and that I do nothing of my own accord.’ (John 8.28)

The Fifth Wednesday of Lent

Daniel 3.14-20, 24-25, 28 • Cantic: Bless the Lord • John 8.31-42

Jesus said: ‘If the Son makes you free, you will be free indeed.’ (John 8.36)

The Fifth Thursday of Lent

Genesis 17.3-9 • Psalm 105.4-9 • John 8.51-59

Jesus said: ‘Very truly, I tell you, before Abraham was, I am.’ So they picked up stones to throw at him. (John 8.58-59a)

The Fifth Friday of Lent

Jeremiah 20.10-13 • Psalm 18.1-6 • John 10.31-42

I love you, O Lord my strength. The Lord is my crag, my fortress and my deliverer. (Psalm 18.1)

The Fifth Saturday of Lent

Ezekiel 37.21-28 • Cantic: Jeremiah 31.10-13 • John 11.45-56

‘I will gather them from every quarter, and bring them to their own land.’ (Ezekiel 37.21)



Holy Week and Easter Day

1-8 April 2012

Collect

Eternal God, who in your great love anointed Jesus to bear our sins, and to bless us with new life. Deepen our experience of the paschal mystery, and fill our hearts with joy in the victory of Jesus Christ your Son our Lord.

Readings

Palm Sunday / Passion Sunday

*Isaiah 50.4-9a • Psalm 31.9-16 [17-18]
• Philippians 2.5-11 •
Matthew 26.14–27.66 [or 27.11-54]*

Jesus said to them, ‘You will all fall away from me tonight, for the scripture says: I shall strike the shepherd and the sheep of the flock will be scattered.’ (Matthew 26.31)

Monday of Holy Week

Isaiah 42.1-9 • Psalm 36.5-11 • Hebrews 9.11-15 • John 12.1-11

Mary brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair; the house was filled with the scent of the ointment. (John 12.3)

Tuesday of Holy Week

Isaiah 49.1-7 • Psalm 71.1-8,[9-14] • 1 Corinthians 1.18-31 • John 12.20-36

He said, ‘It is not enough for you to be my servant, to restore the tribes of Jacob and bring back the survivors of Israel; I shall make you a light to the nations so that my salvation may reach the remotest parts of earth’ (Isaiah 49.6)

Wednesday of Holy Week

*Isaiah 50.4-9a • Psalm 70 •
Hebrews 12.1-3 • John 13.21-32*

As soon as Judas had taken the piece of bread he went out. It was night. When he had gone, Jesus said: ‘Now has the Son of man been glorified, and in him God has been glorified.’ (John 13.30-31)

The Easter Triduum

Maundy Thursday

Exodus 12.1-4, [5-10,] 11-14 • Psalm 116.1,10-17 • 1 Corinthians 11.23-26 •



John 13.1-17,31b-35

‘You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you must wash each other’s feet. (John 13.13-14)

Collect

Heavenly Father, in washing his disciples feet, Jesus showed his sacrificial love, and in giving himself as food and drink, the extent of his offering. Grant that we may ever be nourished by him, and give our selves in humble service; through Jesus Christ our Lord.

Good Friday

*Isaiah 52.13–53.12 • Psalm 22 •
Hebrews 4.14-16; 5.7-9 •
John 18.1–19.42*

Pilate then had Jesus taken away and scourged; and after this, the soldiers twisted some thorns into a crown and put it on his head and dressed him in a purple robe. They kept coming up to

him and saying, 'Hail, king of the Jews!' and slapping him in the face. (John 19.1-3)

Collect

Merciful God, as your Son our Saviour was lifted high on the cross for love of us,



draw into his exalted life all who look to him for help, and give us ever thankful and obedient hearts; through Jesus Christ our Lord.

Holy Saturday / Easter Eve

Lamentations 3.1-9, 19-24 • Psalm 31.1-4, 15-16 • 1 Peter 4.1-8 • John 19.38-42

He has besieged me and made hardship a circlet round my head. He has forced me to dwell where all is dark, like those long-dead in their everlasting home. (Lamentations 3.5-6)

Collect

Lord Jesus Christ, whose blessed body, marked by suffering, was laid in an earthly tomb, grant us by your grace, that

we may pass through the darkness of death to rise to the light of life immortal, for you are alive and reign with the Father and the Holy Spirit, one God now and for ever.

Easter Vigil / Easter Day

Acts 10.34-43 • Psalm 118.[1-2,] 14-24 • 1 Corinthians 15.19-26 • John 20.1-18

Jesus came and stood among them. He



said to them, 'Peace be with you,' and, after saying this, he showed them his hands and his side. The disciples were filled with joy at seeing the Lord. (John 20.19b-20)

Collect

God of new life, who has raised up our Lord Jesus from the dust of death to the power of resurrection life, grant that we may know the fullness of his risen life and rejoice to share with all the world the glorious gospel of pardon and peace brought to us by Jesus Christ our Lord. .

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