



## ***St Matthew's From Lent to Easter...a Journey in Prayer***

Lent is traditionally a time when we remember the heart of the Christian faith; the life and ministry of Jesus Christ, the Son of God. After Shrove Tuesday, Lent encompasses 40 days (excluding Sundays) and culminates in the period from Palm Sunday to Good Friday (Holy Week).



Lent is often misunderstood in popular culture as a miserable and pointless exercise, when people give up chocolate or alcohol without perhaps really knowing why. But Lent is truly a journey – a journey of Christian discipleship, where we re-evaluate every part of our lives.

We begin our journey through Lent wherever we are with God – for some of us, this may be further away than we want it to be. We join with others on our journey and are drawn back to Jesus through:



- ✓ prayer
- ✓ studying God's word
- ✓ fasting (by means of giving up certain foods, or giving of our time), and by
- ✓ showing love to others.



Lent is our oasis; a time of getting into spiritual training and allowing God to re-shape our attitudes and actions as we move towards our destination – the high point of Christ's victory over death in the resurrection on Easter Day, bringing us hope of eternal life and a celebration of God's moving and working among us, changing our past and our future!

We hope these prayers will help you on your journey...

Lord God, it is far too easy for each day to be much like the last. Whether it be the drudgery or joy of work, or the endless round of retirement, we find ourselves treading the same ground for no other reason than we haven't had the space to stop and ask if this is all there is, or if there might be something more?



Help us use these days in the run up to Easter as a time to stop and think. Help us to remember this is a season of hope and infinite possibility. Help us to step off the merry-go-round of life, take a good look at who we are and where we are going, and ask: ***“Am I the kind of person God is calling me to be?”***

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Father, You have taught us to overcome our sins by prayer, fasting and works of mercy. When we are discouraged by our weaknesses, give us confidence in Your love. We ask this through Our Lord Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, One God for ever and ever



Lord Jesus, during this period of Lent give me courage to examine how I live my life, in my thoughts and in my actions. You promise to forgive my wrongdoings when I sincerely turn to You and say “sorry”

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O Lord, who has mercy on us all, take away from me my sins and mercifully kindle in me the fire of Thy Holy Spirit.



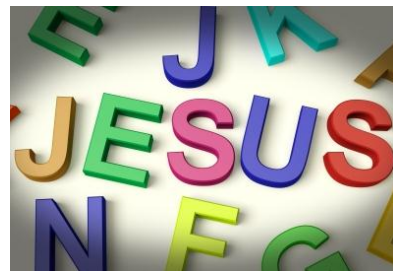
Take away from me the heart of stone and give me a heart to love and adore Thee, a heart to delight in Thee, to follow and enjoy Thee, for Christ's sake

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Father of Light, in You is found no shadow of change but only the fullness of life and limitless truth.

Open our hearts to the voice of Your Word and free us from the original darkness that shadows our vision.

Restore our sight that we may look upon Your Son who calls us to repentance and a change of heart, for He lives and reigns with You and the Holy Spirit.



One God, now and forever.

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***“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”***



John 3:16

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***“He is not here; he has risen, just as he said.  
Come and see the place where he lay.”***

Matthew 28:6



Easter is the most important festival in the whole year for Christians. Easter eggs may represent new life, but they can never fully express the life-changing good news of Easter Day. Easter marks God’s eternal power over death.

“Christ is risen!” “He is risen indeed. Alleluia!”

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Jesus, with gratitude and great joy I welcome You,  
my Risen, Glorious Lord! Now make me realise mine  
now are the hands and feet and voice to serve and  
make known Your Love.



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Thank you, Lord, for saving me in spite  
of my sin, in spite of myself...



I praise You for a love that overcomes  
and overwhelms me!



Parish of Edgeley and Cheadle Heath  
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