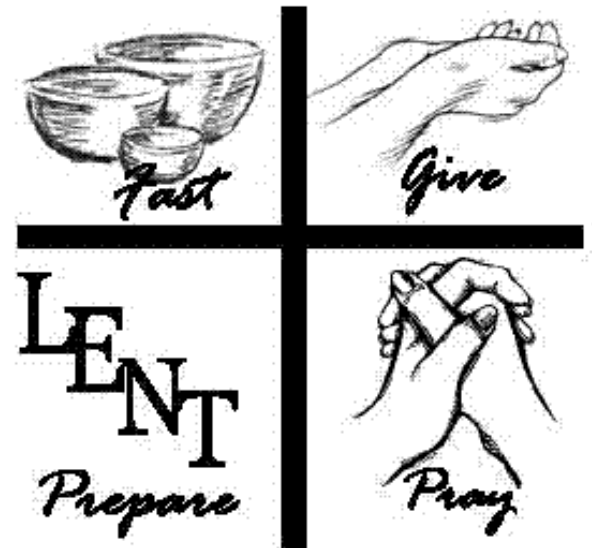


# Lent Daily Prayer

## prayers and readings for Lent 2010

Lent is one of the Church's reality checks, a period of time to figure out where we are and work on where we are going. It begins with Ash Wednesday and ends in the evening of Maundy Thursday. This is the 'forty day' journey towards the great festival of Easter, a three-part festival celebrated in sections stretching from the evening of Maundy Thursday to Easter Sunday. Easter is the high point of the Church's year; Lent is the season of preparation for it, but Lent is also of value in itself, a time of opportunity which should be seen as a blessing and not a burden.

At the start of Lent the liturgy includes a lengthy section of self-examination and confession, incorporating the solemn and moving action of 'ashing' – the priest makes a cross in ash on the forehead of the penitents, and says words such as 'Remember that you are dust, and to dust you shall return. Turn away from sin and be faithful to Christ'. There is a reminder in this of our mortality, which is not a bad thing for gaining a true perspective on our lives, for we can also be thankful for the gift of eternal life, which is not the same as earthly life going on endlessly. There is at this point also a moment of turning around or



## Easter Vigil / Easter Day

*Acts 10.34-43 • Psalm 118.[1-2,] 14-24 •  
1 Corinthians 15.19-26 • Luke 24.1-12 or  
John 20.1-18*

'Why do you look for the living among the dead? He is not here, but has risen.' (Luke 24.5)

### Collect

Almighty God, in the resurrection of your Son Jesus Christ you have shown the power of your love; as we rejoice in being children of the resurrection, so preserve us from sin and keep us in the new life you have given us in Jesus Christ our Lord.



# Daily Prayer in Lent

## Introduction

O Lord, open our lips.

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

Let your ways be known upon earth,

*All* **Your saving power among the nations.**

*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 Incline your ear, O Lord, and answer me, ♦  
for I am poor and in misery.
- 2 Preserve my soul, for I am faithful; ♦  
save your servant, for I put my trust in you.
- 3 Be merciful to me, O Lord, for you are my God; ♦  
I call upon you all the day long.
- 4 Gladden the soul of your servant, ♦  
for to you, O Lord, I lift up my soul.
- 5 For you, Lord, are good and forgiving, ♦  
abounding in steadfast love to all who call upon you.
- 6 Give ear, O Lord, to my prayer ♦  
and listen to the voice of my supplication.
- 7 In the day of my distress I will call upon you, ♦  
for you will answer me.
- 8 Among the gods there is none like you, O Lord, ♦  
nor any works like yours.
- 9 All nations you have made shall come and worship you, O Lord, ♦  
and shall glorify your name.
- 10 For you are great and do wonderful things; ♦  
you alone are God.

## The Fifth Thursday of Lent

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

Jesus answered, 'If I were to seek my own glory my glory would be worth nothing; in fact, my glory is conferred by the Father, by the one of whom you say, "He is our God", although you do not know him.' (John 8.54-55a)

## The Fifth Friday of Lent

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

In my anguish I called to the Lord; I cried to my God for help; from his Temple he heard my voice, my cry came to his ears. (Psalm 18.6)

## The Fifth Saturday of Lent

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

'I shall make a covenant of peace with them, an eternal covenant with them. I shall resettle them and make them grow; I shall set my sanctuary among them for ever.' (Ezekiel 37.26)

## Holy Week & Easter Day 28 March – 4 April

### Collect

O Christ, the Son of God, who shed your precious blood for the forgiveness of our sins, give life to those whom you came to redeem from death, and grant to us and all who put their trust in you, everlasting joy in your kingdom.



## Readings

### Palm Sunday / Passion Sunday

*Isaiah 50.4-9a • Psalm 31.9-16 [17-18] •  
Philippians 2.5-11 • Luke 22.04 – 23.56 [or  
Luke 23.1-49]*

Jesus said, 'The greatest among you must become like the youngest, and the leader like one who serves.'  
(Luke 22.26)

### Monday of Holy Week

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

'Here is my servant whom I uphold, my chosen one in whom my soul delights. I have sent my spirit upon him, he will bring fair judgement to the nations.' (Isaiah 42.1)

### Tuesday of Holy Week

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

Jesus said, 'Now sentence is being passed on this world; now the prince of this world is to be driven out. And when I am lifted up from the earth, I shall draw all people to myself.'  
(John 12.31-32)

others : grant them perseverance in their troubles and bring good out of all their distress.

We recognise our own mortality, and that of people we care about. Look with compassion on all who mourn or are saddened by loss: may they rejoice in the redemption which only you can bring.

Heavenly Father, we need your help, especially when we are faced with temptation to compromise. Help us to grow more like Jesus, in thought and word and deed.

*Open prayer may be offered and silence is kept.*

*The Collect of the day or the following prayer is said*

God of our pilgrimage,  
as we follow Jesus into the unknown,  
purify us by your love,  
nourish us with your divine gifts,  
grant us the inner peace which rests in your presence,  
and give us an energising vision of your kingdom of justice and mercy;  
that we may come to the Easter feast with unalloyed joy;  
through Jesus Christ our Lord.

*All Amen.*

*The Lord's Prayer is said.*

## The Conclusion

May the loving heart of Jesus be our life and our joy.

*All Amen.*

soul, with all your mind, and with all your strength.’ (Mark 12.29-30)

### The Third Saturday of Lent

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

‘Let us know, let us strive to know The Lord; that he will come is as certain as the dawn. He will come to us like a shower, like the rain of springtime to the earth.’ (Hosea 6.3)

## The Fourth Week of Lent 14-20 March

### Collect

In your forgiving love, O God, turn away what we deserve for our sins, and blot out our offences; may your mercy ever overcome them and bring us pardon and peace; through Jesus Christ our Lord.



### Readings

#### The Fourth Sunday of Lent

*Joshua 5.9-12 • Psalm 32 • 2 Corinthians 5.16-21 • Luke 15.1-3, 11b-32*

‘Then the father said to him, “Son, you are always with me, and all that is mine is yours.”’ (Luke 15.31)

#### The Fourth Monday of Lent

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

‘I shall be joyful in Jerusalem and I shall rejoice in my people. No more will the sound of weeping be heard there, nor the sound of a shriek.’ (Isaiah 65.19)

#### The Fourth Tuesday of Lent

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

There is a river whose streams bring joy to God’s city, it sanctifies the dwelling of the Most High. (Psalm 46.4)

#### The Fourth Wednesday of Lent

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

‘the Father judges no one; he has entrusted all judgement to the Son, so that all may honour the Son as they honour the Father..’ (John 5.22-23a)

#### The Fourth Thursday of Lent

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

The Lord said to Moses, ‘Go down at once, for your people whom you brought here from Egypt have become corrupt. They have quickly left the way which I ordered them to follow.’ (Exodus 32.7-8a)

### Readings

#### The First Sunday of Lent

*Deuteronomy 26.1-11 • Psalm 91.1-2, 9-16 • Romans 10.8b-13 • Luke 4.1-13*

If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (Romans 10.9)

#### The First Monday of Lent

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

‘You will not be unjust in administering justice. You will neither be partial to the poor nor overawed by the great, but will administer justice to your fellow-citizen justly.’ (Leviticus 19.15)

#### The First Tuesday of Lent

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

‘In your prayers do not babble as the gentiles do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him.’ (Matthew 6.7-8)

#### The First Wednesday of Lent

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

‘Who knows if God will not change his mind and relent, if he will not

renounce his burning wrath, so that we do not perish?’ (Jonah 3.9)

#### The First Thursday of Lent

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

I thank you, Yahweh, with all my heart, for you have listened to the cry I uttered. In the presence of angels I sing to you, I bow down before your holy Temple. (Psalm 138.1-2a)

#### The First Friday of Lent

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

If you kept a record of our sins, Lord, who could stand their ground? But with you is forgiveness, that you may be revered. (Psalm 130.3-4)

#### The First Saturday of Lent

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

‘Today you have obtained this declaration from the Lord: that he will be your God, but only if you follow his ways, keep his statutes, his commandments, his customs, and listen to his voice.’ (Deuteronomy 26.17)

## The Second Week of Lent 28 February – 6 March

### Collect

Grant to us, Almighty God, that through our Lenten exercises of devotion, generosity and self-denial, we may grow

in the knowledge of the mystery of Christ, and worthily follow our calling as his disciples; through the same Christ our Lord.



## Readings

### The Second Sunday of Lent

*Genesis 15.1-12,17-18 • Psalm 27 •  
Philippians 3.17-4.1 • Luke 13.31-35 [or  
(RCL) Luke 9.28b-36]*

Jesus said: 'Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings.' (Luke 13.34)

### The Second Monday of Lent

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

Jesus said to his disciples: 'Be compassionate just as your Father is compassionate. Do not judge, and you will not be judged; do not condemn, and you will not be condemned; forgive, and you will be forgiven.' (Luke 6.36-37)

### The Second Tuesday of Lent

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

'Cease doing evil. Learn to do good, search for justice, discipline the violent, be just to the orphan, plead for the widow.' (Isaiah 1.16b-17)

### 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*

How blessed is anyone who rejects the advice of the wicked and does not take a stand in the path that sinners tread, nor a seat in company with cynics, but who delights in the law of the Lord and murmurs his law day and night.' (Psalm 1.1-2)

### The Second Friday of Lent

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

Jesus said, 'I tell you, then, that the kingdom of God will be taken from you and given to a people who will produce its fruit.' (Matthew 21.43)

### The Second Saturday of Lent

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

What god can compare with you: taking fault away, pardoning crime not cherishing anger for ever but

delighting in showing mercy?  
(Micah 7.18)

## The Third Week of Lent 7-13 March

### Collect

Grant us, Lord God, to be faithful servants in prayer and fasting, that in the spiritual battle against the powers of darkness we may be fortified and strengthened by your grace; through Jesus Christ our Lord.



## Readings

### The Third Sunday of Lent

*Isaiah 55.1-9 • Psalm 63.1-8 • 1  
Corinthians 10.1-13 • Luke 13.1-9*

God is faithful, and he will not let you be tested beyond your strength, but with the testing he will provide the way out so that you may be able to endure it. (1 Corinthians 10.13)

### The Third Monday of Lent

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

I thirst for God, the living God; when shall I go to see the face of God?  
(Psalm 42.2)

## 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*

Peter went up to Jesus and said, 'Lord, how often must I forgive my brother if he wrongs me? As often as seven times?' Jesus answered, 'Not seven, I tell you, but seventy-seven times.' (Matthew 18.21-22)

## The Third Wednesday of Lent

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

Moses said, 'Take care, as you value your lives! Do not forget the things which you yourselves have seen, or let them slip from your heart as long as you live; teach them, rather, to your children and to your children's children.' (Deuteronomy 4.9)

## The Third Thursday of Lent

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

'He is our God, and we the people of his sheepfold, the flock of his hand. If only you would listen to him today! Do not harden your hearts.' (Psalm 95.7-8a)

## The Third Friday of Lent

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

Jesus replied, 'The Lord our God is one Lord, and you must love the Lord your God with all your heart, with all your

# The beginning of Lent

## 17-20 February

### Collect

Almighty God, our rock and our salvation, protect us from all evil, and guide us with the light of Christ as we begin the discipline of Lent. May our Lenten offering bear fruit in holiness and praise; 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*

'But now – declares the Lord – come back to me with all your heart, fasting, weeping, mourning. Tear your hearts and not your clothes, and come back to the Lord your God, for he is gracious and compassionate.'  
(Joel 2.12-13)

#### Thursday after Ash Wednesday

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

The Lord watches over the path of the upright, but the path of the wicked is doomed. (Psalm 1.6)

#### Friday after Ash Wednesday

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

'Is not this the sort of fast that pleases me: to break unjust fetters, to undo the thongs of the yoke, to let the oppressed go free, and to break all yokes? Is it not sharing your food with the hungry, and sheltering the homeless poor.' (Isaiah 58.6-7)

#### Saturday after Ash Wednesday

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

Jesus said to him, 'Follow me.' And leaving everything he got up and followed him. (Luke 5.27-28)

## The First Week of Lent

### 21-27 February

### Collect

Lord our God, ever ready to hear us, as you strengthened your Son in the desert, so guide and protect us through all trial and temptation, and bring us to the fullness of salvation; through Christ our Saviour.



#### The Fourth Friday of Lent

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

They do not know the hidden things of God, they do not hope for the reward of holiness, they do not believe in a reward for blameless souls.  
(Wisdom 2.22)

#### The Fourth Saturday of Lent

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

Nicodemus said to them, 'Surely our Law does not allow us to pass judgement on anyone without first giving him a hearing and discovering what he is doing?' (John 7.50-51)

## The Fifth Week of Lent

### 21-27 March

### Collect

Almighty God, who by the passion of Christ our Lord has broken the chain of ancient sin, grant that by your sanctifying grace we may come to bear his likeness, who reigns with you and the Holy Spirit in heavenly glory.



### Readings

#### The Fifth Sunday of Lent

*Isaiah 43.16-21 • Psalm 126 • Philippians 3.4b-14 • John 12.1-8*

Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial.' (John 12.7)

#### 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*

As they persisted with their question, Jesus straightened up and said, 'Let the one among you who is guiltless be the first to throw a stone at her.'  
(John 8.7)

#### The Fifth Tuesday of Lent

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

Jesus said, 'the one who sent me is true, and what I declare to the world I have learnt from him'. (John 8.26)

#### The Fifth Wednesday of Lent

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

Nebuchadnezzar exclaimed, 'he has sent his angels to rescue his servants who, putting their trust in him, defied the order of the king, and preferred to forfeit their own bodies rather than serve or worship any god but their own.' (Daniel 3.28)

- 16 Turn to me and have mercy upon me; ♦  
give your strength to your servant and save the child of your handmaid.
- 17 Show me a token of your favour,  
that those who hate me may see it and be ashamed; ♦  
because you, O Lord, have helped and comforted me. *Psalm 86.1-8,16-17*

*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.*

God watches over the world every day. With confidence we ask him to listen to the prayers of his children for their needs and the needs of others.

Strengthen your Church, Lord, in holiness and love, in this Lenten season, to grow in devotion, to reach out to all who turn to you, and to be a source of support for all that is good.

Guide all who have responsibilities over the natural world, fill them with humility and concern for all that you have created; give us all wisdom in our use of the world's resources.

Grant remorse and repentance to all who are cruel to others; give hope and peace to those who despair, those who lack forgiveness, and those who cannot forgive themselves. May your reconciling love draw in and embrace all who are cut off and separated.

Touch with your healing love all who are suffering, through sickness, frailty or the actions of other people; comfort those who suffer on behalf of

## Wednesday of Holy Week

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

'I have offered my back to those who struck me, my cheeks to those who plucked my beard; I have not turned my face away from insult and spitting.' (Isaiah 50.6)



## Good Friday

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

Ours were the sufferings he was bearing, ours the sorrows he was carrying, while we thought of him as someone being punished and struck with affliction by God. (Isaiah 53.4)

### Collect

God of mercy, as your Son was lifted up on the cross to draw all people to himself, so may his sacrifice bring lasting peace to us and all the world; 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*

I am the man familiar with misery under the rod of his fury. He has led and guided me into darkness, not light. (Lamentations 3.1-2)

### 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.

## The Easter Triduum



## Maunder 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, whose beloved Son washed the feet of his disciples and gave himself as food and drink, make us faithful servants of Christ and nourish us with his living presence, until we attain with all your Church perfect unity in the kingdom of your glory.

changing direction – *metanoia*, repentance. And so penitence and confession which can at various times be private, corporate, or sacramental, also permeate this season. The psalm for the Ash Wednesday liturgy is Psalm 51, *Miserere mei, Deus*, ‘Have mercy on me, O God’, encouraging us towards a due sense of humility and recognition of our dependence on God’s mercy.

Christians make the Lenten journey from Ash Wednesday, not weighed down with guilt or with unattainable resolutions, but freed from the burden of the inessentials of life – which encompass things like worldly expectations and peer pressure, the guilt of past mistakes and failures, and status anxiety. Symbolically cut free from such things, Christians can set out on the Lenten journey with positive goals and objectives. Three positive elements are particularly encouraged during the Lenten season: fasting, alms, and prayer.

**Fasting** does not mean giving up all food and drink, but simplifying our eating, making food less important, cutting down on excess, and spending less on ourselves. If we were to go on a long journey, a hike say, we would be careful not to have to carry too much food, but only what we needed. Through fasting we can also seek to express our solidarity with those who have less than they need, and who are treated with injustice.

**Almsgiving** is also a traditional element in Lent. We can use some of the money saved from eating more simply, and perhaps aim to give more too, to a charity or good cause, which would be a positive result from the simplicity and self-denial of the season. This is giving what we have – time, money, attention – as our contribution to building a better world.

**Prayer** is woven into the season in various ways; prayer means essentially giving more time to God. Extra times of prayer usually feature in churches during Lent. Some churches run Lent study groups, or hold extra services or times of devotion, or arrange a lecture series. New books of reflections on Lenten themes are published every year, for individuals and for groups. And these days, there is much material published online, such as on the traditional Lenten devotion of Stations of the Cross.

This little booklet contains a form of daily prayer, week by week prayers, and a list of daily readings for the season, taken from the Daily Eucharistic Lectionary commonly used for services in church. May we be resolved to journey faithfully with our Lord through these forty days of preparation with fasting, almsgiving and prayer, until we reach the joyous light of Easter.