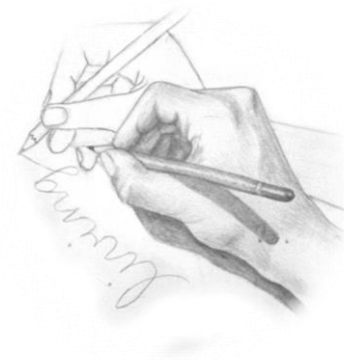


# Lenten Guided Prayer 2016

## *Living Ink*



## Prayer Sheet 1: *Letting Go of the Pen*

Week starting February 14

### Call to Prayer

Consider creating a space for prayer in your home or office if you do not already have one, and gather any items that may help you to engage with the prayer options more fully; for example, a Bible, journal and pen, art supplies, a symbol that is meaningful to you, music, etc. As you prayerfully open yourself to God's presence, you may choose to light a candle to acknowledge that this is a space set apart from the busyness of life.

**Opening Prayer:** *Author of Life, guide my way on this Lenten journey.*

### Meditative Reading

Read **Deuteronomy 26.1-11** and/or **Luke 4.1-13** slowly and reflectively. Notice if there is a word or phrase that stands out to you, or touches a particular area of your life.

### For Reflection

- Take a moment to set your intention for your Lenten journey. What burdens, questions, or hopes do you bring? What are you seeking at this time in your life?
- Have there been times in your life when you have needed to “let go of the pen” and trust God to author your story? What did you learn about yourself and about God during such times?

### Prayer Options

Select a prayer suggestion from the list below that sparks interest or feels stretching for you. You may stay with one way of praying throughout the week, or engage with several options.

### Praying with Scripture

The 40 days of Lent are based on the 40 days that Jesus spent in the wilderness, fasting and facing temptations, before he began his ministry. Lent is a journey in which we are invited to walk with Jesus toward the cross. Begin this journey by entering the story of **Luke 4:1-13**. Read the account of Jesus's temptation through so that you are familiar with the broad movements of the story; then, imaginatively place yourself as an observer in the story and allow it to play in your imagination. Watch the interactions between Jesus and the devil. What do you see? What do you hear? What do you feel? Is there anything that you need to say to Jesus? Is there anything that Jesus says to you?

### Thoughts and Reflections

## Praying through storytelling

Storytelling will be a theme throughout this guided prayer journey. Both the Old and New Testament texts this week share stories of deliverance from the wilderness. The Deuteronomy text gives instructions for the giving of first fruits in remembrance of Israel's liberation from Egypt and the Luke text outlines the story of Jesus's temptations. Reflect on a wilderness time in your life. Explore the ways in which you came to the end of your resources and had to rely on God or support beyond yourself for deliverance. Tell that story using words, movement, music, or art. You may choose to do this in the form of a psalm, as your prayer to God.

## Praying with music

Listen to, sing or play these musical selections as prayer. If you do not own the hymn books, you may be able to borrow them from your church.

*Be thou my vision* Hymnal: A Worship Book (HWB) 545

[Youtube: Be thou my vision by 4Him \(Celtic Version\)](#)

*I surrender all*

[Youtube: I surrender all, parkway worship ministry](#)

*In the stillness of the evening* HWB 551

## Praying with movement

Releasing and letting go are often themes in the spiritual life. Some of what needs to be released is held in our bodies in the form of tension. Notice where you hold tension in your body. In prayer, share with God what you are noticing and ask if it is time for this tension to be released. Listen for God's response and, when it's time, allow your body to guide you in letting go through mindful stretching, gentle movement, and deep breaths. If you'd like to take this further, walking, running, or dancing can be a full-body act of release.

## Praying for our world

In **Deuteronomy 26:1-11** God brings a persecuted group of people out of their oppression and leads them to a land of their own. Pray for all those who have been displaced or who live under oppressive conditions, both locally and globally. You may include the words of the Jesus Prayer: *Kyrie, eleison. Lord, have mercy.*

## Closing Prayer

*Author of Life, I confess that there have been times when I have tried to author my own story and I have fallen short. I release my desire for control and offer to you my life as living ink, trusting you to hold the pen.*

*Amen.*

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Review what you have experienced during your prayer times. Decide what is meant for you alone, and what you are comfortable sharing if you are meeting with your group. **Lenten Guided Prayer 2016 is a ministry of Mennonite Spiritual Directors of Eastern Canada in cooperation with MCEC.**