

**Week 2 (Commencing Sunday 13<sup>th</sup> March)  
A GARDEN PILGRIMAGE**

Our prayer focus this week takes us outside.

If you have an outdoor space, take a garden pilgrimage each day. Make time to look at the bulbs coming through, the buds on the trees, the insects emerging, and the changes which come with spring.

You could walk to an open space for your pilgrimage and notice the various aspects of creation; the sky, sun, clouds, trees, plants, grass.

If you are by a river - watch the flow of water and reflect on Revelation 22:1-7. (A reading which is headed the river of life.) Bridges take us from one place to another. If you cross a bridge think about where God is leading you. Spend time absorbed by what you see and hear and smell.

Wherever you find yourself this week as you step outdoors each day, breathe the fresh air deeply. How rarely do we become aware of it as the sustainer of life day and night.

This week ask God to deepen your wonder of creation and experience his unconditional love for you. **"I will give thanks to the Lord with my whole heart"** (Psalm 9:1)

**Week 3 (Commencing Sunday 20<sup>th</sup> March)  
A PATTERN OF PRAYER**

The practice of saying a particular prayer or Bible verse & repeating several times has been observed for thousands of years. It's a means of really absorbing the words. One such pray that can be used is the "Jesus prayer." Coming from the orthodox tradition, the words are simple, yet deeply profound and repeated in a rhythmic style they open our hearts to God:-

***"Jesus, Son of God have mercy on me."***

Sometimes it's helpful to breathe in the first part of the prayer and then breathe out the second.

This pattern also works well for a number of Bible verse. You could try also using; ***How majestic is your name in all the earth*** (Psalm 8:1); ***In quietness and trust is your strength*** (Isaiah 30:15) or ***Come to me all who are weary and burdened and I will give you rest*** ( Matt 11:28).

Or simply search the Gospels for the sayings of Jesus, write one down, learn it, repeat it and allow it to move from your head to your heart.

**Week 4 (Commencing Sunday 27<sup>th</sup> March)  
PRAYING THROUGH THE DAY**

St Paul reminds us we should pray without ceasing. This doesn't mean we should spend all our time on our knees! But when we have an awareness of God in our everyday lives, it is possible to have a prayer attitude throughout the day.

**In the supermarket** - give thanks for each item you put in your basket, consider where your purchases originate? Are they fairly traded? Pray for the person in front of you in the queue and for the checkout operator.

**At work** - be aware of God with you in your conversations and decision making; allow Him to affect and direct you.

**In the world** - pray about world issues as you see, hear or read news items.

**At home** - ask God to bless your home and all who live there.

Be aware that wherever you are, you can encounter God. ***"I am with you... I am your God*** (Isaiah 41:10)

**Week 5 (Commencing Sunday 3<sup>rd</sup> April)**  
**SILENT PRAYER**

This is perhaps the hardest type of prayer.

I like to think of silent prayer as being open to God and being aware of God's loving presence without anything getting in the way. However like everything, it takes practice and you may find this week quite hard, but give it ago.

Mother Teresa said - "*God speaks in the silence of the heart. Listening is the beginning of prayer.*"

If you are not used to silent prayer start with just two minutes twice a day.

A holding cross can be a helpful way to focus this time. Quiet instrumental music in the background may also help or a prayer centre.

Be comfortable, relaxed and distraction free.

Use the time to move you from knowing about God - To knowing God.

**Week 6 (Commencing 10<sup>th</sup> April)**  
**Holy Week**  
**ENDING THE DAY WITH PRAYER**

During this final week of Lent, take up the discipline of ending each day with God.

Before you go to sleep at night look back and reflect on where you have encountered God that day through your various conversations, circumstance and situations.

As you look back, picture Christ standing with you at significant moments and journeying with you.

How might the Holy Spirit have been speaking into some of the conversations you have had?

Think about when you felt especially close to Jesus - Thank Him. When did Christ feel absent - Ask him to reveal himself now.

What may you have said or done today that you need to say sorry for? Let no bitterness take root in your soul.

End the day by praying:

*"Christ be with me, Christ within me,  
Christ behind and before;  
Christ beside me, Christ to win me,  
Christ to comfort and restore."*

(Prayer of St Patrick)



Lent is often a time when people think about "giving up" but how about "taking something on" this year - take on the discipline of prayer. This leaflet guides you through the 6 weeks of Lent with a different prayer focus each week. It is designed to help you encounter God in the everyday.

**Week 1 (Commencing Sunday 6<sup>th</sup> March)**  
**MAKING SPACE FOR GOD**

Find a space in your home where you can make a lent worship focus. This could be as simple as using a candle with a picture next to it, or a cross standing on a small piece of material, or a cairn built with stones. Be imaginative and make time to stop at your worship centre each day and use it to help you draw closer to God. (If you are working away from home take a visual focus with you as you travel.) We are always in the presence of God what is often absent is our awareness of his presence. "**Be still and know that I am God**" (Psalm 46:10)