

You are invited to join in...

*A Prayerful*

*Lent*

The Churches of Duxford • Hinxton • Ickleton

## **A Prayerful Lent**

Building on the Friday *Prayers for our world in conflict*, we are inviting people in our three Hinkledux churches to commit through Lent to pray for our world each day. Perhaps, for example, you could stop just for a few minutes at midday. These notes provide some guidance for each week. There is a verse from a Psalm – you may like to read the whole Psalm and to use the Psalmist’s words in your prayers - then some suggestions for prayer.

It may also be helpful to reflect on what you think God might be saying to you through this experience of prayer. We’re arranging a Zoom call each Friday at midday in these 5 weeks, to enable you to join with others as you reflect. Please check the email newsletter for details.

As well as this booklet, you might like to start to use one of the daily prayer apps, such as *Pray as You Go*, *Lectio 365* or *Everyday Faith*.

### **A prayer**

May today there be peace within;  
May I trust God that I am exactly where I am meant to be;  
May I not forget the infinite possibilities that are born of faith;  
May I use those gifts that I have received and pass on the love that has been given to me.  
May I be content knowing I am a child of God.  
Let this presence settle into my bones and allow my soul the freedom to sing, dance, praise and love;  
It is there for each and every one of us.

*Minnie Louise Haskins*

## Week 1

**God of every blessing, as I meditate on your word would you prune my priorities, refine my character, and realign my desires. Shape my life so that I more clearly resemble you, my King, and more sincerely live for your kingdom.**

### **MONDAY March 10**

*Psalm 18 v 1-2 I love you, O Lord, my strength. The Lord is my rock, my fortress and my deliverer. My God is my rock in whom I take refuge, my shield, my tall tower.*

Pray

- For those who are feeling desperate and without hope about their life;
- The homeless;
- The recently bereaved;
- I name.....

### **TUESDAY March 11**

*Psalm 19 v 14 May the words that come out of my mouth and the musings of my heart, meet with your gracious approval, O Eternal, My Rock, O Eternal My redeemer.*

Pray

- For members of my family;
- My local church family;
- The neighbours down my street;
- I name.....

### **WEDNESDAY March 12**

*Psalm 20 v 1 May the Lord answer you when you are in distress; may the name of the God of Jacob protect you.*

Pray

- For those fleeing conflict across national borders;
- For those seeking a more secure life for themselves;

- For those who are currently registered in refugee camps;
- I name .....

### **THURSDAY March 13**

Psalm 21 v13 *Be exalted in your strength, Lord: we will sing and praise your might.*

Pray

- For spiritual renewal across our villages, towns and cities;
- For people who are searching for a deeper meaning in life;
- For those who have recently become Christians;
- I name.....

### **FRIDAY March 14**

Psalm 22 v27 *All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him, for dominion belongs to the Lord and he rules over the nations.*

Pray

- For the nations still at war or in conflict – Ukraine and Russia, Sudan;
- For the ceasefire between Israel and Gaza;
- For the political and spiritual leaders of those nations, and other world leaders;
- I name.....

### **Blessing** (Numbers 6 v 24-6)

The Lord bless you and keep you;

The Lord make his face to shine on you and be gracious to you;

The Lord turn his face toward you and give you peace.

## Week 2

**Listening God, thank you that I can bring all of my life, my deepest desires, to you in prayer. Don't let my prayers and devotion become a religious show; keep me honest and true, full of gratitude for your mercy.**

### **MONDAY March 17**

*Psalm 23 v 1 The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.*

*He guides me along the right paths for his name's sake.*

Pray

- For those who are long term carers;
- Those with compassion fatigue and on the edge of burnout;
- Those needing refreshment rest and recovery;
- I name .....

### **TUESDAY March 18**

*Psalm 24 v 1 The earth is the Lords, and everything in it, the world and all who live in it.*

Pray

- For all those attempting to combat climate change: the scientists, politicians and business leaders;
- Those caught up in disasters of floods and fire and earthquakes;
- For climate change refugees;
- I name.....

### **WEDNESDAY March 19**

*Psalm 25 v1 In you, O Lord my God, I put my trust. No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause.*

Pray

- For the justice system – for men and women of integrity;
- For the police, prison officers;
- For probation officers and social workers;
- I name .....

### **THURSDAY March 20**

Psalm 26 v 2 *Test me O Lord, and try me, examine my heart and my mind.*

Pray

- About the personal challenges you face today, this week and this year;
- That God will open your heart to his compassion and guidance;
- That God will open your mind to greater depths of engagement with surrounding issues.

### **FRIDAY March 21**

Psalm 27 v 7-8 *Hear me as I pray, O Lord. Be merciful and answer me!*

*My heart has heard you say “come and talk with me” and my heart responds “Lord, I am coming.”*

How is your heart responding?.....

### **Blessing (John 20 v 29)**

Blessed are those who believe without seeing me.

## Week 3

**God of peace in the midst of this storm, I offer you my worries. I bring you my brokenness and I surrender my striving. As I rest in your presence, I cast my burdens on to you.**

### **MONDAY March 24**

*Psalm 28 v 6-9. Praise the Lord! For he has heard my cry for mercy. The Lord is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy.*

Pray

- For children and teenagers in your family;
- For the schools & village colleges in our area;
- For the teachers and staff in our schools and preschools;
- I name....

### **TUESDAY March 25**

*Psalm 29 v 4,11 Praise the Lord for he has heard my cry for mercy The Lord. is my strength and shield. I trust him with all my heart. He helps me and my heart is filled with joy. I burst out with songs of thanksgiving.*

Prayer

- What specific people and things can you thank God for today?
- What answers to prayer are you aware of?
- What actions might follow on from this thankfulness?

### **WEDNESDAY March 26**

*Psalm 30 v 2-3 O Lord my God, I cried to you for help and you restored my health. You brought me up from the grave O Lord, You kept me from falling in to the pit of death.*

Pray

- For all those drawing towards the end of their lives;
- For those living with long term health issues;

- For chaplains, staff and volunteers in hospitals, hospices and care homes.
- I name.....

### **THURSDAY March 27**

*Psalm 31 v 1 O Lord, I have come to you for protection; don't let me be disgraced. Save me for you do what is right"*

Pray

- For Christians who are being denied education, careers, food and shelter because of their belief;
- For justice in countries where there is both overt and hidden prejudice, discrimination and persecution;
- Those hosting and caring for displaced people and refugees;
- I name.....

### **FRIDAY March 28**

*Psalm 32 v 8 The Lord says 'I will guide you along the best pathway for your life. I will advise you and watch over you. Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.'*

Pray

- For those having to make major life decisions;
- Those advising family and colleagues over decision making;
- For those in danger;
- I name.....

### **Blessing** (Philippians 4 v 7)

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## Week 4

**Loving God, when I'm feeling lost or lonely or afraid or uncertain of the way ahead, be my guide, a lamp to my feet and a light for my path. And help me to be a good companion to those I meet on the way.**

### **MONDAY March 31**

Psalm 33 v 20 *Our soul waits for the Lord; he is our help and shield.*

Pray

- For people who are waiting for results of health tests;
- For people who are waiting for the outcome of a job interview;
- For people who are waiting for news of a birth or a death;
- I name....

### **TUESDAY April 1**

Psalm 34 v 1, 3 *I will bless the Lord at all times; his praise shall continually be in my mouth. O magnify the Lord with me, and let us exalt his name together.*

Pray

- For people who work in the creative industries;
- As you do so, call to mind and give thanks for what brings you joy from music and the other arts.

### **WEDNESDAY April 2**

Psalm 36 v 9 *For with you is the fountain of life; in your light we see light.*

Pray

- For people who work in nature conservation;
- For people engaged in scientific research;
- I name...

### **THURSDAY April 3**

Psalm 37 v 23-44 *Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand.*

Pray

- For people who today are travelling far;
- For those who make dangerous journeys to safety or in hope of a better life;
- I name...

### **FRIDAY April 4**

Psalm 38 v 9 *O Lord, all my longing is known to you; my sighing is not hidden from you.*

As you reflect on your prayers this week, take a moment to share your longings with God...

**Blessing** (Psalm 67 v 7)

May God continue to bless us; let all the ends of the earth revere him.

## Week 5

**Steadfast God, redirect my life and redirect the life of the world. Help us to live in peace with each other and with the planet. And today help me to tread lightly on the earth, praying for others that we may all find for ourselves the way of being human that God shows us in Jesus.**

### **MONDAY April 7**

*Psalm 39 v 12 'Hear my prayer, O Lord, and give ear to my cry; do not hold your peace at my tears. For I am your passing guest, an alien, like all my forebears.'*

Pray

- For people who today live in war zones;
- For people who suffer because of the effects of past conflicts;
- For people serving in armed forces;
- I name...

### **TUESDAY April 8**

*Psalm 40 v 6 Sacrifice and offering you do not desire, but you have given me an open ear.*

Pray

- For the church across the world;
- For the Church of England and its leaders;
- For people who are preparing for baptism or confirmation;
- I name...

### **WEDNESDAY April 9**

*Psalm 41 v 4 As for me, I said, 'O Lord, be gracious to me; heal me, for I have sinned against you.'*

Pray

- For people whose family lives are difficult;

- For children and young people who are excluded from school;
- For foster parents and people who work in safeguarding;
- I name....

### **THURSDAY April 10**

Psalm 42 v 1-2 *As a deer longs for flowing streams, so my soul longs for you, O God. My soul thirsts for God, for the living God.*

Pray

Pray

- For people who are struggling to find joy in their lives;
- For people experiencing mental health difficulties;
- For psychologists, counsellors and other mental health professionals.
- I name....

### **FRIDAY April 11**

Psalm 43 v 3 *O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling.*

As you reflect on your prayers this week and throughout this season of Lent, consider whether there have been times when you have felt near to God or times when you have felt God to be distant.

### **Blessing** (2 Peter 1 v 2)

May grace and peace be yours in abundance in the knowledge of God and of Jesus our Lord.