

WEEK ONE

Lent is the season in which we look forward to celebrating the life, death, and resurrection of Jesus Christ. The following prayers and activities are ways we can prepare our hearts for the next six weeks leading up to Easter Sunday.

PRAYER

We confess, Lord God, that you are King and we are not.

As it is written, “The earth is the Lord’s and the fullness thereof, the world and those who dwell therein.”

BOOK OF COMMON PRAYER

Almighty and everlasting God, you hate nothing that you have made and you forgive the sins of all who come humbly before you in repentance. Create and make in us new and humble hearts, that we who acknowledge our sinfulness and our sin may obtain from you, God of all mercy, complete forgiveness and cleansing of our sin through Jesus Christ our Lord. Praise be to you our Glorious God, to the Lord Jesus Christ who lives and reigns at your right hand, and to the Holy Spirit who is the seal of our inheritance, the blessed three in one, forever and ever, amen.

This Lent season we remember that God Almighty, King of Kings, humbled himself to become a man and endured scorn and shame, submitting to the will of God, that he would save us. He died the shameful, painful death of a thief.

FOR PRAYER WITH YOUR FAMILY, RC, OR ALONE

Thank the Lord for who He is, for His greatness, and that He is King. Thank the Lord for some of the many blessings He has blessed you with. Be specific! There is no blessing too large and no blessing too small to be thankful for.

ACCOMPANYING SCRIPTURE

Psalm 95

Psalm 96

LENT CHALLENGE

Fast a lunch this week and use the time of fasting to pray through the above prayer.