

A Daily Prayer Guide for Lent 2014



Lent is a great opportunity for renewal, in keeping with its name, derived from the Anglo-Saxon *Lencten*, meaning 'spring'. In the early church preparation for Lent was only a day or two. The traditional forty days of preparation is first referred to in the fifth canon or teaching of the First Council of Nicea in 325 A.D.

Once established Lent became associated with preparation for baptism, since Easter was the great baptismal feast. Eventually, it was realised that those already baptised should join with those preparing for baptism (catechumens), so the whole church could prepare together. And so the practice of Lent took shape in much the same way as we experience it today.

The season begins with Ash Wednesday (preceded by 'shriving' on Shrove Tuesday), when 'ashing' can take place. This shows the penitential nature of the season, involving looking inward and discerning sin in ourselves, and the need for penance. Much of the practice and experience of Lent can be found in the traditional hymns of the season, such as 'Again we keep this solemn fast', attributed to Saint Gregory the Great (540–604):

Again we keep this solemn fast,
A gift of faith from ages past,
This Lent which bids us lovingly
To faith and hope and charity.

Here is a simple form of self-examination:

Can I admit that I am a sinner and in need of the mercy of God?

Do I continually seek to love God and be guided by him?

Do I really want to be freed from my sins (even my favourite ones)?

Do I waste what God has given me?

Have I failed to be charitable to others? Have I judged them harshly?

Am I generous with what I have? Do I show care to the poor?

Do I forgive others, whether they intend me harm or not?

Having put ourselves under scrutiny we can more readily rejoice in God's forgiveness:

Father God, who has shown us the way of forgiveness through your only-begotten Son Jesus Christ, by the merits of his passion and death on the cross, grant us pardon and peace, and make us living signs of your love for the world; through your Son our Saviour Jesus Christ.

Lent reaches its culmination in the final Great Three Days – the Triduum – on Maundy Thursday, the Last Supper with the washing of the disciples' feet, leading into the betrayal and arrest, followed, on Good Friday by the trial and crucifixion, all of this followed, more or less in real time. Then, on Easter Sunday, a sudden and welcome transition to the joy of Christ's Resurrection: our renewal.

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 Come, let us sing to the Lord; *
let us shout for joy to the rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God, *
and a great King above all gods.
- 4 In his hands are the depths of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have moulded the dry land.
- 6 Come, let us bow down and bend the knee, *
and kneel before the Lord our Maker.
- 7 For he is our God, and we are the people of his pasture,
and the sheep of his hand. *
O that today you would hearken to his voice!
- 8 O that today you would listen to his voice: *
'Harden not your hearts as at Meribah,
on that day at Massah in the wilderness,
- 9 'When your forebears tested me, and put me to the proof, *
though they had seen my works.

10 'Forty years long I detested that generation and said, *
"This people are wayward in their hearts;
they do not know my ways."

11 'So I swore in my wrath, *
"They shall not enter into my rest.'" *Psalm 95*

**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.

Father, you have given us the freedom to come before you in prayer
through your Son, Jesus Christ.

Hear us as we say:

R/. Lord, give us hope.

That those preparing for baptism or confirmation may have
enlightenment and joy in your presence. *R/*

That the leaders of the nations may have humility, and seek to do
good to all. *R/*

That Christians would show your mercy and pardon in their love for
others. *R/*

That the discipline of this season would make us ready for the
banquet you have prepared for us. *R/*

That all who cry out to you in pain, confusion, or loss, may know your
gracious help. *R/*

That those who have died may come to know the fullness of life in your Son. *R/*

That the whole creation might be brought to completion 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

O God, who in your deep wisdom has appointed this season of penitence, fasting and devotion for our good, grant us the humility of repentance and the perseverance of faith, that we may be faithful and obedient to you in all things; and glorify your Son our Saviour Jesus Christ.

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

5 – 8 March 2014



Collect

O God, who has wonderfully created us, and more wonderfully redeemed us, grant us strength of mind to withstand the enticements of sin, and to be found worth to reach eternal joy; through 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

9 – 15 March 2014



Collect

Grant us, Lord, to enter this period of testing by holy fasting, so that we may resist temptation, and be helped and defended by self-denial; through Christ our Saviour.

Readings

The First Sunday of Lent

Genesis 2.15-17; 3.1-7 • Psalm 32 • Romans 5.12-19 • Matthew 4.1-11

One man's act of righteousness leads to justification and life for all. (Romans 5.18)

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

16 – 22 March 2014



Collect

O Lord, look upon your family, and grant that our minds, in the discipline of penance, may shine in your sight with longing for you; through Christ our Lord.

Readings

The Second Sunday of Lent

Genesis 12.1-4a • Psalm 121 • Romans 4.1-5, 13-17 • John 3.1-17

Jesus said, 'What is born of the flesh is flesh, and what is born of the spirit is spirit.' (John 3.6)

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

23 – 29 March 2014



Collect

Saving God, may our souls be radiant with the brightness of your light, that we may see what is to be done and do what is right; through Jesus Christ our Lord.

Readings

The Third Sunday of Lent

Exodus 17.1-7 • Psalm 95 • Romans 5.1-11 • John 4.5-42

God's love has been poured into our hearts by the Holy Spirit given to us. (Romans 5.5)

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

30 March – 5 April 2014



Collect

Almighty God, grant that trusting in your protection we may by your help overcome everything that can harm us; through Jesus Christ our Lord.

Readings

The Fourth Sunday of Lent

1 Samuel 16.1-13 • Psalm 23 • Ephesians 5.8-14 • John 9

Jesus said, 'I came into this world for judgement so that those who do not see may see, and those who do see may become blind.' (John 9.39)

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

6 – 12 April 2014



Collect

Gracious God, who gives the righteous their reward, and grants to sinners forgiveness, have mercy on all who turn to you, and grant them your salvation; through Jesus Christ our Lord.

Readings

The Fifth Sunday of Lent

Ezekiel 37.1-14 • Psalm 130 • Romans 8.6-11 • John 11.1-45

If you, Lord were to mark what is done amiss, O Lord, who could stand? But there is forgiveness with

you, so that you shall be feared.
(Psalm 130.2-3)

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 & Easter Day

13 – 20 April 2014



Collect

Glory be to you, Lord Jesus, faithful and forgiving; Give us purity, singleness of purpose, and a thorough knowledge of ourselves, that we may follow after you, and find a place in your kingdom.

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 the crowds, 'Have you come out with swords and clubs to arrest me as though I were a bandit? Day after day I sat in the temple teaching, and you did not arrest me.' (Matthew 26.55)

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

Praise, honour and glory be to you. Dear Jesus, who did implement the sacrament of the Eucharist out of your astonishing love for us. Kindle within us a flame of love for you, and grant that we may find in you alone our great delight.

Good Friday

Isaiah 52.13-53.12 • Psalm 22 [or 22.1-11 or 22.1-21] • Hebrews 10.16-25 or 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

O Christ, who for us sinners endured the cross, and enlightened the darkness of the world, shine your heavenly light, and open our minds to know you as you are, O lover of souls, and our only redeemer.

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

O God, whose Son died for our sins on the cross, grant that we also may be crucified to the world, and raised up in a glorious resurrection with Jesus Christ our Lord.

Easter Vigil / Easter Day

Acts 10.34-43 • Psalm 118.[1-2,] 14-24 • Colossians 3.1-4 • John 20.1-18 or Matthew 28.1-10

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

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy; grant us so to die daily to sin, that we may evermore live with him in the joy of resurrection life; through your Son, our Saviour, Jesus Christ.