



PRACTICING
LENT

A LITURGY FOR LENT 2019
MORNING & EVENING PRAYER

AND CAN IT BE?

And can it be that I should gain
An interest in the Saviour's blood?
Died He for me, who caused His pain—
For me, who Him to death pursued?
Amazing love! How can it be,
That Thou, my God, shouldst die for me?

Refrain:

Amazing love! How can it be,
That Thou, my God, shouldst die for me?

'Tis myst'ry all: th' Immortal dies:
Who can explore His strange design?
In vain the firstborn seraph tries
To sound the depths of love divine.
'Tis mercy all! Let earth adore,
Let angel minds inquire no more.

He left His Father's throne above—
So free, so infinite His grace—
Emptied Himself of all but love,
And bled for Adam's helpless race:
'Tis mercy all, immense and free,
For, O my God, it found out me!

Long my imprisoned spirit lay,
Fast bound in sin and nature's night;
Thine eye diffused a quick'ning ray—
I woke, the dungeon flamed with light;
My chains fell off, my heart was free,
I rose, went forth, and followed Thee.

No condemnation now I dread;
Jesus, and all in Him, is mine;
Alive in Him, my living Head,
And clothed in righteousness divine,
Bold I approach th' eternal throne,
And claim the crown, through Christ my own.

—Charles Wesley

A Lenten Devotional

HOW TO USE THIS BOOK

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12: 1-2

Lent strikes many Protestants as an exclusively Roman Catholic tradition, but this liturgical season helpfully serves all Christians as a unique time of preparation and repentance 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 is the church season which 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.

Lent is 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. As we approach the throne of grace with honesty and humility, our Heavenly Father delights to pour out the riches of his mercy and the renewing power of his Holy Spirit.

When we consider, as Christians, how extravagant the grace of God is in our lives—most of all in Jesus taking the punishment for our sin on the cross—it can feel overwhelming to find an adequate response! But 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 quoted above: *“Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.”*

This booklet is designed to be very flexible. You can use it once a week or every day. It’s useful for family discipleship at the dinner table or personal devotions. It can complement your daily time in God’s word as you prepare for a bible study. The prayers are adapted from the Anglican Book of Common Prayer while the bible readings rehearse the gospel pardon and peace we have received in the death and resurrection of Jesus Christ.

Bible Reading Plan

<i>Draw Near to God</i>	
MARCH 6	<i>James 4:6-12</i>
7	<i>Psalms 51</i>
8	<i>Psalms 32</i>
9	<i>Sabbath Rest</i>
<i>The King Rejected</i>	
10	<i>Matt 13:53-14:12</i>
11	<i>Isaiah 53:1-6</i>
12	<i>John 1:9-14</i>
13	<i>1 Peter 2:4-10</i>
14	<i>Psalms 118:19-24</i>
15	<i>James 5:7-12</i>
16	<i>Sabbath Rest</i>
<i>The King's Compassion</i>	
17	<i>Matt 14:13-36</i>
18	<i>Psalms 86</i>
19	<i>Isaiah 49:8-13</i>
20	<i>2 Cor 1:3-7</i>
21	<i>Matt 20:29-34</i>
22	<i>1 John 3:16-18</i>
23	<i>Sabbath Rest</i>
<i>The King's Diagnosis</i>	
24	<i>Matt 15:1-20</i>
25	<i>Isaiah 29:13-19</i>
26	<i>Col 2:16-19</i>
27	<i>Titus 3:4-8</i>
28	<i>Rom 3:21-26</i>
29	<i>Matt 23:1-12</i>
30	<i>Sabbath Rest</i>

<i>The King's Subjects</i>	
31	<i>Matt 15:21-39</i>
APRIL 1	
	<i>Ezekiel 34:11-16</i>
2	<i>1 John 1:5-10</i>
3	<i>Rom 15:8-13</i>
4	<i>Heb 12:1-2</i>
5	<i>Jude 17-23</i>
6	<i>Sabbath Rest</i>
<i>The King's Identity</i>	
7	<i>Matt 16:1-20</i>
8	<i>Daniel 7:13-14</i>
9	<i>John 17:1-5</i>
10	<i>Acts 3:11-26</i>
11	<i>Heb 1:1-4</i>
12	<i>Heb 3:1-6</i>
13	<i>Sabbath Rest</i>
<i>The King Comes</i>	
14	<i>Zech 9:9-17</i>
15	<i>Matt 21:1-10</i>
16	<i>Matt 21:33-42</i>
17	<i>Matt 26:6-13</i>
<i>The King Serves</i>	
18	<i>John 13:1-20</i>
<i>The King's Sacrifice</i>	
19	<i>Heb 9:11-15</i>
20	<i>2 Cor 5:21</i>
<i>The King Enthroned</i>	
21	<i>Phil 2:5-11</i>

Morning Prayer

INVITATION

*Blessed is the one
whose transgressions are forgiven,
whose sins are covered.*

*Blessed is the one
whose sin the Lord does not count against them
and in whose spirit is no deceit.*

Psalm 32:1-2

LORD'S PRAYER

Our Father in heaven,
hallowed be your name.
Your kingdom come, your will be done,
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those who sin against us.
Lead us not into temptation,
but deliver us from evil.
For yours is the kingdom, and the power,
and the glory forever and ever.
Amen.

COLLECT FOR LENT

Almighty and everlasting God, who hates nothing that you have made, and does forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

DAILY READING (PAGE 4)

Read the scripture passage for today.

**PRAY FOR
YOUR FAMILY, THE CHURCH, AND THE WORLD**

CLOSING BLESSING

O God, Most High and Holy, Three in One,
Father, Son, and Holy Spirit;
We offer to you this day, ourselves, our souls and bodies,
to be a reasonable, holy, and living sacrifice to you;
to whom be all praise and glory.
Amen.

PERSONAL PRAYER

Evening Prayer

INVITATION

*Lord, You are my hiding place;
you protect me from trouble
and surround me with songs of deliverance.*

Psalm 32:7

CONFESSION

Almighty Father, Lord of heaven and earth,
We confess that we have sinned against you
in thought, word, and deed.
Have mercy upon us, O Lord,
have mercy upon us out of your great goodness;
According to the vastness of your mercy
do away our offenses and heal us from our brokenness;
Wash us thoroughly from our wickedness
and cleanse us from our sins;
for Jesus Christ's sake.
Amen.

OR

My heart is like a house
Small for you to enter but I pray you to enlarge it
It is in ruins but I ask you to remake it
It contains much you will not be pleased to see
This I know and do not hide.
But who is to rid it of these things?
There is no one but you.
Amen.

PRAYER OF FORGIVENESS

Almighty Father, in your great love
you gave your dearly beloved Son to die for us:
grant that through his cross our sins may be put away,
and remembered no more against us,
and that, cleansed by his blood,
and mindful of his sufferings,
we may take up our cross daily,
and follow him in newness of life,
until we come to his everlasting kingdom;
through your Son Jesus Christ our Lord.
Amen.

COLLECT

Pray the Collect for this week found on pages 10-12.

DAILY READING (PAGE 4)

*Read today's scripture passage again. Read it slowly
or out loud. Spend some time talking to God about
what you've read – what surprises you and what
challenges you.*

**PRAY FOR
YOUR FAMILY, THE CHURCH, AND THE WORLD**

CLOSING PRAYER

Lighten our darkness, we beseech you, O Lord;
and by your great mercy defend us from all perils
and dangers of this night;
for the love of your only Son, our Saviour Jesus Christ.
Amen.

The Lord Almighty grant us a quiet night,
and at the last a perfect end;
and the blessing of God Almighty,
the Father, the Son, and the Holy Spirit,
be with us this night, and forever more.
Amen.

PERSONAL PRAYER

Collects for Lent and Easter

ASH WEDNESDAY

ALMIGHTY and everlasting God, who hates nothing that you have made, and does forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

FIRST SUNDAY IN LENT

O Lord, who for our sake did fast forty days and forty nights: Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey your godly motions in righteousness and true holiness, to your honour and glory; who lives and reigns with the Father and the Holy Spirit, one God, world without end. Amen.

SECOND SUNDAY IN LENT

Almighty God, who sees that we have no power of 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. Amen.

THIRD SUNDAY IN LENT

We beseech you, Almighty God, look upon the hearty desires of your humble servants and stretch forth the right hand of your Majesty to be our defense against all our enemies; through Jesus Christ our Lord. Amen.

FOURTH SUNDAY IN LENT

Grant, we beseech you, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of your grace may mercifully be relieved; through our Lord and Saviour Jesus Christ. Amen.

FIFTH SUNDAY IN LENT

We beseech you, Almighty God, mercifully to look upon your people; that by your great goodness they may be governed and preserved evermore, both in body and soul; through Jesus Christ our Lord. Amen.

THE SUNDAY BEFORE EASTER

Palm Sunday

Almighty and everlasting God, who, of your tender love towards mankind, has sent your Son our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility: Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen.

MAUNDY THURSDAY

O GOD, who in a wonderful sacrament has left for us a memorial of your passion: Grant us so to reverence the holy mysteries of your Body and Blood, that we may ever know within ourselves the fruit of your redemption; who lives and reigns with the Father in the unity of the Holy Spirit, one God, world without end. Amen.

GOOD FRIDAY

ALMIGHTY God, we beseech you graciously to behold this your family, for which our Lord Jesus Christ was contented to be betrayed, and given up into the hands of wicked men, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, ever one God, world without end. Amen.

ALMIGHTY and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: Receive our supplications and prayers, which we offer before you for all people's estates in your holy Church, that every member of the same, in their vocation and ministry, may truly and godly serve you; through our Lord and Saviour Jesus Christ. Amen.

HOLY SATURDAY

GRANT, O Lord, that as we are baptized into the death of your blessed Son our Saviour Jesus Christ, so by continually mortifying our corrupt affections we may be buried with him; and that, through the grave, and gate of death, we may pass to our joyful resurrection; for his merits, who died, and was buried, and rose again for us, your Son Jesus Christ our Lord. Amen.

EASTER SUNDAY

ALMIGHTY God, who through your only begotten Son Jesus Christ has overcome death, and opened unto us the gate of everlasting life: We humbly beseech you, that as by your special grace you put into our minds good desires, so by your continual help we may bring the same to good effect; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, ever one God, world without end. Amen.