



The Fellowship of Christ Church - Daily Prayer in Lent

Blessed are you, God of compassion and mercy, to you be praise and glory for ever! In the darkness of our sin, your light breaks forth like the dawn and your healing springs up for deliverance. Open our lips to sing your praise, Father, Son, and Holy Spirit, now and for ever. Amen.

Take a moment in silence to quieten your mind. Be open to God's presence.

O Holy Spirit, give us stillness of soul in you.

Calm the turmoil within with the gentleness of your peace.

Quiet the anxiety within with a deep trust in you.

Heal the wounds of sin within with the joy of your forgiveness.

Strengthen the faith within with the awareness of your presence. Confirm the hope within with the knowledge of your strength. Give fullness to the love within with an outpouring of your love.

O Holy Spirit, be to us a source of light, strength and courage so that we may hear your call ever more clearly and follow it more generously. Amen.

From Psalm 130

Out of the depths have I called to you, O Lord;

Lord, hear my voice; *

let your ears consider well the voice of my supplication.

If you, Lord, were to note what is done amiss, *

O Lord, who could stand?

For there is forgiveness with you; *

therefore you shall be feared.

I wait for the Lord; my soul waits for him; *

in his word is my hope.

My soul waits for the Lord,

more than watchmen for the morning, *

more than watchmen for the morning.

Wait for the Lord, *

for with the Lord there is mercy;

With him there is plenteous redemption, *
and he shall redeem us from all our sins.

Heavenly Father, in you we live and move and have our being. Guide and govern us by your Holy Spirit, that in all the cares and toil of our life, we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

A Reading from Scripture -*Take a moment to savour the words of Scripture. Allow them to speak to your life.*

Sunday

Ephesians 3:14-19

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Monday

Romans 5:6-8

While we were yet helpless, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

Tuesday

2 Corinthians 5:19-20

In Christ, God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God.

Wednesday

Matthew 11:28-30

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Thursday

2 Corinthians 4:16-18

We do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

Friday

Galatians 2:19-20

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Saturday

I Peter 2:9-10

You are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

A Response in Faith

Hear, O Israel,

the Lord our God, the Lord is one.

Love the Lord your God with all your heart,

with all your soul, with all your mind,

and with all your strength.

This is the first and great commandment.

The second is like it: Love your neighbour as yourself.

There is no commandment greater than these.

Thanksgivings and Intercessions

Lord, I give you thanks for your graciousness and mercy toward us, and especially this day I thank you for _____.

I pray for the parish of Christ Church Scarborough Village that we may grow in your joy and service. Help us to be faithful witnesses, ready to share all the blessings that we have received from you.

May your compassion, mercy and peace reach out to those in need around the world, especially I remember _____.

Lord, I pray especially for those in special need this day amongst my family, friends, colleagues, and especially for _____.

May they know the strength of your healing and life-giving touch.

I pray for myself, Lord, that I may grow in grace during this season of Lent. Especially I ask your guidance and assistance in _____.

I remember before you, O Lord, all those who have gone before us in the faith, especially _____ . May they know the peace and joy of your kingdom for ever.

I thank you Lord for all the saints. May we be emboldened by their witness to live out our faith with courage and joy in our own day.

...any other petitions and thanksgivings, closing with the following:

Lord God, the well-spring of life, pour into our hearts the living water of your grace. By your light we see light. Increase our faith, and grant that we may walk in the brightness of your presence; through Jesus Christ our Lord. Amen.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power, and the glory,
for ever and ever. Amen.

Closing

Let us bless the Lord.

Thanks be to God.

† The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit
be with us all evermore. Amen.

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