

# Transforming Lives

## Daily Prayer in Lent



*If practical, you may wish to use a candle, music, or incense to set this time and place apart for prayer. You might like to incorporate other symbols suggested for this week.<sup>1</sup>*

### Preparation

*Take a moment to be still and become aware of God's presence. Hold before God all those praying with Transforming Lives today.*

Praise the Lord, O my soul!

All that is within me praise his holy name!

The Lord is gracious and compassionate;  
slow to anger and abounding in love.

As high as the heavens are above the earth

so great is his steadfast love for those who fear him.

*from Psalm 103*

Almighty God, by the prayer and discipline of Lent may we enter into the mystery of Christ's sufferings, and by following in his Way come to share in his glory; through Jesus Christ our Lord. Amen.

### Praise

***Sing a song or hymn, play a tape or CD, or use this canticle, 'A Song of Joy'.***

O be joyful in the Lord, all the earth;  
serve the Lord with gladness  
and come before his presence with a song.

Know that the Lord is God;

it is he that has made us and we are his;

we are his people and the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise;

give thanks to him and bless his name.

For the Lord is gracious; his steadfast love is everlasting  
and his faithfulness endures from generation to generation.

Glory to the Father, and to the Son, and to the Holy Spirit;

as it was in the beginning, is now and shall be for ever. Amen.

*from Psalm 100*

### Bible Reading

*You could use the Transforming Lives Bible reading notes, the Common Worship daily lectionary, or some other scheme of readings.*

### Prayers

***Begin with the Transforming Lives prayer:***

God of every time and place,  
you hold each moment and shape each day;  
by the gentleness of your Spirit  
transform us,  
with the gifts of your Spirit  
equip us,  
in the boldness of your Spirit  
send us out,  
to serve you and transform the world,  
in the name of Jesus Christ our Lord.

*Other prayers, include the following areas:*

- The world (including local concerns)
- The Church (including the local church and all others taking part in Transforming Lives)
- Those in need (including those known personally)

*Finish with the Lord's Prayer.*

### Conclusion

In darkness and in light, in trouble and in joy,  
help us, heavenly Father,  
to trust your love,  
to serve your purpose,  
and to praise your name,  
through Jesus Christ our Lord. Amen.

Praise be to God,  
who holds each moment and shapes every day!  
Amen.