

Wesley
United Methodist Church



**"Lent is about becoming,
doing and changing,
whatever it is
that is blocking
the fullness of life
in us right now."**

~~ Sister Joan Chittister (April 26, 1936 -)



Lenten Prayers

Prayer of Richard of Chichester in contemporary language

Thank you, Lord Jesus,

for all the blessings

you have given me, and

for all the pains and insults

you have suffered because of me.

Your Grace and Mercy knows no limits. You are my Redeemer, as well as my close and intimate Friend.

Every day I pray these three things:

- (1) That I can see and feel your
presence in the world around me,
- (2) That my love for you
grows every day, and
- (3) That with all aspects of my life,
I demonstrate your Love, Grace,
and Presence in our world.

Prayer of Brendon the Navigator in contemporary language

Loving and Gracious God!

Help me learn new lessons and discover new wisdoms that I do not know yet, with eager anticipation and excitement.

Give me faith that the Holy Spirit is with me as I discover, learn, and apply new things and knowledge to my life.

Jesus, I know that you are stronger than any storm that I will face. I know that you are always next to me, walking by my side.

May I always hear your voice and feel the guidance of the Holy Spirit, and may I always have strength to trust your wisdom and guidance in my life.

AMEN.



DO YOU WANT TO FAST THIS LENT?

Fast from hurting words
and say kind words.

Fast from sadness
and be filled with gratitude.

Fast from anger
and be filled with patience.

Fast from pessimism
and be filled with hope.

Fast from worries
and trust in God.

Fast from complaints
and contemplate simplicity.

Fast from pressures
and be prayerful.

Fast from bitterness
and fill your heart with joy.

Fast from selfishness
and be compassionate to others.

Fast from grudges
and be reconciled.

Fast from words and be silent—
so you can listen.

~ Adapted from prayer by
William Arthur Ward

