



Daily Prayers

Lent 2023

"I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, *and by reading and*

meditating on the word of God.” (Book of Alternative Services page 282)



PRAY UPON WAKING

Keep this booklet by your bedside.

Dedicate the day to God with your first thoughts.

I lay down and slept, and rose up again,
for the LORD sustained me.

I will sing of your power,
and will praise your mercy early in the morning.

Unto you, O my Strength, will I sing,
for you, O God, are my refuge, and my merciful God.
(Psalms 3.5, 59.16, 17)

Then pray

O God, I praise you this day.

O God, I thank you for this day.

O God, I ask for your help this day.

Come, Lord Jesus.

PRAY BEFORE EATING

Before every meal, pray:

God our Father, we thank you for all your blessings. In a world where many are hungry, we thank you for food. In a world where many walk alone, we thank you for friends and family. In a world where many live without hope, we thank you for our faith in Jesus Christ. Give us

eyes to see our neighbours needs and hearts to love them as ourselves, for Jesus' sake. Amen.



PRAY DURING THE DAY

Cultivate a habit of praying throughout the day at a set time and/or spontaneously.

At a set time

Set a reminder on your phone to pray.

Before you pray, take a minute or two in quiet.

Call to mind

- 1) any sins you have committed;
- 2) any temptations you are struggling with;
- 3) anything you are grateful for;
- 4) any needs for you or others. Tell all of this to God, trusting in God's never-failing love and kindness.

Then pray:

Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those
who sin against us. Save us from the time of trial and
deliver us from evil. For the kingdom, the power,
and the glory are yours now and for ever. Amen.

Spontaneously

Pray any of the following “arrow” prayers—so-called because they are prayers that are quickly “shot” to heaven with a single breath:

In any situation

Inhale Lord Jesus Christ [Son of God]
Exhale have mercy on me [a sinner].

For guidance

Inhale Let it be unto me
Exhale according to your Word.

For peace

Inhale Not my will
Exhale but your will be done.

For strength in spiritual struggles

Inhale Blessed be the Lord my strength,
Exhale who teaches my hands to
goodness and my fingers to peace.

**PRAY BEFORE SLEEP**

Take a minute or two to be still.
Ask God for insight to understand the day just
completed, through God’s eyes.
For what do you need to give thanks?
For what do you need to ask forgiveness?

Ask God for help to make any needed changes.
Now, what is done is done.
What is undone is undone.
Let it be, and commit the night to God, saying:
I will lay me down in peace, and take my rest;
for you, LORD, only, make me dwell in safety.
My soul waits for the Lord,
more than watchmen for the morning,
more than watchmen for the morning.
(Psalms 4.8, 130.6)

Then pray:

Guide us waking, O Lord,
and guard us sleeping;
that awake we may watch with Christ,
and asleep we may rest in peace.
Amen.

Daily Readings and Prayers for each Week

February 22 Ash Wednesday 1 Timothy 6:6-19
Almighty and everlasting God,
you despise nothing you have made
and forgive the sins of all who are penitent.
Create and make in us new and contrite hearts, that we,
worthily lamenting our sins
and acknowledging our brokenness,
may obtain of you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord,

who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Thursday John 4.1–26
Friday John 4.27–42
Saturday John 4.43–end

Lent 1 – February 26

Almighty God,
whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Monday John 5.1–18
Tuesday John 5.19–29
Wednesday John 5.30–end
Thursday John 6.1–15
Friday John 6.16–27
Saturday John 6.27–40

Lent 2 March 5

Almighty God,
whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

Monday	John 6.41–51
Tuesday	John 6.52–59
Wednesday	John 6.60–end
Thursday	John 7.1–13
Friday	John 7.14–24
Saturday	John 7.25–36

Lent 3 March 12

Almighty God,
 whose Son Jesus Christ gives the water of eternal life,
 may we always thirst for you,
 the spring of life and source of goodness;
 through him who lives and reigns with you
 and the Holy Spirit, one God, now and for ever.

Monday	John 7.37–52
Tuesday	John 7.53–8.11
Wednesday	John 8.12–30
Thursday	John 8.31–47
Friday	John 8.48–end
Saturday	John 9.1–17

Lent 4 March 19

Almighty God,
 through the waters of baptism
 your Son has made us children of light.
 May we ever walk in his light
 and show forth your glory in the world;
 through Jesus Christ our Lord,
 who is alive and reigns with you and the Holy Spirit,
 one God, now and for ever.

Monday	John 9.18–end
Tuesday	John 10.1–10
Wednesday	John 10.11–21
Thursday	John 10.22–end
Friday	John 11.1–16
Saturday	John 11.17–27

Lent 5 March 26

Almighty God,
 your Son came into the world
 to free us all from sin and death.
 Breathe upon us with the power of your Spirit,
 that we may be raised to new life in Christ,
 and serve you in holiness and righteousness all our days;
 through the same Jesus Christ, our Lord.

Monday	John 11:28-44
Tuesday	John 11:45-end
Wednesday	John 12: 1-11
Thursday	John 12:12-19
Friday	John 12:20-36a
Saturday	John 12: 36b-end

Sunday of the Passion/Palm Sunday April 2

Almighty God,
 whose Son was crucified yet entered into glory,
 may we, walking in the way of the cross,
 find it is for us the way of life;
 through Jesus Christ our Lord,
 who is alive and reigns with you and the Holy Spirit, one
 God, now and for ever.

Monday	Luke 22:1-23
Tuesday	Luke 22:24-53
Wednesday	Luke 22:54-71
Thursday	Luke 23:1-25
Friday	John 19: 1-end
Saturday	John 2:18-22

