
LENT PRAYER GUIDE
DEVOTIONAL DISCIPLINE



PRAYING WITH BEADS

Dear Families,

Lent was a new season to me when I first came to Church of the Cross, but now has become an important and anticipated annual journey. I approach this season knowing that it is God's kindness that leads me to repentance; it is his passion that meets my every need; and it is his Spirit and his church that come alongside.

Praying with beads has been a discipline I have returned to for a several years now. I would commend it to you for many reasons. As we inhabit bodies, it has been good for me to take prayer out of lofty intangible thoughts and anchor them in my hands. I am very aware of time and I have been blessed by the sense of starting and finishing that going around a prayer loop grants. Lent draws us ever deeper to the significance of the cross, and as these prayers start and end at the cross, I literally get to hold onto this hope. If you have the opportunity to read these prayers with others, perhaps as a family, you will find that the text takes on a cadence, a lilting of the words which draws me to memorization and the beauty of community. This is my short list. I trust you will meet God's invitation for you, as ultimately prayer is time to be with him.

This year our Lenten journey will include memorizing Psalm 67 for a congregational recitation at the Easter Vigil. You will see these scriptures included and it is our hope that the repetition will aid in this effort. This practice is a washing of the word, may it inspire your prayers, and refresh your soul.

With love,

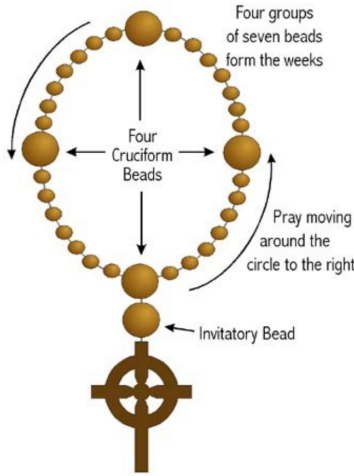
Andrea Lang
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Church of the Cross



Family Leadership Network

NEXT GENERATION LEADERSHIP INITIATIVE

The form of these prayers is based on the book *Praying with Beads* by Doerr and Owens and uses collects from the Book of Common Prayer and ESV scriptures including Psalm 67, Psalm 51 and seasonal texts.



+ **Cross** - acknowledge God's presence with this phrase to begin

* **Invitatory bead** - pray the weekly collect

^ **Cruciform beads** - 4 large beads make a cross, these anchoring scriptures are said each time you reach a big bead

- **Weeks beads** - 28 small beads, soaking scripture to pray in repetition, a "washing of the word"

* **Lord's prayer** - as you go out of your circle (this is the same bead as the invitatory bead)

+ **Closing**

Tips for using beads with small children or variety:

1. **Shorten the Phrases.**
2. **Condense the loop. Feel free to go only halfway around the circle and then say the Lord's Prayer and finish on the cross, for example.**
3. **Shake it up for more engagement. For example: use one section of "weeks beads" to say thanksgivings or to offer prayers of intercession.**

Ash Wednesday

+ Have mercy on me, O God, according to your steadfast love.

*Almighty and everlasting God, you hate nothing you have made, and you forgive the sins of all who 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, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. Psalm 51:17

- Against you, you only, have I sinned. Psalm 51:4

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10



Lent Week 1

+ The Lord is full of compassion and mercy. Come let us adore him.

* Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations, and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

^ And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days... Luke 4:1-2a

- May God be gracious to us and bless us and make his face to shine upon us Psalm 67:1

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Lent Week 2

+ The Lord is full of compassion and mercy.
Come let us adore him.

* Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Ephesians 6:12

- ...that your way may be known on earth, your saving power among all nations. Psalm 67:2

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Lent Week 3

+ The Lord is full of compassion and mercy.
Come let us adore him.

*Heavenly Father, you have made us for yourself, and our hearts are restless until they rest in you: Look with compassion upon the heartfelt desires of your servants, and purify our disordered affections, that we may behold your eternal glory in the face of Christ Jesus; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ Jesus declared, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." Matthew 11:28-29

- Let the peoples praise you, O God; let all the peoples praise you! Psalm 67:3

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Lent Week 4

+ The Lord is full of compassion and mercy.
Come let us adore him.

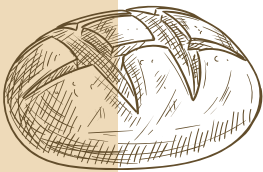
*Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

^ Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst." John 6:35

- Let the nations be glad and sing for joy, for you judge the peoples with equity and guide the nations upon earth. Psalm 67:4

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10



Lent Week 5

+ The Lord is full of compassion and mercy.
Come let us adore him.

* Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

^ You have dealt well with your servant, O Lord, according to your word. Teach me good judgment and knowledge, for I believe in your commandments. Psalm 119:65-66

- Let the peoples praise you, O God; let all the peoples praise you! Psalm 67:5

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Palm Sunday

+ The Lord is full of compassion and mercy.
Come let us adore him.

*Almighty and everlasting God, in your tender love for us you sent your Son our Savior Jesus Christ to take upon himself our nature, and to suffer death upon the Cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and come to share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ And some of the Pharisees in the crowd said to him, "Teacher, rebuke your disciples." He answered, "I tell you, if these were silent, the very stones would cry out." Luke 19:39-40

- The earth has yielded its increase; God, our God, shall bless us. Psalm 67:6

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10



Holy Week Monday

+The Lord is full of compassion and mercy. Come let us adore him.

*Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the Cross, may find it none other than the way of life and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ For the gate is narrow and the way is hard that leads to life, and those who find it are few.
Matthew 7:14

- God shall bless us; let all the ends of the earth fear him! Psalm 67:7

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Holy Week Tuesday

+The Lord is full of compassion and mercy. Come let us adore him.

*O Lord our God, whose blessed Son gave his back to be whipped and did not hide his face from shame and spitting: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Hebrews 12:2

- Have this mind among yourselves. Philippians 2:5

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Holy Week Wednesday

+The Lord is full of compassion and mercy. Come let us adore him.

*Assist us mercifully with your grace, Lord God of our salvation, that we may enter with joy upon the meditation of those mighty acts by which you have promised us life and immortality; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Philippians 2:8

- Restore to me the joy of your salvation, and uphold me with a willing spirit. Psalm 51:12

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Maundy Thursday

+The Lord is full of compassion and mercy. Come let us adore him.

*Almighty Father, whose most dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it in thankful remembrance of Jesus Christ our Savior, who in these holy mysteries gives us a pledge of eternal life; and who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ He poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. John 13:5

- Wash me, and I shall be whiter than snow.
Psalm 51:7b

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10



Good Friday

+The Lord is full of compassion and mercy. Come let us adore him.

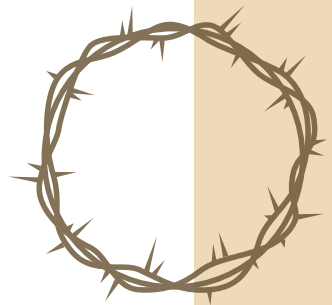
*Almighty God, we beseech you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed and given into the hands of sinners, and to suffer death upon the Cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

^ Greater love has no one than this, that someone lay down his life for his friends. John 15:13

- But you, O Lord, do not be far off! O you my help, come quickly to my aid! Psalm 22:19

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10



Holy Saturday

+The Lord is full of compassion and mercy. Come let us adore him.

*O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; through Jesus Christ our Lord. Amen.

^ Jesus answered them, "Destroy this temple, and in three days I will raise it up." John 2:19

- Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God. Psalm 31:5

* Lord's prayer

+ Create in me a clean heart, O God, and renew a right spirit within me. Psalm 51:10

Easter Sunday

+Alleluia! Christ is risen. The Lord is risen indeed.
Alleluia!

*Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may, by your life-giving Spirit, be delivered from sin and raised from death; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

^ Why do you look for the living among the dead? He is not here, but has risen. Luke 24:5b

- The Lord has done great things for us; we are glad. Psalm 126:3

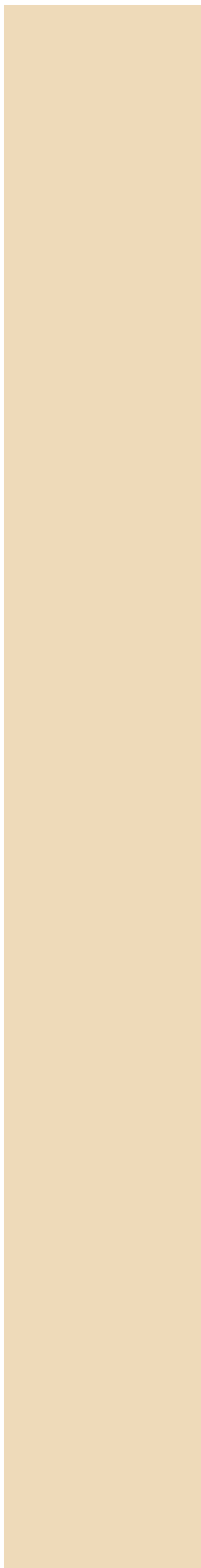
* Lord's prayer

+Thanks be to God, who gives victory over death through Jesus Christ our Lord. Amen.





Notes



Family



LEADERSHIP NETWORK

