

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.*

*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.*



PRAYER FOR THE WEEK

Jesus taught His disciples how to pray by teaching them the Our Father which is great prayer to use when we don't know how to pray or what to say.
But we don't need to use any fancy or learnt words to pray/talk to God.

In a few minutes of silence speak to God from your heart.

What do you want to tell Him?
What do you want to thank Him for?
What do you want to ask Him for?
How can God help you?

After this time of silent prayer pray together the words of the Our Father.

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 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?

GIVE FAST PRAY LIVE LENT



Prayer is in fact the recognition of our limits and our dependence: we come from God, we are of God, and to God we return.

ST JOHN PAUL II

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

- SAINT TERESA

Something to do...

This week why not take part in our Lent Prayer Challenge. This challenge will help you to see and experience that there are so many different ways we can pray. Some we will find easier than others, some we might enjoy more than others.

Monday: Music- Listen to this worship song, focus on the words and allow the song to help you think about prayer and what you might want to pray for.

[CLICK HERE](#) (Talking To Jesus | Elevation Worship & Maverick City)

Tuesday: Intercessions- During your time of prayer this morning go around the form and invite every person to say a name of someone they would like the class to pray for. Finish this time prayer with the Hail Mary, asking Mary to pray and protect the people you have mentioned.

Wednesday: Word- Read slowly this week's Word of the Week. As you read/listen think about what stands out to you. What words or lines stand out. How might God be communicating to you through His Word.

Thursday: Silence- Put a timer on the board and have 3 minutes of silence. In that silence speak to God in your own words or listen in silence and see what comes into your mind. What might God be communicating to you through the silence.

Friday: Five Finger prayer- Using your thumb and your fingers pray for 5 different situations that need your prayers.

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.



BREAKFAST WITH GOD IS BACK!!

**Join us in the Junior
Dining Room this
FRIDAY at 8:30am for
FREE TEA AND TOAST
and time to pray
together!**