

ONE PRAYER-A-DAY FOR LENT, WEEK ONE - Ash Wednesday, February 17-Saturday, the 20th

Ash Wednesday, February 17

Lord, it feels like we are embarking
on a Lenten journey together, you and I.
The beautiful words in today's prayer talk about
the "quiet remembrance of our need for redemption."
That feels like what I am looking for -
or what you are looking for in me.
I want to remember how much I need you in my life
and how much my life needs redemption.
I want to remember it clearly and
in the background of my day today
and all through Lent.

On this special day, Ash Wednesday,
may my small sacrifices in fasting be a way to clear away
the clutter in my life to see you more clearly.
May my longing for meat and other food,
help me to focus my life today more outside myself.
Let me be aware of those who are suffering so much more than I am,
and may I be aware of them as the brothers and sisters you have placed in my life.

Lord, I know there is darkness
within me and around me.
Bless these days with your Word.
Let your Light shine in the darkness.
Help me long for that Light
until we celebrate it at the Vigil six weeks from now.

And most of all Lord,
help me to honor this day with the ashes
on my forehead.
They help me remember where I have come from
and where I am going.
May I acknowledge to you my sins
and my deep need for your
loving forgiveness and grace.
I pray that this Lenten season
will make me so much more aware
of how much I need your healing in my life. AMEN.

Thursday, February 18

Lord,
Let everything I do this day and in this season of Lent
come from you, be inspired by you.

I long to be closer to you.
Help me to remember that nothing is important in my life
unless it glorifies you in some way.

It's so easy to get caught up in the day to day of my life and keep saying,
"Tomorrow, I will spend more time in prayer,"
but now my longing meets your love and I want to do it now.
Help me to rely on you for help.
The prayer asks you that I reach perfection.
Please, Lord, remind me that "perfection"
isn't the crazy, "successful" way I try to live my life,
but a perfection of my most authentic, real self.
My "perfection" might be holding my many flaws in my open hands,
asking you to help me accept them.
Heal me, Lord, and help me to find you in the darkness of my life.
Let me reach out in this darkness and feel your hand and love there to guide me. AMEN.

Friday, February 19

Lord,
I know how much you love me.
It's hard for me to feel it sometimes,
but I know your love is always with me.

Help me to use your love as a way
to persevere in my Lenten intentions.
I am weak, but I know with your help,
I can use these small sacrifices in my life to draw closer to you. AMEN.

Saturday, February 21

Loving creator,
I am not asking to overcome my weakness,
but to use it in some way to glorify you.

Let me be aware of
the many ways you reach out to help me today
and let me stand in awe of the power
that you use in such loving ways. AMEN.

DISCUSSION QUESTIONS FOR TUESDAY, FEBRUARY 23

The first week's review will cover:

- What is prayer?
- Is there a correct way to pray?
- What are the basic elements of a prayer?

You might want to jot down your thoughts on these questions throughout the week, in preparation for the discussion on the 23rd.

If you have any questions, please send an email to 2021lenten.study@northgateumc.org. This email will be monitored daily.