

Communal Prayers while in the wilderness



The Spring in the Wilderness at En Gedi, Israel

A resource from the Anglican Parish of Hunters Hill

Lent is known as a time “in the wilderness”.

We travel with Jesus on his pilgrimage of forty days and nights (Matthew 4:1-11; Mark 1: 12-15; Luke 4: 1-13). Normally, we do this together as a community with times of regular worship. Sometimes, like now as we face the threat of COVID-19 (Coronavirus), the Church has needed to meet “in spirit” with one another.

We do so knowing that we are in the wilderness together. We are not alone. Jesus is with us! We are the Body of Christ, and his Spirit is with us!!

I hope and pray that for those who are isolating, that this resource of daily prayer over the next couple of weeks might be a way of us continuing to connect with one another as we pray with and for one another, and the needs of our community and world. A small spring in the wilderness.

I hope to be able to do this at 9:00am (Morning Prayer), 12noon (Midday Prayers) and 5:00pm (Evening Prayer) each day. If you are near All Saints’ you may hear the bell go as an invitation to pray (where you are). I also hope to provide resources on our Facebook page, and if possible our web page. On our web page is also a page you may wish to use to include items within our Parish daily prayers (www.aphh.com.au/prayer-request/).

If you require any assistance in this time, please feel free to contact us and we will assist as best we are able, or may ask others to help who are better positioned to do so.

This resource includes readings up until the end of March. We hope that things will have improved by then and we might gather again. If not, I will produce a second booklet, and continue providing online resources.

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Morning Prayer for Lent

(From Iona)

Driven by the Spirit, Jesus went out to inhabit a liminal place.
For forty days and nights, homeless and weary, famished and footsore, he wandered and watched and wrestled ...
For forty days and nights, companioned and comforted by animals and angels, he traversed and tested and tempered ...
And then, knowing who he was, seeing where he must go, understanding what he should do...
Jesus, filled with the Spirit, returned from the uncharted place to do the work of the Kingdom.

The Approach

Jesus, by your example you challenge us to make this season a journey of discovery;
As we leave comforting landmarks behind to inhabit and explore our own uncharted places, help us to discern who we are and embrace what we might become.

Jesus, by your words and actions you show us how to watch and wait and wrestle;
As we listen now to those familiar stories and savour afresh your wit and wisdom, help us to recognize where we are and envisage where we need to move to.

Jesus, you offer us your company in the known and the unknown places;
As we touch hands with you now through the telling of your story, help us to better understand the threads of our lives and see how to weave them with yours into the patterns of God's Kingdom.

Confession

Let us draw near to God in spirit and in truth.

God of the liminal places, you draw us into the quietness of the desert so that we can encounter ourselves.

We confess that all too often we stubbornly cling to false images rather than face the necessity of change.

Silence

You call us into the emptiness of the desert so that we can confront our desires.

We confess that all too often we continue to choose our own comfort rather than serving the needs of others.

Silence

You drive us into the dangers of the desert so that we can engage with your Kingdom.

We confess that all too often we prefer the smooth roads of safety over the perilous pathways of justice.

Silence

Forgive us, O God, wherever we have chosen to be, or do, or dare less than you have asked of us; and as we walk on in the desert with you help us watch and wrestle with these things so that we might choose life over death. Amen.

The Word

For the Word of God in scripture,
For the Word of God among us,
For the Word of God within us,
Thanks be to God!

You may wish to read:

Wednesday 18th March – Cyril of Jerusalem - Psalm 41 & 44; Luke 16:1-13.

Thursday 19th March – Ps 45; Luke 16: 14-31.

Friday 20th March – Cuthbert of Lindisfarne - Ps 48; Luke 17:1-19.

Saturday 21st March – Thomas Cranmer - Psalm 50; Luke 17:20-37.

Sunday 22nd March – Fourth Sunday in Lent – Ps 31: 1-9, 2 Corinthians 11:12-21.

Monday 23rd March – Ps 54; Luke 18:1-14

Tuesday 24th March – Oscar Romero - Ps 56; Luke 18: 15-30.

Wednesday 25th March – Ps 62; Luke 18: 31-43.

Thursday 26th March – Ps 65; Luke 19: 1-10.

Friday 27th March – Ps 68:1-20; Luke 19:11-27.

Saturday 28th March – Ps 71; Luke 19: 28-48.

Sunday 29th March – Fifth Sunday in Lent - Ps 71:1-14; 2 Corinthians 11:21-31.

Monday 30th March – Ps 72; Matthew 21:23-46.

Tuesday 31st March – Ps 59, Matthew 22:1-33.

Silence may follow for reflection.

Closing Prayers

Move among us, O God; give us life:
Let your people rejoice in you.
Make our hearts clean within us:
Renew us in mind and in spirit.
Give us again the joy of your help:
Within your Spirit of freedom sustain us.

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 forever. Amen.

Closing Responses

This is the day that the Lord has made;
We will rejoice and be glad in it.

We will not offer to God
Offerings that cost us nothing.

Go in peace to love and serve;
We will seek peace and pursue it.

In the name of the Trinity of Love,
God in community, Holy and One. Amen.

Midday Prayer for Lent

From Bethlehem to Nazareth,
from Jordan to Jericho,
from Bethany to Jerusalem.
from then to now,
Come, Lord Jesus.

To heal the sick,
to mend the broken-hearted,
to comfort the disturbed,
to disturb the comfortable,
to cleanse the temple,
to liberate faith from convention,
Come, Lord Jesus.

To carry the cross,
to lead the way,
to shoulder the sin of the world,
and take it away
Come, Lord Jesus.

Today,
to this place,
to me/us,
Come, Lord Jesus.

The Litany of God's Saving Act

In the beginning, God made the world:
Made it and mothered it,
Shaped it and fathered it;
Filled it with seed and with signs of fertility,
Filled it with life and with song and variety.

All that is green, blue, deep and growing,

God's is the hand that created you.

All that is tender, firm, fragrant and curious,

God's is the hand that created you.

All that crawls, flies, swims, walks or is motionless,

God's is the hand that created you.

All that speaks, sings, cries, laughs or keeps silence,

God's is the hand that created you.

All that suffers, lacks, limps or longs for an end,

God's is the hand that created you.

The world belongs to God,

God's is the hand that created you.

When the time was right, God sent the Son.

Sent him and suckled him,

Reared him and risked him;

Filled him with laughter and tears and compassion,

Filled him with anger and love and devotion.

Unwelcomed child, refugee and runaway,

Christ is God's own Son.

Skilled carpenter and homeless wayfarer,

Christ is God's own Son.

Feeder and teacher, healer and antagonist,

Christ is God's own Son.

Lover of the unlovable, toucher of the untouchable, forgiver of the unforgivable,

Christ is God's own Son.

Loved by the least, feared by the leaders; befriended by the weak,

despised by the strong; deserted by his listeners, denied by his friends;

bone of our bone, flesh of our flesh, writing heaven's pardon over earth's mistakes,

Christ is God's own Son.

When the world could wait no longer,
The carpenters took up their tools,
They made a cross for God's own son,
Fashioned from wood and skill of human hands,
Fashioned from hate and will of human minds.

He was a man of sorrows and acquainted with grief,
For us he grieved.

He was summoned to the judgment hall, an enemy of the state, a danger
to religion,

By us he was judged.

He was lashed with tongues and scourged with thongs,

By his stripes we are healed.

He was nailed to the cross by human hands,

Bone of our bone, flesh of our flesh.

He died, declaring God's forgiveness.

He rose on the third day, transforming death.

He ascended into heaven, that he might be everywhere on earth.

Thus, though we were once no people,

Now we are God's people.

For God sent his Son into the world

not to condemn the world,

But that the world,

through him, might be saved.

Word of God

O God of the weak, O God of the lowly,
O God of the righteous, O shield of your people,
Speak now through your Word.

You may wish to read:

Wednesday 18th March – Cyril of Jerusalem - Ps 147:12-20; Matthew 5:17-19.

Thursday 19th March – Ps 95:6-11; Luke 11: 14-23.

Friday 20th March – Cuthbert of Lindisfarne - Ps 81:13-16; Mark 12:28-34.
Saturday 21st March – Thomas Cranmer – Ps 51: 10-17; Luke 18: 9-14.
Sunday 22nd March – Fourth Sunday in Lent – Ps 23; John 9:1-41.
Monday 23rd March – Ps 30:8-12; John 4: 43-54.
Tuesday 24th March – Oscar Romero - Ps 6:1-7; John 5:1-16.
Wednesday 25th March – Ps 40: 6-13; Luke 1: 26-38.
Thursday 26th March – Ps 106:20-24; John 5:31-47.
Friday 27th March – Ps 34:15-22; John 7:1-30.
Saturday 28th March – Ps 7: 7-12; John 7:40-52.
Sunday 29th March – Fifth Sunday in Lent - Ps 130; John 11:1-45.
Monday 30th March – Ps 23; John 8:1-11.
Tuesday 31st March – Ps 102:18-22; John 8:21-30.

Silence may follow for reflection.

Closing Responses & Blessing

The servant is coming whom God upholds,
the chosen one in whom God delights.
On him God's Spirit firmly rests,
by him God's justice will be done.

He will not shout or raise his voice,
He will not falter or be crushed.

In him God's holy arm is bared,
Through him God's sure salvation comes.

Then let the watchers shout for joy
and let the wasted places sign:
Now is the time for deliverance!
Now earths redeemer has come!

The love of the faithful Creator,
the peace of the wounded Healer,
the joy of the challenging Spirit,
the hope of the Three in One,
surround and encourage me/us,
today, tomorrow and forever. **Amen.**

Evening Prayer for Lent

The knees of our hearts we bow
in the sight of God who created us,
in the sight of the Son who died for us,
in the sight of the Spirit who helps us,
in friendship and affection.

Through your own Son, O Maker of all,
grant me/us the fullness our lives long for:

Love for God,
Love from God,
The grace of God,
The wisdom of God,
The fear of God,
The imagination of God,
And God's purpose in all things.

So may we live in this world
as saints and angels do in heaven.
Each shadow and light,
each day and night,
each moment in kindness,
give us your Spirit. Amen.

Word of God

For the Word of God in scripture,
For the Word of God among us,
For the Word of God within us,
Thanks be to God!

You may wish to read:

Wednesday 18th March – Cyril of Jerusalem – Ps 44:10-27; Hebrews 10:32-39.

Thursday 19th March – Ps 46 & 47; Hebrews 11: 1-12.

Friday 20th March – Cuthbert of Lindisfarne - Ps 49; Hebrews 11:13-28.
Saturday 21st March – Thomas Cranmer – Ps 119:41-64; Hebrews 11:29-40.
Sunday 22nd March – Fourth Sunday in Lent – Ps 69:20-28; Matthew 27:1-31.
Monday 23rd March – Ps 5:13-28; Hebrews 12:1-11.
Tuesday 24th March – Oscar Romero - Ps 60 & 61; Hebrews 12:12-24.
Wednesday 25th March – Ps 64 & 67; Hebrews 12:25-29.
Thursday 26th March – Ps 6; Hebrews 12:25-29.
Friday 27th March – Ps 68:24-35; Hebrews 13:18-25.
Saturday 28th March – Ps 19:65-88; Hebrews 13:18-25.
Sunday 29th March – Fifth Sunday in Lent - Ps 131; Matthew 27:32-56.
Monday 30th March – Ps 73; Galatians 6:11-18.
Tuesday 31st March – Ps 144; Romans 5:6-19.

Silence may follow for reflection.

Closing Compline

With the things that I make
With the thoughts of my mind
With the sharing of my time
With the love of my heart
With each one who plays a part
The sacred Three be over me
The blessing of the Trinity.
Circle me Lord

Keep protection near
And danger afar
Circle me Lord

Keep hope within
Keep doubt without
Circle me Lord

Keep light near
And darkness afar
Circle me Lord

Keep peace within
Keep evil out
Circle me Lord

Lord, hear my prayer
At the throne of the king of heaven. Amen.

Thou art the peace of all things calm
Thou art the place to hide from harm
Thou art the light that shines in dark
Thou art the heart's eternal spark
Thou art the door that's open wide
Thou art the guest who waits inside
Thou are the stranger at the door
Thou art the calling of the poor
Thou art my Lord and with me still
Thou art my love, keep me from ill,
Thou art the light, the truth, the way,
Thou art my Saviour this very day.

The Father on me/us his blessing bestow
The son his love towards me/us flow
The Spirit his presence to me/us show
On me/us and all the people I/we know
On me/us and all who seek to grow
The threefold blessing wherever you go.

Come, O Spirit of God,
and make within us your dwelling place and home.
May my/our darkness be dispelled by your light,
and my/our troubles calmed by your peace;
may all the evil be redeemed by your love,
and pain transformed through the suffering of Christ,
and all dying glorified by his risen life. Amen.

Let me/us praise the Father, the Son and the Holy Spirit:
let me/us bless and magnify God for ever.

May the almighty and merciful God bless me/us and keep me/us. Amen.

Some spiritual exercises that may assist throughout the day

Aware Breathing

Sit tall and solid like a mountain.
Close your eyes

Notice your breathing.

Follow the in-breath all the way in

Follow the out breath all the way out.

(Do this as many times as you can)

Remember:

God, the Father, is pouring the Spirit of His Son into your heart right now.

As you breath in, open your heart to receive the Spirit of Jesus.

As you breath out, give God your own spirit.

Breathe in:

"I receive the Spirit."

Breathe Out:

"I give my own spirit."

(Do this as many times as you can).

Gently become aware of your body and open your eyes.

Noticing the Hours

Set an alarm for each hour of the day.

Stop when it goes off.

Pause and enter the moment quietly.

Ask yourself: Jesus, where did I notice you last hour?

Think on this for a moment.

Ask yourself: Jesus, when did I miss you in the last hour?

Think on this for a moment.

Conclude by praying: Lord, help me to notice you in the hour to come.
Amen.

The Daily Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern God's direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience. The method presented here is adapted from a technique described by Ignatius Loyola in his *Spiritual Exercises*. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's not a bad habit to take up.

I thank God.

I say to the Lord: I am content with what I am and have.

Thank you for stars and universes, for mountains and oceans.

Thank you for health and home and work, for those I love and those who love me.

Thank you that I know Jesus Christ and am his—for the Church, and sacraments, and hope in eternal life.

And thank you for this day.

I ask for light.

Let me see myself and my behaviour the way the Holy Spirit has been seeing me, who am God's splendid creature, adopted and "set free in Christ Jesus" (Romans 3:24).

I look for God in my life.

I ask what I have done for love—love of God, of others, and of myself. If I have decided to change a habit or to grow a virtue, I give myself an account.

I face what's wrong.

I accept responsibility for what I have done or not done, rejoicing in the good and repudiating the bad. I do not blame circumstances, upbringing, or others.

I determine what to do now.

I see what I can do to love God better, grateful for what Jesus Christ is doing in me. I watch where the Spirit is leading me.