



# Lent @ Home Worship & Devotion Kit

2021

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## Supplies:

- Battery powered LED candle to illuminate your devotion time
- 7 pre-sealed communion servings for weekly devotion time

## **“A Word of Hope & Trust in Anxious Times”**

adapted by Dr. Lisa Davison & inspired by Isaiah 40:1-11

“Comfort, O comfort my people,” says our God.

“Speak to the heart of my children;

Assure them that this is overwhelming,

And it is okay to feel fearful;

No one deserves what they are experiencing.”

A voice cries out: “In the deserted places, prepare the path of the Holy;

In the quite streets, clearly mark the way of the Divine.

Every empty store shall again be filled;

And all vacant schools shall once more welcome students;

The silent parks and squares will ring with laughter and singing;

Streets will become busy and airports bustling with travelers.

Communities shall gather again and be whole.

On that day, the glory of the Holy shall shine forth;

And all of creation shall behold it as one.”

A voice says, “Cry out!” I say “What shall I proclaim?

We are mortal beings and life is fragile.”

Indeed humans are born and humans die;

But when the Divine breathes, life stirs again.

The Holy One’s Covenants are eternal.

Ascend to a high place, O Proclaimer of Blessings;

Speak out with conviction, O Proclaimer of Blessings.

Do not whisper but shout to all: “Here is the Divine!

Behold in creative and diligent scientists, nurses, doctors, & first responders

The Holy’s healing power is made manifest;

Through wise and decisive leaders, the Divine’s desires are brought to fruition.

Those who trust in the Holy One, shall search for hope in the midst of despair.

As a caretaker, the Holy shall provide what we need to endure this time of uncertainty;

Like a Hospice worker, the Divine will gather the suffering in gentle arms.

Like a little child, the Ancient One will lead us into an unknown future.

## ***Creating a Habit of Prayer***

### ***Introduction***

Our days are often days of community and comfort, of sparkling conversations with friends and family and the rich harvest of the day. These are days of physical anxiety, misgivings regarding health and struggles of the spirit. Phillips Theological Seminary would like to offer you these *Words of Prayer for Days of Solitude and Healing* as a resource for your own sustained care, connectedness and spiritual discovery. Best used, these little prayers, when repeated on a regular basis, can begin to set a framework within your day. And there within that framework, a Habit of Prayer can be encouraged or begin.

Try creating a space, your own worship center, that you visit during these times of the day. Gather and bring a variety of items to your worship center. These items may be photos, souvenirs, or anything that connects what is occurring in your life with your spirit. Visit your worship center when you are anxious about your health of mind, body or spirit. Visit when you feel alone and isolated. Visit when you worry about friends and family. Visit those times when you need strength and a sustaining hope.

### ***On Rising***

Dear God, thank you for the rest of night. I rise now eager for the promise, care and wonder of this day.

### ***With Coffee or Breakfast***

Open my eyes, Lord, open my heart and open my waking spirit for this day.

### ***During Mid-Morning***

(**inhale**) May your Peace, O God (**exhale**) fill my heart. (Repeat several times.)

### ***With Lunch***

By this meal we are fed, by this meal we are nourished and restored, within this meal we are bound, one to another wherever we may be and with your work, Gracious One, in this place or another, may it be so.

### ***During Mid-Afternoon***

In this brief moment, Gentle Friend, lift my weary arms, sweep my fading spirit with your grace-filled breeze and bring new strength into my life.

***With Dinner or Early Evening***

Gracious Lord, the bread is broken and the cup is poured, the day has past and we gather, we receive each one and bless each life, and may our thanks fill the sky.

***At Evening's Rest***

Dear God, now I rest, now I sleep. Now, I set aside my fear and I release each worry of the Day. Now I rest, I trust, and I remember your love for us all. Amen.

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**Other Occasion for Prayer**

***A Time of Happiness or Joy***

Beloved and Holy Friend, may I remember this bright and happy day, may the joy in this moment spill out from my heart and may grace and mercy be my gift for all I meet.

***When I Worry or I Fear***

Merciful God, my worries I give to you. My fears I give to you. Remove them from me to a place beyond my living. Take my shaking hand, leading me to your peace.

***Seeking Advice, Wisdom or Direction***

Sacred Companion, direct my thoughts toward what is whole, what is just, and along paths of compassion, may your steady grace be my compass and my guide.

*—All prayers written by Terry Ewing, Vice President for Advancement,  
Phillips Theological Seminary, Tulsa, OK.*

## ***Weekly Lenten Prayers for Hope and Resurrection***



As you consider Lent and Easter this year we offer a prayer for each week. Read the prayer each morning. Carry it with you through the day to read at lunch, or during a break or resting.

During this year we have experienced much. We have all learned what is important and what to discard. We have learned what to value. As these prayers become a familiar

piece of each day you will become more comfortable with this practice. May you discover and receive much from these *Daily Prayers for Hope and Resurrection*.

—Terry Ewing, Vice President of Advancement  
Phillips Theological Seminary, Tulsa, OK.

### ***Ash Wednesday, February 17***

Holy One, place my hands upon the Gates that I might throw them open, welcoming the Arrival of Hope into my life. May muscle and bone, heart and head, soul and spirit be awakened to the journey ahead. The barriers are removed! In Christ's Name, Amen.

### ***February 21 - 27***

Dear Friend, pretending is not mending. I am empty and without form, the day seems lost between what I know and what I will do. Lift my head up, Lord. Whisper strength into my heart. Clear the grey from this day and bring blazing light into my home. These are my prayers, Amen.

**February 28 – March 6**

Heart of Grace, in this week of mixed blessings and feelings, I am looking for what can heal me. I am looking for what can turn my mind. O God, lift my heart and spirit—it is time and I need it so. Let me find Life, once more. In this Name, who walks here now, Amen.

**March 7 - 13**

Dearest Companion and Friend, I find myself in the middle of nowhere, winding around nothing and I search for a hand, a place to stand, somewhere safe. Touch me with the glimmering possibility of Hope. Take me, Lord, to the end of this Holy Week. These are my prayers, Amen.

**March 14 - 20**

Holy and Gracious One, I hear the shadows talking in gloomy mutterings of despair, as the Lord's Peace here among us, was stolen and snatched away. In silence and quiet meditation, keep our hearts aimed toward what is ahead. Absent but not abandoned. Fearful but not forgotten. Lingering but not lost. I raise my hands into this night, seeking your soothing grasp. Amen.

**March 21 - 27**

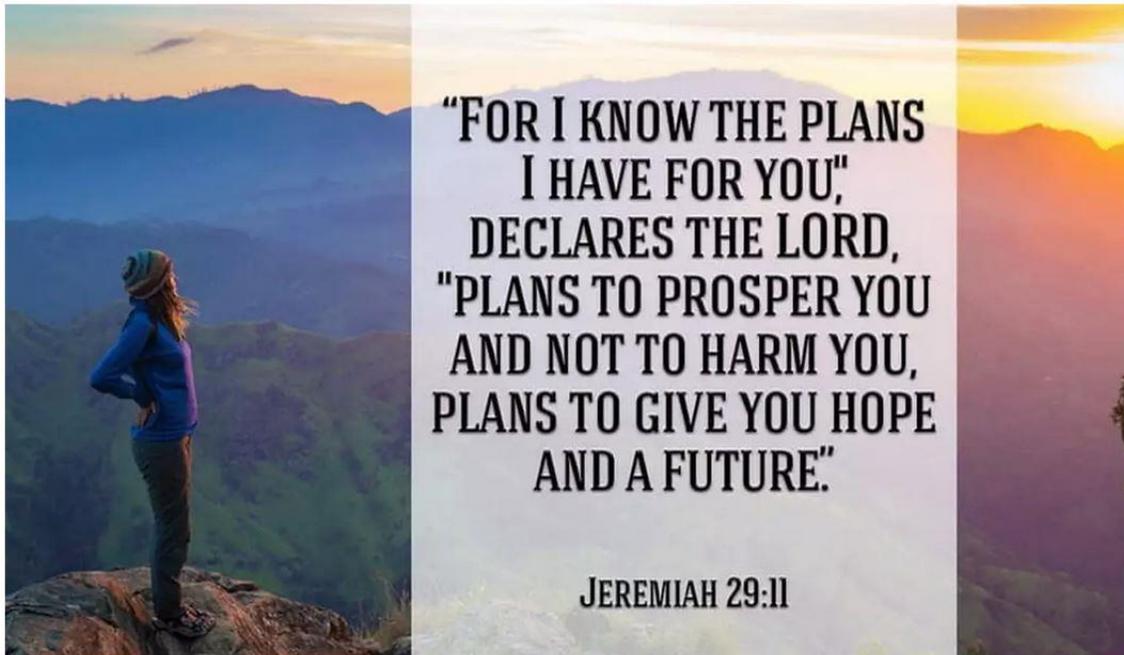
Most Loving God, who has heard of such love? Jesus, whose hands offered justice and mercy—pierced. Jesus, whose footsteps crossed lines of suspicion and hatred—pierced. Jesus, whose bowed head gathered all in love—pierced and broken. O God, may my life be as dear to me as it is to Christ. May such love be the net cast upon us all, binding each one to the other. May it be so. Amen.

**March 28 – April 3**

Faithful Guide and Holy Friend, these hours seem empty. These minutes, scattered. We are the assorted and jumbled followers. It is here, with these, I wait. Waiting for what might be next. Praying for what might be next. O God, may this waiting reveal the coming restoration. May this waiting brightly proclaim the Day of Hope and Resurrection. In this Name, these are my prayers, Amen.

***Easter Sunday, April 4***

Wondrous God, Risen Lord, Creating Spirit—Good News! What was bound, has been released. What has been in shadows, now has seen the Light. Fear is ignored and forgets its place. The Promise is fulfilled, each heart is drenched in mercy, each life is forgiven, restored, and brought new into this day. Justice runs free, and I will not stop it. Love is raised beyond limits, and I will not doubt it. Hope is on the rise, and I will not forget it. Thank you, O God, thank you, for today ALL is new. These are my prayers, In Christ's Name, Amen





## COMMUNION SERVICE GUIDE

- Prepare an intentional space for quiet reflection and meditation during your time of communion
- Switch on the battery-powered LED “candle” to remind you of God’s illuminating presence
- Open your bible to 1 Corinthians 11:23-26 (Words of Institution)
- Utilize the provided single-serving communion elements, or use your own bread and juice for communion
- Keep a list of prayer concerns, so you can return to it weekly or daily and seek God’s counsel in prayer

### Invitation to Communion

During Lent, we consider what it means to seek repentance and live more toward devotion to and adoration of Christ. We try to turn from sin and focus our minds and hearts on God's mercy and unending love.

Our time in communion connects us not only to God in spirit, but also to the faithful body of believers through the generations. When you participate in the Lord's Supper, you're intentionally making the effort to humble yourself to receive the blessing and reminder of God's love in Christ.

So approach the time of communion with purpose and clarity of focus, with the last supper of Christ on your mind and the mercy of God in your heart. May the bread broken and the cup poured be for you a reminder of God's everlasting love and grace.

### **Communion Prayer**

Christ Jesus, our Living Bread, we praise your mercy in the memorial of love. As we keep in mind your life, death, and resurrection, let our eucharistic banquet enable us to share with one another the goodness and love you have showered upon us. We ask this in your name. AMEN.

### **Words of Institution from 1 Cor. 11:23-26**

The Institution of the Lord's Supper

23 For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, 24 and when he had given thanks, he broke it and said, "This is my body that is for[a] you. Do this in remembrance of me." 25 In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." 26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.