

*'Almost everything will work
again if you unplug it ...
including you'*



LENTEN DAYS

- ▶ This Lent booklet offers a passage, a prayer, and a pause for thought throughout the week. It invites us to slow down the story so we might linger within it, with a new passage and prayer and pause each week. Please use as you see fit. It is an invitation for each of us to find our way through Lent and live in the story at a slower pace that invites encounter and presence, love and grace.
- ▶ Unplug from the world for a few moments each day and reboot with these prayers.

MONDAY 3RD- SUNDAY 9TH MARCH

Anointing at Bethany

'Why was the ointment wasted in this way?'

▶ **READ:** Mark 14:3-9

▶ **QUOTE:**

'Generosity is love in action'
(Harold W Beker)

▶ **ACTIVITY:**

Through a walk or TV programme or meeting you attend this week, become aware of the excesses of God's love.

▶ **PRAYER:**

Dare we, O God,
Make this a wasteful
season,
Of excessive love,
Turning towards the
cross,
And choosing to give
everything.
Dare we participate
In the extravagance of
heaven,
In every step,
With every neighbour,
In every story,
On this journey
Of love.



▶ PRAYER:

Lord, we ask for your help in
handling our anger
In a way that honours you.
Grant us wisdom and strength
to control our emotions,
To speak kind words of love,
even when we are upset.
May we extend grace
To those who hurt or offend us,
And to those we hurt in turn,
As you extend generous grace
towards us, always.

▶ ACTIVITY:

Think of a time when you
have reacted in anger
through speech or the
written word. Reflect on the incident – was there a better
way you could have handled the situation, and did reacting in anger
make the situation better or worse?

MONDAY

10TH-SUNDAY

16TH MARCH

Judas' Betrayal

'He began to look for
an opportunity to
betray him.'

▶ **READ:** Mark 14:10-11

▶ **QUOTE:**

'Speak when you are angry and
you will make the best speech
you will ever regret' (Ambrose
Bierse)



MONDAY 17TH - SUNDAY 23RD MARCH

Last Supper

'While they were eating...'

PRAYER:

Bread is broken.

The body.

Wine is poured.

The blood.

Hands trembling,

Hearts heavy.

The hour is near.

Betrayal lingers in the air

Yet, still, you serve.

Still, you love.

Lord,

Teach us to love

As you have loved.

QUOTE:

'The best way to find yourself is to lose yourself in the service of others'

(Mahatma Gandhi)

READ:

Mark 14:12-25

ACTIVITY:

Each day follow a news story, or reflect on an image from the news. In prayer, break some bread and leave it by the story as an act of giving time, hope, presence to the needs of the story.



Peter's Denial

'Even though I must die with you, I will not deny you'

**MONDAY 24TH -
SUNDAY 30TH
MARCH**

▶ **PRAYER:**

Lenten God.
The cock crows.
One. Two, Three.
A glance, a tear,
two hearts broken.
He swore he would never.
But he did.

Maybe we would too.
Forgive us.
Fear choked faith,
and faith fell silent.
Denied.
Yet still, You turn toward us.
Still, You call our names.
Lord, in mercy, restore us.

▶ **READ:**

Mark 14:26-31

▶ **QUOTE:**

'How often it is that the angry man rages denial of what his inner self is telling him'
(Frank Herbert)

▶ **ACTIVITY:**

Find some silence each day. Say nothing. Sit in the emptiness and simply make space for the 'sorries' we need to say.

MONDAY 31ST MARCH - SUNDAY 6TH APRIL

Gethsemane

'Before the cock crows twice, you will deny me three times.'

▶ **PRAYER:**

Dear God,
Like Peter, we too
are steadfastly determined
To over-trust ourselves,
and our ability to stay the
course of following,
of standing up for what

you have shown us to do.
May we take comfort in
knowing you know us better
than we know ourselves,
And that, through all things,
When we don't find the voice
we thought we had,
You love us enough, still,
To give your life for us.

▶ **READ:** Mark 14:26-31

▶ **QUOTE:**

'When you make a
commitment you create
hope. When you keep a
commitment you create
trust.' (Irving Stone)

▶ **ACTIVITY:**

Watch an episode of 'The Traitors',
any soap opera, or listen to the
news. How many acts of betrayal do
you see or are mentioned? Reflect
on a situation where trust has been
betrayed. How did it affect you? Did
it linger? How did you respond?

MONDAY 7TH - SUNDAY 13TH APRIL

Triumphal Entry

'Hosanna! Blessed is the one who comes in the name of the Lord!'

► **READ:** Mark 11:1-11

► **QUOTE:**

'Hope is seeing light in spite of being surrounded by darkness.' (Desmond Tutu)

► **ACTIVITY:**

Write down the word 'Hosanna'. It is not a word for celebration but means 'Save Us'. Each day write on the same sheet of paper those things we need to be saved from in ourselves.

► **PRAYER:**

May we hear the hosannas
As they are meant to be.
May we hear them in our souls
our words, our actions.

May we hear the hosannas
As the cry they always were;
Not words of joy,
But of pain, need, and hope

'Save us!

Save us, O God!"

May we hear in the hosannas
The voices of all who cry
For help, for healing, for hope.
Hear us.



HOLY WEEK

If you can, join us each day of Holy Week at 11am in the church for 20-30 minutes of reflective worship where we sit with the story and let it reshape us.

▶ QUOTE:

Light is to darkness what love is to fear; in the presence of one, the other disappears.'
(Marianne Williamson)

▶ ACTIVITY:

This Holy Week, sit with the story and find a word to hold onto each day and repeat it, often.

▶ PRAYER:

In the shouts of the crowd
Waving their palms
And the audacity
of this joyful moment
May we hear the sudden crack
Of love
Breaking
And dreams shattering
From the fear-filled response
Of empire and religion
And throughout this week
When the wreckage of the good
news
Is strewn about us
May we seek the words
And repeat the promise
We hold onto
Through the gathering darkness

