

## Lent - Growing In Grace

Lent is the season of preparation for the events of Good Friday and Easter Sunday. Like Advent, therefore, it is a 'penitential' season - a season for auditing your life in God's presence and looking for chances to change and to grow.

Lent runs very precisely for forty days - not including Sundays - and so begins on Ash Wednesday and contains six Sundays. The part week it begins with means material has to be provided for the Sunday Before Lent (that used to be called Quinquagesima), even though it will nor usually be used on that Sunday.

### *Sentence for Season*

Rend your hearts and not your garments. Return to the Lord, your God, for he is gracious and merciful.

### *Creeds*

I wash my hands  
that my neighbour may take from them without fear  
I wash my face  
that my neighbour may greet me without shame  
I wash my feet  
that my neighbour may ask my help without my slipping  
I wash my body  
that my neighbour may share my place without offence  
I wash my soul  
that my neighbour may trust in the light shining through it

I believe in my neighbour  
I believe in my neighbour's gifts  
I believe in my neighbour's hopes  
I believe in my neighbour's loves  
I believe in my neighbour's God

I turn around, that I may see whence I have come.  
I turn around, that I may know what I am  
I turn around, that I may change what I do  
I turn around, that I may cast aside the rubbish  
I turn around, that I may see my road clear

### *Prayers for Weeks*

#### **Sunday before Lent - Quinquagesima**

Lord God, who created us to shine with your glory,  
open our eyes to see ourselves clearly,  
that in so doing we may see you and all that you have done for us.  
We ask in the name of Jesus Christ, whose light shines in our hearts  
and in every heart. Amen

#### **First Sunday in Lent - Quadragesima**

The whole creation shall proclaim your glory, Gracious Father, for  
your grace and salvation poured out in the blood of your Son, Jesus  
Christ, through whom we too are saved, and through whom we  
offer you praise, glory and thanksgiving for ever. Amen.

#### **Second Sunday in Lent**

Merciful Lord, help us to bring to mind our need for salvation, our  
many sins that reveal that need, and the completeness of that  
salvation we have, through grace, received; so that we may turn  
away from those sins and reveal that salvation more and more  
completely in our lives, day by day, through Jesus Christ our Lord.  
Amen.

### Third Sunday in Lent

Everlasting Lord, through your Light of light, may our eyes see ever more clearly in everything you have made that your true power is salvation, your true glory is righteousness, and your true nature is love, shining in every heart. We ask this in the name of that Light, your Son, Jesus Christ. Amen.

### Fourth Sunday in Lent

Joy to the world, the world you made, the world you designed, the world you loved;  
Joy in our hearts, the hearts you saved, the hearts you dwell in, the hearts you hold dear;  
Joy in every heart, that all may know your love, your resurrection, your joy, for ever. Amen.

### Fifth Sunday in Lent

Judge us, Lord.  
Show our righteousness to be rags.  
Show our obedience to be lipservice.  
Show our commitment to be empty.  
That we might grasp why you still accept us as righteous, obedient and committed to you and to your Name. Amen

### Sixth Sunday in Lent

Father and King of all, whose Son laid aside the honour of the throne of heaven and the glory of the eternal Son of God, and instead accepted from a fallen world the glory of a donkey's back and the honour of a cross, may we look for no greater honour, no higher glory than his, wherever you may lead us, through the ages of the ages. Amen.

### *Days of the Week*

#### Sunday

Almighty God, before whom no door is truly closed,

open my heart to you, that I may welcome you.

Help me to welcome you, that I may welcome all who love you.

Help me to welcome all who love you, that I may welcome all whom you love

In the name of Jesus Christ, who welcomed me when I rejected him.

## Monday

It is the end of winter, Lord

The trees are barren, the sea is cold, the soil is claggy, the streets are hard

And I am fasting

Bring me your strength, Lord

That the trees may blossom in my sight, the seas may dance at my touch, the soil may warm at my work, and the streets may soften at my passing.

And as you slept nine months, and woke in your world

As you fasted forty days, and proclaimed your kingdom

As you died three days, and rose to save your people

so may my fasting, and the fasting of all your people be a feast to my soul, and a feast to all your creation

Amen.

## Tuesday

O God my Lord and my Judge,

Measure me against your rule

Show me

that I am not good, but forgiven

that I am not innocent, but justified

that I am not perfect, but completed

that I am not needed, but wanted

that I am not holy, but hallowed

that I am not special, but chosen

that I am not clean but washed

that I am not loveable, but loved

### Wednesday

O Crucified Christ

I stole your clothes. What did you do?

They steal from me. What should I do?

I flogged you. What did you do?

They beat me up. What should I do?

I mocked you. What did you do?

They slander me. What should I do?

I crucified you. What did you do?

They may kill me. What should I do?

I hate them. What will you do?

You loved me. What should I do?

### Thursday

O Lord of the True Flock

Who searches without end for those who have wandered

Who found me, trapped by the horns in a thicket

Who did not sacrifice me for your Son, but sacrificed your Son for me

Forgive my struggling against Your help

Teach me to accept my freedom

Lead me back to Your fold

Heal my wounds, dip me, feed me, clean and clip my fleece,

And mark me, as one of Your True Flock, for ever

### Friday

God, Lord and Father,

When you found me in the Enemy's possession, you bought me at the price of your Son; when I was a slave, you freed me from the penalty I deserved; and when I could not understand my freedom, you appointed me to be trained by your Spirit in love and goodness, so that I may become strong, prudent, just and self-controlled, worthy to be your child.

May I delight to accept my freedom, be happy to grow in your grace, be ready to learn from your word, and begin to live like my brother, your Son, in freedom and glory, as you have promised to me and to all my sisters and brothers. Amen

### *Saturday*

Lord, forgive us our trespasses  
As we forgive those who trespass against us.  
Lord, give us this day our daily bread  
As we give to those who hunger.  
Lord, lead us not into temptation  
As we tempt not others to covet.  
Lord, deliver us from evil  
As we deliver others from evil.  
Amen

### *Close*

God of Love, who is always willing to give us more than we ask, open our eyes to the riches of your grace and the depths of your love, that we may go further than we can see, and achieve more than we can dream; through our Lord Jesus Christ who was willing to accept even death on the Cross to rescue us; Amen.

### *Ending Sentence*

Go, and do likewise