

Prayer Guide

Please take a
copy



Will you meet us?

*Will you meet us in the ashes,
will you meet us
in the ache
and show your face
within our sorrow
and offer us
your word of grace:*

*that you are life within the dying,
that you abide within the dust,
that you are what
survives the burning,
that you rise
to make us new.*

*And in our aching,
you are breathing;
and in our weeping,
you are here within the hands
that bear your blessing,
enfolding us
with your love.*

Jan Richardson

A prayer for peace

*Jesus, light of the world,
you promised to be always with
us. Be with our sisters and
brothers in places of war,
dispelling the darkness of
violence.*

*Compel us to be with them too
in thought, prayer and
solidarity,
responding to their suffering
with the same compassion you
have shown us.*

*We make this prayer in the firm
faith that your light shines in
the darkness
and the darkness cannot
overcome it.*

Amen

Please take this leaflet home with you.

You are welcome to contact the ministry team at St John's, who will be pleased to provide a listening ear. May God bless you and all those for whom you pray. *The Ministry Team: Tim, Ritah, David, Lauryn, and Anne*
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LENT is the season in the church's life that happens as we prepare for Easter. The Bible tells us that Jesus spent time in the wilderness, praying, being tempted and yet resisting temptations. In memory of this and in preparation for the great festival of Easter, Christians spend extra time during Lent in prayer and study, often increasing their giving and sometimes giving some things up. We begin on Ash Wednesday, marking ourselves with ash, a reminder that "we are but dust, and to dust we shall return."

Some ideas for prayer during Lent:

Sign up for an email which sends prayers and ideas for meditation each day.

- **Embrace** weekly reflections: focusing on the Middle East, this year's theme is "Hope in hard places." <https://embraceme.org/lent-reflections>
- **Living Hope** is a weekly reflection from the Church of England.

<https://www.churchofengland.org/faith-life/what-we-believe/lent-holy-week-and-easter/living-hope-resources-lent-2025>

- <https://www.stewardship.org.uk/40acts> focuses on Stewardship and generosity throughout Lent

Use the St John's prayer diary, and find a few moments each day to pray for the needs and concerns of our church community.

Download an app and use it for daily prayer during Lent. Some that our ministry team use:

The Daily Office



d365



Everyday Faith



One of the key stories and images for Lent is the story of Jesus in the wilderness, where he was tempted for 40 days and nights.

Then the Spirit led Jesus into the desert to be tempted by the Devil. After spending forty days and nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread."

But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.'"

Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down, for the scripture says,

'God will give orders to his angels about you;

they will hold you up with their hands,

so that not even your feet will be hurt on the stones.'"

Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.'"

Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "if you kneel down and worship me."

Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'" Then the Devil left Jesus; and angels came and helped him. (*Matthew 4:1-11*)

A meditation on desert places

*The desert waits,
ready for those who come,
who come obedient to the
Spirit's leading;
or who are driven,
because they will not come any
other way.*

*The desert always waits,
ready to let us know who we are
– the place of self-discovery.*

*And whilst we fear, and rightly,
the loneliness and emptiness and harshness,
we forget the angels,
whom we cannot see for our blindness,
but who come when God decides
that we need their help;
when we are ready
for what they can give us.*

Ruth Burgess, in Bread of Tomorrow



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Living God's Love