

# **“Watch and Pray”**

## **Lent 2018**

*“In the Judaism of Jesus’ day, prayer was experienced all the time in many forms and formats of community... This Lent we will explore various kinds of prayer and what it means to have a deep prayer life as Jesus did.” \**

*Join us throughout Lent 2018 as we discover some of the ways that Jesus prayed and reflect upon how we too can pray each day. On the pages inside this booklet you will find suggested ways to pray that accompany the theme for that week in our worship series, “Watch and Pray.”*

*We hope that you will find these techniques enriching to your daily life of discipleship!*

### **Be sure to use our Lenten Prayer Wall**

#### **as a place for prayer throughout the weeks of Lent!**

One of the ways Jews still pray today is at the Prayer Wall in Jerusalem. This is the site of the last remaining wall from the Temple. People come to this wall to pray or to leave small prayers written on slips of paper which they roll and leave between the cracks in the wall.



We have setup our own Prayer Wall in the corner of the Great Hall by the North Doors. Please feel free to stop and pray at this location when you are at the church. Or, bring a small prayer sheet—roll it up and leave it in the wire in front of the stones. Each Monday the prayer sheets will be removed and members of the staff will pray over these small prayer sheets.

## Ash Wednesday — February 14

**Scripture:** Matthew 6: 1-6, 16-21

**Prayer Type:** Prayer of Forgiveness

### **Prayer Suggestion:**

Ash Wednesday begins the season of Lent, a time for reflecting upon our lives of discipleship and what we still need to do to deepen our journey of faith. As we consider all that God in Jesus Christ has done for us, we are reminded that we have often fallen short of the call to live as those who have taken on the name of Christ. Traditionally Ash Wednesday is a day of asking for forgiveness for those things we have not done or done that we should not have done. The prayer below is a wonderful prayer for the end of each day as you consider how you have been hurt and how others have been hurt through your actions. It is written as a prayer of healing—consider during these first days of Lent how the act of Forgiveness can bring renewal and healing into your life... and the lives of those around you!

**Lord Jesus,**

**Through the power of the Holy Spirit,**

**go back into my memory as I sleep.**

**Every hurt that has ever been done to me, heal that hurt.**

**Every hurt that I have ever caused another person, heal that hurt.**

**All the relationships that have been damaged in my whole life that I am aware of,  
heal those relationships.**

**But, Lord,**

**If there is anything that I need to do,**

**If I need to go to a person because he or she is still suffering from my hand,**

**Bring to my awareness that person.**

**I choose to forgive, and I ask to be forgiven.**

**Remove whatever bitterness**

**may be in my heart, Lord,**

**and fill the empty spaces with your love.**

**Amen**

*[author unknown]*

### **Body Prayer**

In some Christian traditions the act of asking for forgiveness is done by prostrating oneself fully on the floor—a position of full vulnerability and a way to show our trust in God's mercy. Try this position as you pray for forgiveness. If you are not physically able to lie out on the floor, try sitting at a table and lying your upper body fully on the table.

## Lent 1 — Week of February 18

**Scripture:** Matthew 26: 36-44

**Prayer Type:** Prayer of Examination

### Prayer Suggestion:

John Wesley and many other Christian spiritual leaders/guides over the centuries have recommended that one of the most important ways to keep our life of discipleship “on track” is to do a regular time of self-examination. This is a time to consider what we have done and what may need to be done differently in days ahead. Wesley recommended that this be done each day toward the end of the day. Listed below are some of the key questions Wesley recommended for those in the early “Holy Club” to consider:

- *Has anything been done without knowing it was the will of God?*
- *Has prayer been offered with fervor? Was prayer offered morning & evening?*
- *Have prayers been offered for humility, faith, hope, and love?*
- *Has time in meditation been done this day?*
- *Has there been zeal for doing good?*
- *Has another been spoken to unkindly?*
- *Has time been spent with a neighbor for rejoicing over virtues and pleasures or grieving over pain and sin?*

### Body Prayer

Often we have been taught to pray with our hands closed or clasped. The spiritual author, Henri Nouwen, has said that this does not allow the full presence of God into our prayer time as we are “closing” ourselves off from God. Consider trying to pray this week with your hands open lying on your lap or on a table or arms of a chair. See if this way of praying may “open you up” to God’s guidance and mercy—particularly as you do your time of Examination!

## Lent 2 — Week of February 25

**Scripture:** Luke 11: 1-4

**Prayer Type:** The Lord's Prayer

### Prayer Suggestion:

The Prayer of Jesus (commonly referred to as “The Lord’s Prayer”) is one of the most recited prayers in our tradition. Perhaps because of its familiarity we don’t really take the time to consider what Jesus wanted the disciples (and us) to learn about the power of prayer—particularly the elements of this prayer. Listed below is an alternative version of the Lord’s Prayer. There are many to be found amongst different cultures. You may want to go to the internet and look for other alternative versions this week. With each version, with each time you pray this prayer, slow down and consider what each section can really mean...

**Eternal Spirit,**

**Earth-maker, Pain-bearer, Life-giver,**

**Source of all that is and that shall be,**

**Father and Mother of us all,**

**Loving God, in whom is heaven:**

**The hallowing of your name echo through the universe!**

**The way of your justice be followed by the people of the world!**

**Your commonwealth of peace and freedom sustain our hope and come on earth.**

**With bread we need for today, feed us.**

**In the hurts we absorb from one another, forgive us.**

**In times of temptation and testing, strengthen us.**

**From trials too great to endure, spare us.**

**From the grip of all that is evil, free us.**

**For you reign in the glory of the power**

**that is love, now and for ever.**

**Amen**

*[New Zealand Prayer Book]*

### Body Prayer

Another way to stop and consider the Lord’s Prayer from a different perspective is to do motions or dance steps to the prayer. Go to [www.youtube.com](http://www.youtube.com) and search for “The Lord’s Prayer dance.” Watch a few of the dance videos that are shown. Try dancing/moving along with one of them OR develop your own moves to the Lord’s Prayer.

See how your body can “pray” in this “moving” way!

## Lent 3 — Week of March 4

**Scripture:** Corinthians 11: 17-34

**Prayer Type:** Intercessory Prayer

### Prayer Suggestion:

There are many forms of Intercessory Prayer—a prayer in which we intercede for those in need. In this way we are “giving” of ourselves just as Jesus gave himself to us as we remember when we celebrate the Lord’s Supper. This first Sunday of March is designated within the United Methodist Church as UMCOR Sunday—the Sunday when churches all over the world collect funds to help with the daily administration of the United Methodist Committee On Relief (UMCOR). These UMCOR Sunday funds allow UMCOR to then provide 100% of specific donations for relief to disasters of many kinds including natural disasters and those caused by war and famine. This week we consider how we can partner our prayers for the world with these financial gifts. Listed below is a portion of a special Prayer for the World from our United Methodist Book of Worship:

**Almighty God,**

**Guide the people of this land, and all nations, in ways of justice and peace;**

**That they may honor one another and serve the common good.**

**Give us all a reverence for the earth as your own creation,**

**That we may use its resources rightly in the service of others and to your honor and glory.**

**Comfort and heal all those who suffer in body, mind, or spirit;**

**Give them courage and hope in their troubles,**

**And bring them the joy of your salvation.**

**We offer these prayers**

**through Jesus Christ our Lord.**

**Amen**

### Body Prayer

A wise pastor once said, “You can only pray effectively with a Bible in one hand and the newspaper in the other.” This week, let the news sources you use direct your time of prayer. Take time each day to hold a newspaper / news magazine / mobile device with news apps in your hand as you pray for a news story that has touched your heart. Ask God to surround that person(s) with peace, healing, courage or what ever you sense they need from God.

## Lent 4 — Week of March 11

**Scripture:** Luke 11: 9-10

**Prayer Type:** Praying with Scripture

### Prayer Suggestion:

How do we “seek and find” God’s will? One of the best ways to discern God’s will is to spend time in God’s word by slowly, patiently reading and praying over portions of scripture. This style of reading and reflection on scripture is not done to learn something intellectually about the passage. Instead you are being called to sit and meditate on the words to let the words and images connect your heart to God’s heart. Pick out a portion of scripture (see recommended scriptures below) and then spend some quiet time praying through the scripture as outlined here:

- 1) **READ**— Read through the passage to see the overall content. Then read again, more slowly, pausing when a word or phrase gets your attention. Remain silent and inwardly repeat the word or phrase a few times.
- 2) **RELATE**— Consider how your word or phrase connects to what is going on in your life. Pay attention to feelings, memories, thoughts that arise. Ask yourself what God may be saying to you through this word or phrase.
- 3) **REFLECT**— Consider what invitation God offers you for today regarding the connection you made. You may want to write in a journal the scripture passage, the word or phrase you “received” from the Holy Spirit, and a few notes about the invitation you sensed from God for this day.
- 4) **RESPOND**— Ask God to empower you to respond to the invitation that you heard in your reflection.
- 5) **REST**— Take a few moments to simply sit quietly in God’s presence and allow God to love you. It is most important to have time to just “be” in God’s presence before moving on with your day.

### SUGGESTED SCRIPTURES

For this week:

Psalm 46

Matthew 5: 1-11

Mark 6: 45-52

Luke 5: 17-26

Luke 13: 10-17

John 4: 1—15

John 8: 2-11

### Body Prayer

Another ancient way to pray with scripture is to use a **Breath Prayer** with a short scripture phrase/verse. **Breathe in the first half of the phrase, Breathe out the second half.**

Try a few of these:

“The Lord is my Shepherd, I shall not want.”

“Peace I leave with you, my peace I give you.”

“It is I, be not afraid.”

“Abide in me, let me abide in you.”

“Be still, know that I am God.”

“Let not your heart be troubled, neither let it be afraid.”

Use this **Breath Prayer** to pray the word or phrase you “receive” when you are doing the technique above for **Praying the Scriptures**.

## Lent 5 — Week of March 18

**Scripture:** Psalm 77:1

**Prayer Type:** Prayer For Those Going Through a Difficult Time

### Prayer Suggestion:

In Hebrew numerology 7 is the “perfect” number, so there are traditions in which people pray 7 prayers or 7 requests to make the “perfect” prayer. Listed below is a suggested prayer to help you pray for someone going through a time of loss, grief, illness, or challenges. Bring the person into your mind and imagine them surrounded by God’s healing Spirit as you pray for them by name...

**In the name of Jesus, the Healer, I pray:**

As I pray for \_\_\_\_\_, bring him/her peace.

As I pray for \_\_\_\_\_, bring him/her healing.

As I pray for \_\_\_\_\_, bring him/her comfort.

As I pray for \_\_\_\_\_, bring him/her security.

As I pray for \_\_\_\_\_, bring him/her stability.

As I pray for \_\_\_\_\_, bring him/her joy.

As I pray for \_\_\_\_\_, bring him/her love.

In your name, O Lover of Souls,

I leave \_\_\_\_\_ in your care.

### Body Prayer

Some Christian traditions use strings of beads to hold in their hands as they pray. This is a good way to stay focused on what you are praying. If you have access to prayer beads, try using them with the prayer above changing beads as you pray each line. If you do not have access to prayer beads, consider getting 7 small stones that you can place in your pocket or a small cup. As you pray, pick up one stone at a time and hold it in your hand as you pray one line of the prayer. Then place the stone in a small pile as you continue through the stones. Leave these stones as a prayer mound to remember or that person each time you see it. Or pick them up to pray again at another time.

## Holy Week — Week of March 25

**Scripture:** Luke 19: 28-40

**Prayer Type:** Prayer of Action

### Prayer Suggestion:

Author and spiritual guide Richard J. Foster has said, “Each activity of daily life in which we stretch ourselves on behalf of others is a prayer of action.” This week as we remember the actions of Jesus — at the Last Supper, In the Garden of Gethsemane, On the cross — we are called to consider our own acts of servanthood. Where can you best give of yourself and your gifts in a way that does not call attention to you, but lifts up someone else in need? Here is a suggested prayer as you consider your Prayers of Action:

### A Prayer For Daily Guidance & Action

Lord, be my guide:

- Help me feel your presence today...
- Help me hear your voice today...
- Help me walk your path today...
- Help me see your face today...
- Help me share your love today...
- Help me speak your name today...
- Help me rest in your grace today...

O God, my strength, lead me in your ways this day!

Amen

### Body Prayer

Do some Prayer Walking this week — around your neighborhood or another area of Enid. Look for houses, schools, medical clinics/hospitals, places of service, churches, stores, etc. As you walk do two things: 1) Pray for those who live or work in the buildings you pass by and 2) Pray that God will show you how you can best serve someone in that area where you are walking.