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LENT

*40 Days of Formation*

2016



NEW CITY CHURCH  
LOS ANGELES



“**L**ENT is the forty-day season of reflection and preparation for the death and resurrection of Jesus. It is a time of repentance, of considering Christ’s sufferings and rethinking how we are called to take up our own crosses. During this time many Christians fast, which means to abstain from food or some other pleasure. Some Christians integrate something new into their lives like visiting the sick, the imprisoned, a new prayer practice, and so on. It is a good season to re-think how we live and to let some things go, or maybe even develop some new holy habits. **ASH WEDNESDAY** marks the beginning of Lent.”

- ADAPTED FROM *COMMON PRAYER: A LITURGY FOR ORDINARY RADICALS*



*“We invite you, therefore, in the name of Jesus, to the observance of a holy LENT, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, maker and redeemer.”*

- ADAPTED FROM *THE BOOK OF COMMON PRAYER*

## HOW TO USE THIS GUIDE

Prayer is one of the primary ways God forms us. We are formed as we continually pray well-crafted, theologically-correct, and time-tested prayers. During the 40 days of LENT, read aloud the prayers in this guide and allow God to form your heart and mind.

There is also space where you can pray extemporaneously, lifting up your own petitions or interceding on behalf of others. Further, each day there is a special Gospel reading and Psalm. When the guide prompts you, look up the Scripture references for the day.

The arrangement of these prayers is adapted from *Water to Wine* by pastor Brian Zahnd.

## ADDRESS

*Father God, creator of heaven and earth,  
God of Abraham, Isaac, and Jacob,  
God of Israel,  
God and Father of our Lord and Savior Jesus Christ,  
True and Living God who is Father, Son, and Holy Spirit,  
Have mercy and hear my prayer.*



## FIRST PRAYERS

*O Lord, open our lips.*

*And our mouth shall proclaim your praise.*

*Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be forever. Amen.*

*Hallelujah.*

*O God, make speed to save us.*

*O Lord, make haste to help us.*

*Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be forever. Amen.*

*Hallelujah.*



## THE JESUS PRAYER

*Lord Jesus Christ, Son of God, have mercy on me.*



## CONFESSION OF SIN

*Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole hearts;  
we have not loved our neighbor as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name.  
Amen.*



## PSALM OF THE DAY



## GOSPEL READING



## APOSTLES' CREED

*I believe in God, the Father almighty,  
creator of heaven and earth.*

*I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.*

*He suffered under Pontius Pilate,  
was crucified, died, and was buried.*

*He descended to the dead.*

*On the third day he rose again.*

*He ascended into heaven,  
and is seated at the right hand of the Father.*

*He will come again to judge the living and the dead.*

*I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.*

*Amen.*



## THE JESUS PRAYER

*Lord Jesus Christ, Son of God, have mercy on me.*



### PSALM 23

*The Lord is my shepherd;*

*I shall not want.*

*He makes me lie down in green pastures.*

*He leads me beside still waters.*

*He restores my soul.*

*He leads me in the paths of righteousness for his Name's sake.*

*Even though I walk through the valley of the shadow of death,*

*I will fear no evil;*

*For you are with me;*

*Your rod and your staff, they comfort me.*

*You prepare a table before me in the presence of my enemies;*

*You anoint my head with oil,*

*My cup overflows.*

*Surely goodness and mercy shall follow me all the days of my life,*

*and I will dwell in the house of the Lord forever.*



### PSALM 91:1-2

*He who dwells in the secret place of the Most High,*

*shall abide under the shadow of the Almighty.*

*I will say of the Lord,*



*“You are my fortress and my refuge,  
My God in whom I will trust.*



**PRAYER FOR FAMILY**  
*(Extemporaneous petitions and intercession)*



**PSALM 103:1-5**

*Bless the Lord, O my soul,  
and all that is within me, bless his holy Name.  
Bless the Lord, O my soul,  
and forget not all his benefits.  
He pardons all your iniquities,  
and heals all your diseases;  
He redeems your life from the pit  
and crowns you with lovingkindness and mercy;  
He satisfies you with good things,  
so that your youth is renewed like the eagle's.  
Bless the Lord, O my soul,  
And all that is within me bless his holy name.*



**THE JESUS PRAYER**  
*Lord Jesus Christ, Son of God, have mercy on me.*

## THE OUR FATHER PRAYER

*Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power,  
and the glory,  
forever.  
Amen.*



## THE OUR FATHER PRAYER (EXPANDED)

*Our Father, Holy Father, Abba Father, in the heavens,  
Hallowed, holy, sacred be your name.  
From the rising of the sun, to the going down of the same,  
The name of the Lord is to be praised.  
Great is the Lord and greatly to be praised.  
Holy, holy, holy is the Lord God of hosts,  
The whole earth is full of your glory.  
Holy, holy, holy is the Lord God almighty,*

*Who was and is and is to come.  
Thy kingdom come, thy will be done,  
On earth as it is in heaven.  
Thy government come, thy politics be done,  
On earth as it is in heaven.  
Thy reign and rule come, thy plans and purpose be done,  
On earth as it is in heaven.  
May we be an anticipation of the age to come.  
May we embody the reign of Christ here and now.  
Give us day by day our daily bread.  
Provide for the poor among us.  
As we seek first your kingdom and your justice,  
May all we need be provided for us.  
Forgive us our trespasses as we forgive those who trespass against us.  
Forgive us our sins as we forgive those who sin against us.  
Forgive us our debts as we forgive our debtors.  
Transform us by the Holy Spirit into a forgiving community  
of forgiven sinners.  
Lead us not into trouble, trial, tribulation or temptation.  
Be mindful of our frame, we are but dust,  
We can only take so much.  
Lead us out of the wilderness into the promised land that flows with  
milk and honey,  
Lead us out of the badlands into resurrection country.  
Deliver us from evil and the evil one.  
Save us from Satan, the accuser and adversary.  
So that no weapon formed against us shall prosper.  
So that every tongue that rises against us in accusation you will condemn.  
So that every fiery dart of the wicked one is extinguished by the shield of faith.*

*So that as we submit to you and resist the devil, the devil flees.  
So that as we draw near to Jesus Christ lifted up,  
His cross becomes for us the axis of love expressed in forgiveness,  
That refounds the world;  
And the devil, who became the false ruler of the fallen world,  
Is driven out from among us.  
For thine is the kingdom and power and the glory, forever.  
Amen.*



#### **PETITION & INTERCESSION**

*(Presenting our needs to God and praying on behalf of others)*



#### **PRAYER TO THE CRUCIFIED CHRIST**

*Lord Jesus, You stretched out your arms of love upon the hard wood  
of the cross  
That everyone might come within the reach of your saving embrace:  
So clothe us in your Spirit that we, reaching forth our hands in love,  
May bring those who do not know you to the knowledge and love of you;  
For the honor of your name.  
Amen.*



## THE BEATITUDES

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.*

*Blessed are those who mourn, for they shall be comforted.*

*Blessed are the meek, for they shall inherit the earth.*

*Blessed are those who hunger and thirst for justice, for they shall be satisfied.*

*Blessed are the merciful, for they shall receive mercy.*

*Blessed are the pure in heart, for they shall see God.*

*Blessed are the peacemakers, for they shall be called the children of God.*

*Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.*



## PRAYER FOR PEACE

*O God,*

*You have made of one blood all the peoples of the earth,  
And sent your blessed Son to preach peace to those who are far off and to  
those who are near:*

*Grant that people everywhere may seek after you and find you;*

*Bring the nations into your fold;*

*Pour out your Spirit upon all flesh; and hasten the coming of your kingdom;*

*Through Jesus Christ our Lord.*

*Amen.*



## PRAYER OF ST. FRANCIS

*Lord, make me an instrument of your peace,*

*Where there is hatred, let me sow love;*

*Where there is injury, pardon;*

*Where there is doubt, faith;*

*Where there is despair, hope;*

*Where there is darkness, light;*

*And where there is sadness, joy,*

*O Divine Master, grant that I may not so much seek to be consoled as to  
console;*

*to be understood, as to understand;*

*to be loved, as to love.*

*For it is in giving that we receive;*

*it is in pardoning that we are pardoned;*

*and it is in dying that we are born to eternal life.*

*Amen.*



## PRAYER FOR GRACE

*Lord God, Almighty and Everlasting Father,*

*You have brought us in safety to this new day:*

*Preserve us with your mighty power, that we may not fall into sin,*

*Nor be overcome by adversity; and in all we do,*

*Direct us to the fulfilling of your purpose,*

*Through Jesus Christ our Lord.*

*Amen.*

## PRAYER OF THANKSGIVING

*Almighty God, Father of all mercies,  
We your unworthy servants give you humble thanks  
For all your goodness and lovingkindness to us and to all whom  
you have made.*

*We bless you for our creation, preservation, and all the blessings of this life;  
But above all for your immeasurable love in the redemption of the world by  
our Lord Jesus Christ;*

*For the means of grace, and for the hope of glory.*

*And, we pray, give us such an awareness of your mercies,  
That with truly thankful hearts we may show forth your praise,  
Not only with our lips, but in our lives,  
By giving up our selves to your service,  
And by walking before you in holiness and righteousness all our days;  
Through Jesus Christ our Lord,  
To whom, with you and the Holy Spirit, be honor and glory  
throughout all ages.*

*Amen.*



## PRAYER FOR MERCY

*Lord, have mercy.*

*Christ, have mercy.*

*Lord, have mercy.*



**CONFESSION OF THE MYSTERY**

*Christ has died.*

*Christ is risen.*

*Christ will come again.*



**THE JESUS PRAYER**

*Lord Jesus Christ, Son of God, have mercy on me.*



## DAILY GOSPEL READINGS AND PSALMS

FEBRUARY 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 <b>ASH WEDNESDAY</b> Matthew 6:1-6,16-21 Psalm 41	11 Luke 9:18-25 Psalm 42	12 Matthew 9:10-17 Psalm 43	13 Luke 5:27-32 Psalm 44
14 Luke 4:1-13 Psalm 45	15 Matthew 25:31-46 Psalm 46	16 Matthew 6:7-15 Psalm 47	17 Luke 11:29-32 Psalm 48	18 Matthew 7:7-12 Psalm 49	19 Matthew 5:20-26 Psalm 50	20 Matthew 5:43-48 Psalm 51
21 Luke 13:31-35 Psalm 52	22 Luke 6:27-38 Psalm 53	23 Matthew 23:1-12 Psalm 54	24 John 15:1,6-16 Psalm 55	25 Luke 16:19-31 Psalm 56	26 Matthew 21:33-43 Psalm 57	27 Luke 15:11-32 Psalm 58
28 Luke 13:1-9 Psalm 59	29 Luke 4:23-30 Psalm 60					

MARCH 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Matthew 18:21-35 Psalm 61	2 Matthew 5:17-19 Psalm 62	3 Luke 11:14-23 Psalm 63	4 Mark 12:28-34 Psalm 64	5 Luke 18:9-14 Psalm 65
6 Luke 15:1-3, 11b-32 Psalm 66	7 John 4:43-54 Psalm 67	8 John 5:1-18 Psalm 68	9 John 5:19-29 Psalm 69	10 John 5:30-47 Psalm 70	11 John 7:1-2,10,25-30 Psalm 71	12 John 7:37-52 Psalm 72
13 John 12:1-8 Psalm 73	14 John 8:1-11 Psalm 74	15 John 8:21-30 Psalm 75	16 John 8:31-42 Psalm 76	17 John 8:51-59 Psalm 77	18 John 10:31-42 Psalm 78	19 Luke 2:41-52 Psalm 79
20 <b>PALM SUNDAY</b> Luke 23:1-49 Psalm 80	21 John 12:1-11 Psalm 81	22 John 12:20-36 Psalm 82	23 John 13:21-32 Psalm 83	24 <b>MAUNDY THURSDAY</b> John 13:1-17, 31b-35 Psalm 84	25 <b>GOOD FRIDAY</b> Heb. 4:14-16; 5:7-9 Psalm 85	26 <b>HOLY SATURDAY</b> Matthew 27:57-66 Psalm 86
27 <b>EASTER SUNDAY</b> John 20:1-18 Psalm 87	28	29	30	31		