

*Into the wilderness...*

LITURGICAL RESOURCES  
FOR THE SEASON OF LENT 2022



THE EPISCOPAL DIOCESE OF MISSOURI

## THE SEASON OF LENT

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. The English word "Lent" comes from the Anglo-Saxon word *lencten*, which means "lengthen" and refers to the lengthening days of "spring." In many other languages, the word used for this season refers to the 40-day length of the season (*cuaresma* in Spanish and Tagalog, *carême* in French, *quaresima* in Italian) or to the fasting that characterizes it (*Fastenzeit* in German, *fastan* in Swedish, *paasto* in Finnish, *posta* in Russian). The season is a preparation for celebrating Easter.

Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians. The First Sunday describes Jesus' temptation by Satan; and the Sixth Sunday (Passion/Palm Sunday), Christ's triumphal entry into Jerusalem and his subsequent passion and death. Note that the readings during Lent, until Passion/Palm Sunday, focus primarily on the meaning of baptism and discipleship, in continuity with the season's original purpose. Because Sundays are always little Easters, the penitential spirit of Lent should be tempered with joyful expectation of the Resurrection.

## LENTEN PRACTICES TO INCORPORATE INTO WORSHIP

**Silence.** We live in a world filled with many distractions and noises. Lent offers us the opportunity to engage in the ancient spiritual practice of sitting in silence. Consider incorporating prolonged silences into the liturgy during this season. Immediately after communion is a perfect time for a two-minute silence to center on Jesus.

**Ashes.** During the season of Lent, baptisms are generally not performed and holy water fonts are traditionally drained. Consider placing a container with ashes from Ash Wednesday in the font for the season of Lent as a reminder of our mortality.

**Candles.** We proclaim that Christ is the Light of the World and we through baptism reflect that light. Consider offering the community an opportunity to light candles during the Prayers of the People or another appropriate time as a spiritual practice.

**Incense.** We proclaim that the burning of incense is a symbol for our prayers rising to God. Consider having a stationary space where members of the community may add grains of incense to a brazier or stationary thurible (a ceramic bowl with kitty litter and quick-lite charcoal works well).

**Simplify.** Lent in many ways a stripping down and stripping away of the things that distract and draw us away from our faith. Consider how you may declutter the worship space (removing excess furniture etc.) as a way of marking this season as an intentional preparation for the overwhelming joy of Easter.

**Voices.** The Gospels throughout the season of Lent are rich with dialogue and nuance. Consider proclaiming the Gospel with multiple voices with the Deacon or Presider being the narrator. This is a great lead into the Palm Sunday narrative Gospel.

## THE GATHERING OF GOD'S PEOPLE

### GATHERING HYMN/MUSIC:

#### THE PENITENTIAL RITE

*Presider* Blessed be the God of our salvation.

*People* **Who bears our burdens and forgives our sins. Amen.**

*Or*

*Presider* Blessed the LORD who forgives all our sins.

*People* **God's mercy endures for ever. Amen.**

*The Presiders may add*

*Presider* Those who dwell in the shelter of the Most High,

*People* **Abide under the shadow of the Almighty.**

*Presider* They shall say to the Holy One,

*People* **You are our refuge and our stronghold.**

*The Presider may read one of the following sentences*

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." *Mark 12:29-31*

So then, you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. *Ephesians 2:19-20*

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8,9*

Have mercy on me, O God, according to your loving-kindness; in your great compassion blot out my offenses. Wash me through and through from my wickedness and cleanse me from my sin. *Psalms 51:1-2*

#### THE CONFESSION

*Deacon* Let us confess our sins against God and our neighbor. *Silence is kept for a time.*

Most holy and merciful God: We confess to you and to one another, and to the whole communion of saints in heaven and on earth that we have sinned by our own fault in thought, word, and deed; by what we have done, and by what we have left undone.

*People* **We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.**

*Deacon* Our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

*People* **We confess to you, O God.**

*Presider* Our self-indulgence, and our exploitation of others, our anger at our own frustration, and our envy of those more fortunate than ourselves,

*People* **We confess to you, O God.**

*Deacon* For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,

*People* **Accept our repentance, O God.**

*Presider* For our waste and pollution of your creation, and our lack of concern for those who come after us,

*People* **Accept our repentance, O God.**

*Deacon* Restore us, Holy God, and let your anger depart from us;

*People* **Favorably hear us, for your mercy is great.**

#### THE DECLARATION OF FORGIVENESS

*The Presider prays the declaration of forgiveness, and the people respond Amen.*

*Presider* May the Eternal God forgive you and free you from your sins, heal and strengthen you by the Holy Spirit, and raise you to new life in Christ Jesus our Lord. Amen.

*When this Order is used at the beginning of the Liturgy, the service continues with the Kyrie eleison, or the Trisagion.*

#### SONG OF PENANCE: KYRIE

*Presider* Wash me thoroughly from my wickedness and cleanse me from my sin: Lord, have mercy.

*People* **Lord, have mercy.**

*Presider* Make me a clean heart, O God, and renew a right spirit within me: Christ, have mercy.

*People* **Christ, have mercy.**

*Presider* Cast me not away from your presence and take not your holy spirit from me: Lord, have mercy.

*People* **Lord, have mercy.**

*Or*

#### SONG OF PENANCE: TRISAGION

*Presider* Holy God, Holy and Mighty, Holy Immortal One, have mercy on us.

*People* **Holy God, Holy and Mighty, Holy Immortal One, have mercy on us.**

*Presider* All-holy Trinity, have mercy on us. Lord, cleanse us from our sins and pardon our iniquities.  
Holy God, visit and heal us for your Name's sake.

*People* **Holy God, Holy and Mighty, Holy Immortal One, have mercy on us. Amen.**

*The liturgy continues with the Collect of the Day.*

#### A LENTEN AFFIRMATION OF FAITH

*Deacon* As children of God let us stand and affirm our faith.

*Silence is kept for a time.*

*Deacon* We believe in God, creator of heaven and earth.

*People* **We believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of our sister Mary; Baptized by John the Baptist, filled with the Holy Spirit: to preach the kingdom of God to the poor, to heal the sick, to receive those who have been cast out, to revive Israel for the salvation of the nations, and to have mercy upon all people.**

***Jesus suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of God, and he will come again to judge the living and the dead.***

***We believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. AMEN.***

## THE PRAYERS OF THE PEOPLE: OPTION A

*The Liturgy continues with the Prayers of the People.*

*Deacon* We pray to the Eternal One for the courage to give up other things and to give ourselves in service to Christ.  
*Silence is kept for a time.*

*Leader* Give your Church the courage to give up her preoccupation with herself and to give more time to your mission in the world. We pray for... May the wounds of Jesus bring forgiveness to your people and help us to face the cost of proclaiming salvation. Lord, meet us in the silence,

*People* **Give us strength and hear our prayer.**

*Leader* Give your world the courage to give up war, bitterness, and hatred, and to seek peace. We pray for... May the shoulders of the risen Jesus, once scourged by soldiers, bear the burden of political and military conflict in our world. Lord, meet us in the silence,

*People* **Give us strength and hear our prayer.**

*Leader* Give us the courage to give up quarrels, strife, and jealousy in our families, neighborhoods, and communities. We pray for... May the presence of the risen Jesus, his body once broken and now made whole, bring peace and direction as we live with one another. Lord, meet us in the silence,

*People* **Give us strength and hear our prayer.**

*Leader* Give us the courage to give up our selfishness as we live for others, and to give time, care, and comfort to the sick. We pray for... May the wounded hands of Jesus bring his healing touch, and the light of his presence fill their rooms. Lord, meet us in the silence,

*People* **Give us strength and hear our prayer.**

*Leader* Give us the courage to give up our fear of death and to rejoice with those who have died in faith. Especially we hold in our minds... May the feet of the risen Lord Jesus, once nailed to the cross, walk alongside the dying and bereaved in their agony, and walk with us and all your Church through death to the gate of glory. Lord, meet us in the silence,

*People* **Give us strength and hear our prayer.**

*Leader* Give us the courage to...*here other intercessions may be offered.*

*People* **Give us strength and hear our prayer.**

*Presider* Artist of souls, you sculpted a people for yourself out of the rocks of wilderness and fasting. Help us as we take up your invitation to prayer and simplicity, that the discipline of these forty days may sharpen our hunger for the feast of your holy friendship, and whet our thirst for the living water you offer through Jesus Christ. **Amen.**

## THE PRAYERS OF THE PEOPLE: OPTION B

*Deacon* In this holy season of Lent, we are called to a journey of self-examination, repentance, and prayer following the example of Jesus our Savior. Let us in our prayers offer to God the yearnings of our hearts.

*Lector* We pray for the whole church, all leaders and ministers, and all the holy people of God; especially Justin the Archbishop of Canterbury, Michael our Presiding Bishop, Deon our Bishop, N.N. and all members of the Clergy.

*Lector* We lift our eyes to the hills, O God.

*People* **In you is our help and strength.**

*Lector* We pray for our nation, for all the nations of the earth, and for all who govern and judge; especially Joseph our President, Michael our Governor, N.N. our Mayor, the delegates of the United Nations.

*Lector* We lift our eyes to the hills, O God.

*People* **In you is our help and strength.**

*Lector* We pray for those who put themselves in harm's way and places of danger; those who willingly risk their lives; particularly for those serving in the armed services; for those we name...

*Lector* We lift our eyes to the hills, O God.

*People* ***In you is our help and strength.***

*Lector* We pray for those who hunger, those who thirst, those who cry out for justice, those who live under the threat of terror, and those without a place to lay their head; especially \_\_\_\_.

*Lector* We lift our eyes to the hills, O God.

*People* ***In you is our help and strength.***

*Lector* We pray for those who are ill, those in pain, those under stress, and those who are lonely; especially *names of sick*

*Lector* We lift our eyes to the hills, O God.

*People* ***In you is our help and strength.***

*Lector* We pray in this season of Lent for those who prepare for baptism and renewal, and we pray that we all might be given the grace and strength to repent and grow closer to you, O God.

*Lector* We lift our eyes to the hills, O God.

*People* ***In you is our help and strength.***

*Lector* We pray for the many milestones in our lives and those who celebrate with us, for celebrations of all kinds especially *for birthdays and anniversaries*

*Lector* We lift our eyes to the hills, O God.

*People* ***In you is our help and strength.***

*Lector* We pray for those who have died, especially \_\_\_\_\_ and who have entered into the land of eternal Light and your abiding peace.

*Lector* We lift our eyes to the hills, O God.

*People* ***In you is our help and strength.***

*Concluding Collected added by the Presider*

*Lent I:* Hear these and all the longings of our hearts O God, whose reign is not distant but breaking in among us: give us time and space to find a new identity, to let go of control and walk the pilgrim way; through Jesus Christ, the good news of salvation. Amen.

*Lent II:* Gracious God, you sent your son not to condemn us, but to save us; hear our prayers in this holy season of Lent, and bring us the gift of your salvation. Amen.

*Lent III:* Lord Jesus, hear our prayers and give us the gift of your living water so that we might never thirst again, but be quenched by your grace. Amen.

*Lent IV:* Lord Jesus, we pray that you would reach down into the dust of the earth and bring us your sight, that we might see what you need us to see, and do what you need us to do in your Holy Name. Amen.

*Lent V:* Lord Jesus, you are the Resurrection and the Life; as we await the celebration of your Resurrection, grant us and the whole world the wondrous gift of your Life, and hear our prayers we offer to you this day and always. Amen.

## **THE GREAT SILENCE**

*Once all have received communion and the Holy Table has been cleared the community observes a moment of silent reflection and prayer. The silence is begun and ended with the sound of a bell.*

*Presider* Jesus entered into a secluded place to rest and pray with his disciples. Therefore let us find our resting place with Jesus in the silence.

## LENTEN POST-COMMUNION PRAYER

*After all have received communion, the Presider says*

*Presider* God is with you.

*Presider* **And also with you.**

*Presider* Let us pray.

*People* ***Eternal God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live lives grounded in service to you and to one another; through Jesus Christ our Lord. Amen.***

## THE LENTEN PRAYERS OVER THE PEOPLE

*The Prayers over the people replace the usual blessing. The Presider prays over the people.*

*Deacon* Bow your hearts before the LORD our God.

*Lent I:* Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. Amen.

*Lent II:* Grant, Almighty God, that your people may recognize their weakness and put their trust in your strength, so that they may rejoice in the protection of your loving providence; through Christ our Lord. Amen.

*Lent III:* Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. Amen.

*Lent IV:* Look mercifully on this your family, Almighty God, that by your great good they may be preserved ever-more; through Christ our Lord. Amen.

*Lent V:* Look down in mercy, Lord, on your people who kneel before you; and, grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. Amen.



## IDEAS FOR KEEPING A HOLY



# LENT

**SO YOU'VE BEEN LOOKING FOR WAYS TO KEEP LENT.** Giving up chocolate or that latte doesn't do much for you. Well here are 40 ways you can keep a holy Lent, connect with the Divine and reflect on what God is calling you to be and do. Maybe, just maybe, you may find yourself continuing well past Lent. May you be blessed in your journey.

### **ASH WEDNESDAY WEEK**

Day 1: Pray for someone you have a hard time liking.

Day 2: Do something that scares you.

Day 3: Spend a day without watching TV.

Day 4: Give at least \$10 to a good cause.

### THE FIRST SUNDAY IN LENT:

Day 5: Take 5 minutes of silence during the day.

Day 6: Look out the window until you find something of beauty you had not noticed before.

Day 7: Give items of clothing to charitable organizations.

Day 8: No Whining Day (*and no whining about not whining*).

Day 9: Perform a random act of kindness.

Day 10: Buy non-perishable foodstuffs and donate to a local food bank or shelter.

### THE SECOND SUNDAY IN LENT:

Day 11: Call an old friend you have not spoken to in a long time.

Day 12: Pray the News (*pray for people and situations in today's news*).

Day 13: Read Psalm 139 (*any bible will do*).

Day 14: Pay a few sincere compliments.

Day 15: Fast for one or more meals today.

Day 16: Learn more about undocumented workers & refugees.

### THE THIRD SUNDAY IN LENT:

Day 17: Forgive someone (*it might be hard but it's worth doing*).

Day 18: Learn about another faith tradition (Islam, Judaism etc.)

Day 19: Give a gift to a random stranger.

Day 20: Check out morning or evening prayer: <http://dailyoffice.wordpress.com>

Day 21: Pick up a pair of socks or warm gloves and donate to your church or local shelter.

Day 22: Share a blessing with someone.

### THE FOURTH SUNDAY IN LENT:

Day 23: Introduce yourself to a neighbor or stranger.

Day 24: Read Psalm 121 (*try a different bible this time*).

Day 25: Bake or buy cupcakes or cookies and give them away.

Day 26: No shopping day (*credit cards need a rest too*).

Day 27: Light a candle and say a prayer.

Day 28: Say a prayer for a friend then let them know you prayed for them.

### THE FIFTH SUNDAY IN LENT:

Day 29: Write a thank you note by hand.

Day 30: Invest in canvas shopping bags.

Day 31: Turn off all the lights except one.

Day 32: Donate art supplies to your local elementary school.

Day 33: Read John 8:1-11.

Day 34: Invite a friend to church or a church event.

## THE SIXTH SUNDAY IN LENT: PALM SUNDAY

Day 35: Be vegetarian for a day.

Day 36: No sugar day – where else is there sweetness in your life?

Day 37: Volunteer.

Day 38: Learn about a saint.

Day 39: Pray for peace around the world.

Day 40: Pray for your enemies (*you probably have new ones by now*) then decide which of these exercises you'll keep for good.

Hope you had a wonderful journey with Jesus through Lent.