

WEEK ONE

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

WEEK TWO

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

WEEK THREE

Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. Amen.

WEEK FOUR

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

WEEK FIVE

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

What is Lent?

Lent is a liturgical season for preparing to celebrate the death and resurrection of Jesus Christ at Easter.

The word “Lent” comes from the Old English word for “spring.” It reminds us of the season when the days lengthen and new life is born. Lent begins on Ash Wednesday and lasts 40 days prior to Easter Sunday—the same number of days that Jesus spent in the wilderness after his baptism. It’s a time for self-examination and joyful repentance, sometimes for fasting and self-denial, and for seeing the glory of Christ as we meditate on God’s word.

Lent is not the “Spiritual Olympics.” It’s not a competition to see how extraordinary our spiritual disciplines can become! Rather, it’s a chance to renew our daily dependence on God. Here’s how Eugene Peterson translates Romans 12:1: *“Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.”*

Lent Practices

SILENCE AND SOLITUDE

“let he who cannot be alone beware of community; let she who is not in community beware of being alone” –dietrich bonhoeffer, Life Together

Set aside 20-30 minutes each day for time alone. The beginning of the day works best for most people. Turn off all devices and possible intrusions. Do the daily office from Common Prayer 2020 slowly, allowing time for self-examination and intimate conversation with the Lord

SABBATH

“sabbath becomes a decisive, concrete, visible way of opting for and aligning with the God of rest.” –walter brueggemann, Sabbath as Resistance

Choose one day of the week to practice Sabbath during Lent. Plan ahead. Plan to slow down, live simply and rest. Try the following: refrain from all digital technology for the day; eat simply; spend time one-to-one with a friend; spend more time outside than inside; read fiction; take a nap.

SACRIFICE

“we are made for feasting, but only when we fast do we make real progress toward being free of our dependencies which soothe our depression and anesthetize our anxieties.” –andy crouch, The Tech-Wise Family

Sacrifice is about making room in our life for God’s presence and power. Prayer fully consider what you might give up for Lent. Sacrifice ought to be costly. It ought to allow space and time for deeper self-examination, repentance and sanctification, for serving the body of Christ and loving your neighbour.