

PRAYERS FOR LENT

2023



An Invitation from Lexham Press

Excerpted from

*Catechism: A Guide to the Ten Commandments,
the Apostles' Creed, and the Lord's Prayer*

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Deep calls to deep at the roar of your waterfalls;
all your breakers and your waves have gone over me.

By day the Lord commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.

Psalm 42:7–8 ESV

AN ORDER OF PRAYER

With Confession and Forgiveness

THIS SMALL PAMPHLET OF PRAYER and Bible-reading is an invitation to Lent. The forty days of Lent are a time for pondering and praying the life of Jesus—in particular, “he suffered under Pontius Pilate, was crucified, died, and was buried.”

In his death and suffering, we find life. When we know Christ and the power of his death and resurrection, we also share in the fellowship of his sufferings (Phil 3:10). There’s joy hidden in suffering with Christ. “You have died, and your life is hidden with God” (Col 3:3).

WHEN WE’VE RUN OUT OF WORDS—whether because of sorrow or happiness—God gives us his own words, because God’s word interprets us, our lives, our worries, and our joys. “The Spirit himself intercedes for us with groanings too deep for words” (Rom 8:26). And so, since ancient times, Christian worship has been defined as receiving God’s word and speaking God’s word back to him. This order and logic

undergirds the Daily Office: the twin services of Morning and Evening Prayer (also called Matins and Vespers).

This Order of Prayer is a simplified version of the Daily Office. The English version of the Daily Office is mediated through the Book of Common Prayer. The sixteenth-century English Reformer Thomas Cranmer streamlined the eight prayer offices of the medieval church into two and rendered them in common English for common Christians.¹ Thanks to Cranmer, all are now welcome to enjoy the hallowed tradition of praying psalms and verses.

This simplified Order of Prayer shows the basic structure and logic of the Daily Office. Once you're used to this Order, you should be comfortable with any edition of the Book of Common Prayer (and there are many!) or any of the various traditional prayer offices. (If you want to further explore the tradition of the Daily Office, see the forthcoming book *Catechism: A Guide to the Ten Commandments, the Apostles' Creed, and the Lord's Prayer*, pages xxvii–xxx).

This order of prayer has five parts: (1) INVOCATION, (2) CONFESSION AND FORGIVENESS, (3) THE SERVICE OF THE WORD, (4) PRAYER AND THANKSGIVING, and (5) BENEDICTION. These five parts invite us into God's word, which brings God present with all his gifts of forgiveness,

1. The Use of Sarum—the order of services at the Salisbury Cathedral—is surprisingly ecumenical. This Roman Catholic rite structures Anglican rites, and it is approved for use among the Eastern Orthodox. When American Lutherans began to worship in English, they blended elements of Sarum from the Book of Common Prayer with a slightly different continental tradition (for example, compare the collects, or prayers, of the day during the season of Advent).

salvation, and life, and they send us out into the world with words of faith, hope, and love.

Prayer begins with the INVOCATION, the speaking of God's name, because God promises to be present in his name and word.

In CONFESSION AND FORGIVENESS, we tell the truth: we have fallen short of God's law by sinning against him and our neighbors; and we hear God's promise of forgiveness and the declaration of forgiveness.

In THE SERVICE OF THE WORD, we hear God's word, which is for our instruction, comfort, and hope. God's word calls us to worship, instructs us, comforts us, and gives us hope; we respond in thanksgiving for God's word with God's word.

In PRAYER AND THANKSGIVING, we ask our merciful God for his mercy; we confess who he is and what he has done and continues to do, and we pray as he taught us.

In the BENEDICTION, we praise and thank God, blessing those present with God's name.

This order of prayer can be prayed individually; just read all the text as if you were reading a book. It can also be used by a group—with a leader speaking the plain text, and the group responding with the words in bold. The psalms and songs can be read in unison or in response—with a leader reading up to the asterisk and the group reading the line after the asterisk.



An Order of Prayer



INVOCATION

In the name of the Father and of the Son and of the Holy Spirit.

Amen.

Our help is in the name of the Lord,
who made heaven and earth.

Psalm 124:8

I said, "I will confess my transgressions to the LORD,"
and you forgave the iniquity of my sin.

Psalm 32:5

CONFESSION & FORGIVENESS

The Confession of Sin

Let us confess our sins to God:

Most merciful God,
**we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your holy Name.
Amen.**

The Forgiveness of Sin

Almighty God have mercy on us,
forgive us all our sins through our Lord Jesus Christ,
strengthen us in all goodness,
and by the power of the Holy Spirit keep us in eternal life.
Amen.

THE SERVICE OF THE WORD

Psalm of Praise

Come, let us sing to the LORD;*

let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving*
and show ourselves glad in him with psalms.

For the LORD is a great God*

and a great King above all gods.

In his hand are all the corners of the earth,*

and the strength of the hills is his also.

The sea is his, for he made it;*

and his hands prepared the dry land.

Come, let us worship and fall down*

and kneel before the LORD our Maker.

For he is the LORD our God,*

and we are the people of his pasture,

and the sheep of his hand.

Psalm 95:1-7

**Glorify be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and will be forever. Amen.**

Prayer for Hearing the Word

Blessed Lord, you have caused all holy Scriptures to be written
for our learning. Grant us so to hear them, read, mark, learn,
and inwardly digest them, that by patience and comfort of your
holy word, we may embrace and ever hold fast the blessed
hope of everlasting life, which you have given us in our Savior
Jesus Christ; who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. *Amen.*

Reading of the Word

Here at least one Bible passage is read; see the Bible-reading plan in this pamphlet.

After a psalm:

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

After other readings:

The word of the Lord:

Thanks be to God!

RESPONSE TO THE WORD

Zechariah's Song, *or* The Benedictus

Blessed be the Lord, the God of Israel;*
 he has come to his people and set them free.
 He has raised up for us a mighty Savior,*
 born of the house of his servant David.
 Through his holy prophets he promised of old*
 that he would save us from our enemies,
 from the hands of all who hate us.
 He promised to show mercy to our fathers*
 and to remember his holy covenant.
 This was the oath he swore to our father Abraham:*
 to set us free from the hands of our enemies,
 free to worship him without fear,*
 holy and righteous in his sight all the days of our life.
 You, my child, shall be called the prophet of the Most High;*
 for you will go before the Lord to prepare his way,
 to give his people knowledge of salvation*
 by the forgiveness of their sins.
 In the tender compassion of our God*
 the dawn from on high shall break upon us,
 to shine on those who dwell in darkness and the shadow of death,*
 and to guide our feet into the way of peace. *Luke 1:68-79*

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

The Apostles' Creed

God has made us his people through our baptism into Christ.
 Living together in trust and hope, we confess our faith.

**I believe in God the Father almighty,
 maker of heaven and earth,
 and in Jesus Christ, his only Son, our Lord:
 who was conceived by the Holy Spirit,
 born of the Virgin Mary,
 suffered under Pontius Pilate,
 was crucified, died, and was buried.
 He descended into hell.
 On the third day he rose again from the dead.
 He ascended into heaven
 and is seated at the right hand of the Father,
 and he will come again to judge the living and the dead.
 I believe in the Holy Spirit,
 the holy catholic church,
 the communion of saints,
 the forgiveness of sins,
 the resurrection of the body,
 and the life everlasting.
 Amen.**

**hell: Some English versions of the Apostles' Creed translate this line, "He descended to the dead."*

***catholic church: The phrase "catholic church" means all Christians throughout time and space who confess the Christian faith.*

PRAYER AND THANKSGIVING

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Matthew 9:27; Psalm 123:3

The Lord's Prayer

Lord, remember us in your kingdom,
and teach us to pray:

Luke 24:42; Luke 11:1

**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.
For thine is the kingdom and the power
and the glory forever and ever.
Amen.**

Matthew 6:9-13

The Petitions

O LORD, show us your steadfast love,
and grant us your salvation.

Psalms 85:7

Let your priests be clothed with righteousness,
and let your saints shout for joy.

Psalms 132:9

O LORD, save your people and bless your heritage!
Be their shepherd and carry them forever.

Psalms 28:9

Create in me a clean heart, O God,
and renew a right spirit within me.

Psalms 51:10

Hear my prayer, O LORD;
let my cry come to you!

Psalms 102:1

Prayers of the Heart

*God is our loving Father.
He wants to hear our questions, fears, and joys.
Here we offer prayers and thanksgivings
for others and ourselves.*

After each prayer:

Thy will be done:

on earth as it is in heaven.

PRAYER FOR LENT

One person or all in unison may pray.

Almighty and everlasting God, you hate nothing that you have made, and you forgive all the sins of those who are penitent. Create in us new and contrite hearts, that lamenting our sins and acknowledging our wretchedness, we may obtain from you—the God of all mercy—full pardon and forgiveness; through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

BENEDICTION

Let us bless the LORD.

Psalms 103:1

Thanks be to God.

The grace of our Lord Jesus Christ and the love of God and the communion of the Holy Spirit be with us all.

2 Corinthians 13:14

Amen.



You crown the year with your bounty.

Psalm 65:11

DAILY BIBLE- READING PLAN

Or Lectionary

THIS DAILY BIBLE-READING PLAN (or lectionary) is ordered around the church year. The church measures its days and seasons by our Lord and Savior Jesus Christ. Because the church year walks through Jesus' life, death, and resurrection, the church year has two center points: Jesus' birth (Advent, Christmas, and Epiphany) and Jesus' death and resurrection (Lent, Easter, and Pentecost). Just as the sun orders our ordinary calendar, Jesus is the sun of the Christian calendar.

Each day has two readings—often, but not always, an Old Testament and a New Testament reading. You can read them together. You could read just one. You could read one in the morning and one in the evening. You could also read them along with the 30-day Psalter (p. 15), in which case you would begin with the psalm readings.

Jesus—in his birth, life, death, resurrection, and ascension—absorbs our days and interprets them according to his life, forgiveness, and salvation. Each day and season focuses

on part of the second article of the Apostles' Creed, "I believe in Jesus Christ his only Son our Lord." But every day is filled with all of Christ: "you crown the year with your bounty" (Ps 65:11).



** Ash Wednesday is forty days before Easter Sunday (not including Sundays); it begins the season of Lent.*

THE FIRST SUNDAY BEFORE LENT (QUINQUAGESIMA)

DAY	1ST READING	2ND READING
Sunday	Isaiah 35:3-7	Luke 18:31-43
Monday	Exodus 24:1-25:9	Luke 6:1-35
Tuesday	Exodus 31:18-33:23	Luke 6:33-7:10
Ash Wednesday	Joel 2:12-19	Matthew 6:16-21
Thursday	Exodus 34:1-10	Luke 7:18-8:3
Friday	Exodus 34:27-35	Luke 8:16-56
Saturday	Exodus 40:1-38	Luke 9:1-27

FIRST SUNDAY IN LENT

DAY	1ST READING	2ND READING
Sunday	Genesis 3:1-24	Matthew 4:1-11
Monday	Numbers 3:5-13	Luke 9:28-62
Tuesday	Numbers 10:11-36	Luke 10:1-22
Wednesday	Numbers 11:1-35	Luke 10:38-11:13
Thursday	Numbers 12:1-15	Luke 11:29-36
Friday	Numbers 13:1-25	Luke 11:37-54
Saturday	Numbers 13:26-33	Luke 12:1-34

SECOND SUNDAY IN LENT

DAY	1ST READING	2ND READING
Sunday	Isaiah 45:20-25	Matthew 15:21-28
Monday	Numbers 14:1-45	Luke 13:1-17
Tuesday	Numbers 16:1-22	Luke 14:25-35
Wednesday	Numbers 16:23-50	Luke 15:11-32
Thursday	Numbers 17:1-13	Luke 16:10-18
Friday	Numbers 20:1-29	Luke 17:1-10
Saturday	Numbers 21:1-22:1	Luke 18:1-8

THIRD SUNDAY IN LENT

DAY	1ST READING	2ND READING
Sunday	2 Samuel 22:1-7	Luke 11:14-28
Monday	Numbers 22:2-41	Luke 18:15-30
Tuesday	Numbers 23:1-30	Luke 19:1-40
Wednesday	Numbers 24:1-13	Luke 20:1-21:4
Thursday	Numbers 27:12-23	Luke 21:37-22:38
Friday	Deuteronomy 5:1-33	Luke 22:39-71
Saturday	Deuteronomy 8:1-20	Luke 23:1-25

FOURTH SUNDAY IN LENT

DAY	1ST READING	2ND READING
Sunday	Isaiah 49:8-13	John 6:1-15
Monday	Deuteronomy 9:1-29	Luke 23:26-56
Tuesday	Deuteronomy 10:1-22	Matthew 26:1-35
Wednesday	Deuteronomy 11:1-32	Matthew 26:36-75
Thursday	Deuteronomy 28:1-14	Matthew 27:1-38
Friday	Deuteronomy 28:15-68	Matthew 27:39-66
Saturday	Deuteronomy 34:1-12	Mark 14:1-31

FIFTH SUNDAY IN LENT

DAY	1 ST READING	2 ND READING
<i>Sunday</i>	Genesis 12:1-3	John 8:46-59
<i>Monday</i>	Jeremiah 2:1-19	Mark 14:32-72
<i>Tuesday</i>	Hosea 13:9-14	Mark 15:1-19
<i>Wednesday</i>	Zephaniah 3:1-8	Mark 15:20-47
<i>Thursday</i>	Micah 3:9-12	John 12:1-19
<i>Friday</i>	Isaiah 66:1-9	John 12:20-50
<i>Saturday</i>	Zechariah 9:1-17	John 13:16-38

HOLY WEEK

DAY	1 ST READING	2 ND READING
<i>Palm Sunday</i>	Zechariah 9:9-10	Matthew 21:1-9
<i>Monday</i>	Isaiah 50:5-10	John 18:1-18
<i>Tuesday</i>	Jeremiah 11:18-20	John 18:19-40
<i>Wednesday</i>	Isaiah 62:11-63:7	John 19:1-12
<i>Maundy Thursday</i>	Exodus 12:1-14	1 Corinthians 11:23-52
<i>Good Friday</i>	Isaiah 52:13-15	John 18:1-19:42
<i>Holy Saturday</i>	1 Peter 3:17-22	Matthew 27:57-66

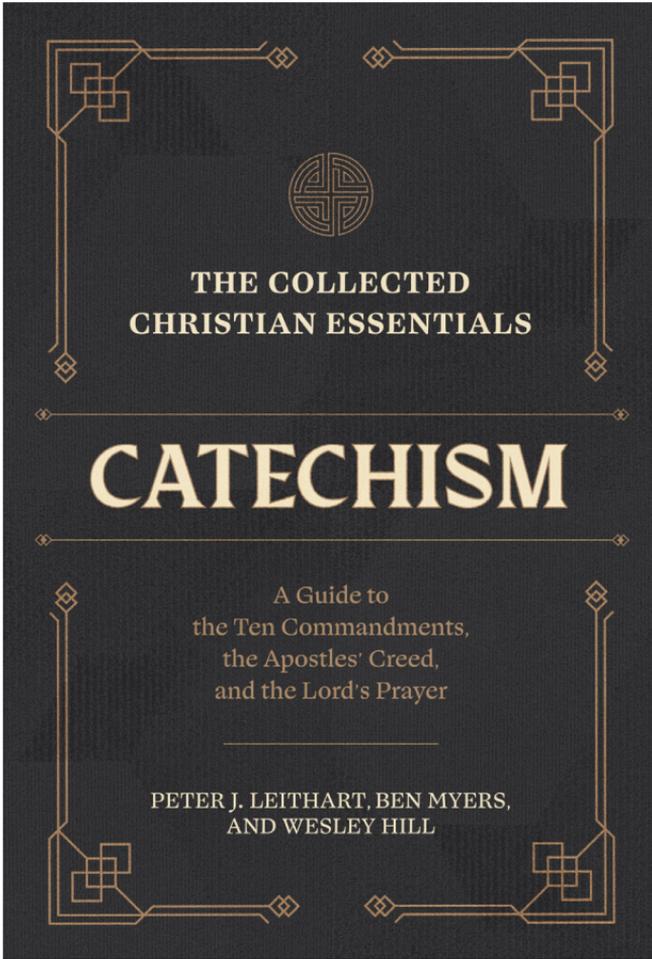
EASTER

DAY	1 ST READING	2 ND READING
<i>Easter Sunday</i>	Isaiah 52:13-15	Mark 16:1-8
<i>Easter Monday</i>	Acts 10:34-41	Luke 24:13-35
<i>Easter Tuesday</i>	Acts 13:26-33	Luke 24:36-48
<i>Wednesday</i>	Haggai 2:20-23	John 20:1-18
<i>Thursday</i>	Zechariah 6:9-15	Luke 24:1-12
<i>Friday</i>	Ezekiel 17:22-24	Luke 24:36-49
<i>Saturday</i>	Isaiah 44:21-28	Mark 16:9-14

* Easter season is fifty days.

30-DAY PSALTER

DAY	MORNING	EVENING
1	1-5	6-8
2	9-11	12-14
3	15-17	18
4	19-21	22-23
5	24-26	27-29
6	30-31	32-34
7	35-36	37
8	38-40	41-43
9	44-46	47-49
10	50-52	53-55
11	56-58	59-61
12	62-64	65-67
13	68	69-70
14	71-72	73-74
15	75-77	78
16	79-81	82-85
17	86-88	89
18	90-92	93-94
19	95-97	98-101
20	102-103	104
21	105	106
22	107	108-109
23	110-113	114-115
24	116-118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-176
27	120-125	126-131
28	132-135	136-138
29	139-140	141-143
30	144-146	147-150



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