

Lent: Prayer



WORD OF THE WEEK

Matthew 6: 5-15

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

Pray then in this way:

*Our Father in heaven,
hallowed be your name.*

Your kingdom come.

*Your will be done,
on earth as it is in heaven.*

Give us this day our daily bread.

*And forgive us our debts,
as we also have forgiven our debtors.
And do not bring us to the time of trial
but rescue us from the evil one.*

GIVE
FAST
PRAY
LIVE
LENT

For if you forgive others their trespasses, your Heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.



siLENT!



PRAYER FOR THE WEEK

During our time of prayer now, and fitting with the theme for prayer throughout Lent, siLENT, I invite you to have 1 minute of silence. In this silence ask God to reach out to you, to show you He is there and always has been, and ask Him to help you get to know Him better. Say this to yourself, in the silence of your heart, in your own words. And be honest!!

**FOR PRAYER IS
NOTHING ELSE THAN
BEING ON TERMS OF
FRIENDSHIP WITH
GOD.**

- SAINT TERESA

**DEAR GOD,
I WANT TO TAKE A MINUTE.
NOT TO ASK FOR ANYTHING
FROM YOU, BUT TO SIMPLY SAY
THANK YOU, FOR ALL I HAVE.**

WHAT'S ON?

Enrichment Day on
THURSDAY.

Extended Assemblies on the
suffering and death of Jesus
on FRIDAY.

We break up on Friday.
HAVE A GREAT HOLIDAY!



Something to think about...

Prayer is one of the three pillars of Lent. Prayer is so important. Lent is about resetting our lives to align with who God created us and calls us to be. Without talking and listening to our creator and guide through life, how do we really know the plans He has in mind for us? By having a strong prayer life we are tuned into God's plan for us and this helps us when we are making decisions.

When we are getting to know someone better, maybe a friend or someone we have just met, we eventually get to know what they are really like, and when we get to know them really well we can almost read exactly what they would do or say in certain situations, without them saying a word. This is like our relationship with God, the more we talk and listen to Him, the more we come to understand His plan for our lives and what He is calling us to.

Do you feel far away from God or feel like he doesn't exist at all?

Have you tried talking to him to find out if He is there?

Like meeting someone new, conversation isn't always easy, it can be hard to find things to say. This is the same when it comes to prayer. The more we talk to God, the easier it gets, and the more we come to know who He is and how He is working in our lives.

Why not give Him a chance today?



Something to talk about...

In our Word of the Week, we are taught the Our Father prayer. Jesus is teaching the disciples how to pray and teaches them this prayer as a perfect place to start.

With the person next to you, read through the Our Father, and talk about what it really means.

Together, through your conversation, put the prayer into your own words, more modern language.

There is a video on the staff shared area which explains what the Our Father means if you are struggling and would like it explained further.

*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.***

Amen.

Something to do...

Let us
PRAY
ALL PLACES. ALL TIMES. ALL WAYS.

This week why not make some time each day to talk to God.

You can do this in any way you like. You could journal or write a letter, you could just talk, out loud or in your mind, to God about your day, things you are struggling with, need help with or are grateful for. Or you could listen to modern Christian worship music and see if you can hear the voice of God talking to you about situations in your life.

If you have never prayed before Lent is a perfect time to start. Sometimes it takes a leap of faith and we might feel silly at first but it could also make a beautiful change to our lives and help us with things we face every day.

Just remember God is there, waiting for us, ready to listen and to respond.