

Lenten Prayer Guide

Different Christian Traditions approach Lent in various ways. You have likely heard that many people choose to fast or give up something from their life for forty days. Others have put a twist on this and decided to add something beneficial over the forty days rather than remove something. As United Methodists, we commemorate Lent in many ways, including worship, fellowship, small groups, bible study, and prayer. What has been crucial in our tradition is that Lent is an intentional time of **reflection**. This guide is designed to help you do that.

Lenten Collect (Occasional Prayer)

This is a great tool to use to help focus you during the Lenten season. One option might be to use it as a morning or evening prayer.

O God our deliverer, you led your people of old through the wilderness and brought them to the promised land. Guide now the people of your church, that, following our savior, we may walk through the wilderness of this world toward the glory of the world to come; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit One God now and forever.
Amen.

The Acts Model for Daily Prayer

This is a tool to use for daily prayer. It can be as short as words or take up to four paragraphs. What is important is the elements are present.

Adoration – A praise or statement of praise to God.

Confession – Admitting if wrong or statement of belief (or Both!).

Thanksgiving – Something you are thankful for or a statement of Thanksgiving.

Supplication – Something you need or a statement of request to God

Breathe Prayer

This simple style of praying connects our regular breathing pattern with a short prayer. It is proven to help facilitate calm and improve focus. Start for short periods of time (2:00 min), but if you enjoy it feel free to lengthen them.

INHALE: Christ, have mercy,

EXHALE: Lord, have mercy.