

# LENT | LA CUARESMA

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## LENTEN HOUSEHOLD WORSHIP GUIDE 2022



CITY OF LIGHT  
IGLESIA · CHURCH

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Visit [www.cityofflightanglican.org/events/lent](http://www.cityofflightanglican.org/events/lent)  
for additional articles, books, photos, and other  
resources on the season of Lent and the Christian calendar.

# A NOTE FROM PASTOR TREVOR

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Lent is an opportunity to follow Jesus who was led into the wilderness by the Holy Spirit for 40 days of prayer and fasting. This Lent at City of Light, we are inviting the Spirit to lead us into a deeper prayer relationship with the Lord. Together, we help each other say ‘no’ to all of the things that we consume and that consume us so that we can say ‘yes’ to the Lord.

So many of us have no space for silence, speaking with and listening to the Lord, and receiving love, strength, and guidance from him. We long for a fresh start. We need a spiritual, physical, and emotional detox. Let’s learn again to be with the Lord.

Here are a couple ways you can use this Household Worship Guide through Lent:

- Take time to pray about God’s invitation to you this Lent. What is he asking you to say ‘no’ to? What practices is he asking you to say ‘yes’ to? If you want, write them down on the next page and share them with a prayer partner.
- Together as a congregation on Sundays, in City Kids, Groups, and our Households, we’ll be practicing prayer through ancient pathways. Find one that stretches you and that helps you connect with the Lord.
- God will invite everyone into their own practices. We don’t need to share all of the details of our Lenten devotion with others if you don’t want to and we don’t need to judge others for what they may be doing or not doing.
- There are lots of ideas in this guide and online, but don’t try to take on too much. Pick one or two things that create space and then a simple way to connect with God in prayer.

Remember, praying with Jesus in the wilderness is all about growing our desire and need for the Lord. So let’s clear out space to meet with him, and if it’s harder than we thought it would be, that just means we’re recognizing how much more we need him than we thought.

Peace,  
Pastor Trevor



# FASTING PRACTICES

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Here are some ideas for fasting. You'll find more resources on each of these on the website. [CITYOFFLIGHTANGLICAN.ORG/EVENTS/LENT](http://CITYOFFLIGHTANGLICAN.ORG/EVENTS/LENT)

**SABBATH-KEEPING:** Sabbath-keeping is a Biblical invitation to set aside one day a week to fast from work in order to connect with God. Maybe this Lent the Lord would invite you to begin keeping the sabbath for the first time or to renew a practice of sabbath-keeping. Decide what day you will hallow (eg: Saturday, Sunday, another day), what you will cease from (eg: work, email, technology), and what you will feast on (eg: good food, creation, the Bible, relationships).

**FOOD:** Fasting from food in order to pray connects our bodies and spirits in recognizing our hunger and need for God. If you have dietary or health restrictions or are a nursing mother, do not fast from food. If you have never fasted from food before, you could try it for the first time this Lent—perhaps on Ash Wednesday, Good Friday, or our Lenten Day of Prayer and Fasting. Another way to fast is to choose one type of food to fast from for all of Lent, like candy, alcohol, etc.

**TECHNOLOGY:** Technology and particularly screens and audio can fill up all of the extra space in our lives. Fasting from technology can create space to engage with the Lord. Here are a few ideas. Some of these sound drastic and difficult, so for each one there are different levels of intensity.

—Put your devices to bed before you do and wake up before your devices. Tip: put your charger out of reach; get an old fashioned alarm clock from goodwill; use the bedside prayer card in the back of this guide to make a conversation with God the last and first parts of your day.

- You could try not listening to radio, podcasts, or any other sound in the car. Enjoy the silence and pray. Tip: Remove your phone input, and set your radio to static for the times you habitually turn them on.
- You could try getting off social media. Or only use social media one day a week. Or only use social media one hour a day. Use an app on your phone or computer to setup a block for when you click before you think.
- You could take a break from watching shows. Or only watching a show one night a week. Or one hour a day. Move the screen into a less convenient room.
- You could try no technology after 8pm, or on sabbath day, or only one hour a day with no tech (eg: try dinner and eat by candle light.)

# PRAYER PRACTICES

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## SILENT PRAYER

*DESCRIPTION: Psalm 46:10 says “Be still and know that I am God.” Practicing silence helps free ourselves from the noise and distractions of this world so that we can be present with God and learn to hear his voice. Silence rarely produces fruit in the moments of practicing silence. Benefits are usually noticed at other times of your day such as being more present and patient with yourself and others.*

**INSTRUCTIONS:** Practice silence yourself first before leading your group. Decide how long the silence will be for and set a timer with a gentle alarm. Let your group know how long the silence will be and that you will be setting a timer. Around 2 minutes for young children, 5 for a group, and 10 alone could be good starting points, but try different amounts of time. By yourself, you could keep silence during your commute or while going for a walk. Or you can spend a half day or more in a silent retreat.

### PRACTICE:

- Settle into a comfortable position in a quiet place. Be still and quiet. Take deep breaths.
- Remember that you are with God, the Father, the Son, and the Holy Spirit. Rest in God’s love.
- As your mind wanders, simply bring it back to focusing on God’s presence and love for you. Imagine letting go of distracting thoughts as if you were letting go of a balloon.

### AFTER:

- Allow group members to process out loud or silently how they experienced the practice.
- Journal what you experienced or any Scriptures, prayers, or images that came to your mind.

## THE DAILY EXAMEN

*DESCRIPTION: It's easy to go through our daily rhythms in a kind of blur, with each moment seeming mundane and forgettable. We are often not attentive to the details of our day or the presence of God at work in our lives. When we are in a period of discernment, it can be hard to know what the Lord is doing. The Daily Examen is a practice introduced by St. Ignatius. It consists of looking back over our day in the presence of the Holy Spirit, to see where and how the Lord was present to you, and to discern how he is leading you.*

**INSTRUCTIONS:** This is a great prayer for the end of your day. Try praying it in a quiet place before bed. If leading group, let your group know approximately how long you will spend on each of the prayers and then gently read the prompt for the next session aloud to guide through the prayer. For children, focus on just one of the questions to enter into.

### PRACTICE:

- Become aware of God's presence. Ask God to bring clarity to the events of the day
- Review the day with gratitude. Think back on the events of your day, big and small. What brought you joy, brought comfort, or made you feel grateful.
- Pay attention to your emotions. We often feel God's presence through the changes in our emotions. What emotions did you experience at different times? What is God saying through these feelings?
- Choose one feature of the day and pray from it. What moment, feeling or event is the Holy Spirit focusing on? Pray about that. Try to allow the prayer to come freely from your heart.
- Look toward tomorrow. How are you feeling about tomorrow? As you name your hopes, fears, and other feelings, offer them as prayers, trusting that God holds the future in his hands.

### AFTER:

- Allow group members to process out loud or silently how they experienced the practice.
- Journal what you experienced or any Scriptures, prayers, or images that came to your mind.

# LECTIO DIVINA

*DESCRIPTION: A lectio divina prayer is allowing God to speak to you through a passage of scripture by using your imagination. This is a great prayer practice to do with children since they do it without being told. Our imaginations are a gift from God and allow us to enter into prayer not only in our minds, but in our bodies and spirits. Don't worry if you don't feel like you've got a great imagination, God is always more ready to listen than we are to pray and to give us more than we desire or deserve (collect from Book of Common Prayer).*

**INSTRUCTIONS:** Some time before you plan to pray imaginatively, read the passage of scripture you are going to pray with (some suggestions below). When you're ready, go to a quiet place alone, or do your best to calm any distractions. For groups, read the description together and then gently guide through each question by reading them aloud and then leaving silence. For children, use questions like "I wonder what it felt like when..."

## PRACTICE:

- Read the passage aloud once or several times. You may keep silence between.
- Close your eyes and step into the story by asking yourself questions like this: What do you know about time and place this event happened in history? What does it sound like there? What does it smell like?
- Imagine you are a character in the story. Where are you standing? Who do you see/hear? Who else is with you? Where is Jesus or God? What is he doing? What does his face look like? Is he saying anything? Does he say anything to you?
- End in silence and listen to anything the Holy Spirit might be whispering to you.

## AFTER:

- Take as long as you need in the story. When you're ready, it might be helpful to write down a few things you felt or heard. How do you feel afterwards? (There is no right answer!) Tell the Lord how you feel after this experience.
- In a group, share your experience with others. Begin the discussion with one of the questions from the practice.

## SUGGESTED SCRIPTURES:

Matthew 3, Matthew 4:1-11, Exodus 3:1-15, Luke 15:11-31, John 12:1-8.

# SCRIPTURE READING PLAN

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The Book of Common Prayer is a collection of ancient prayers and scripture used by Christians around the world for centuries. It's called "common prayer" because when we pray, we are joining saints around the world, praying together—in common.

Below, are the Sunday Scripture passages for each Sunday of Lent and Holy Week.

March 2 Ash Wednesday: Matthew 6:1-21

March 6, Lent 1: Luke 4:1-13

March 13, Lent 2: Luke 13:22-35

March 20, Lent 3: Luke 13:1-17

March 27, Lent 4: Luke 15:11-32

April 3, Lent 5: Luke 20:9-19

This Lent we will also be studying the Apostle Paul's letter to the Philippians. It takes about 10 minutes to read the entire book of Philippians. You may want to read it all the way through at the beginning and end of the week and then break it into smaller sections throughout the week for study.

Using the plan below, you can study the entire book of Philippians during Lent.

Week 1: Philippians 1:1-11 and Philippians 1:12-18

Week 2: Philippians 1:19-30 and Philippians 2:1-11

Week 3: Philippians 2:12-18 and Philippians 2:19-30

Week 4: Philippians 3:1-11 and Philippians 3:12-4:1

Week 5: Philippians 4:2-9 and Philippians 4:10-21

Holy Week: Philippians 2:5-11

Before you read, invite the Lord to speak to you and help you listen by praying something like: *Lord, help me to hear your voice as I read your words.*

# INTRODUCING CHILDREN TO 3 ACTIONS OF LENT

By Robin Turner

Lent is a season of action and activity deep within our hearts. While Christmas and Easter often have lots of outward activity, most of Lent is happening beneath the surface. Children often have deep awareness of ways that they want to grow and learn, with active spiritual lives. Invite them into this season of Lent with the following explanations and action steps:

## TURN AROUND:

During Lent, people choose to turn away from something that is sinful. Maybe you argue about seats in the car, complain about doing your chores, or have a bad attitude about going to bed. Lent is a time when you say, “I want to be a person who obeys the Lord! For the next 6 weeks I’m going to ask Jesus to help me not to \_\_\_\_\_, and I’m going to ask my family to help me remember!”. Is there something in your life that you want to turn around from?

## LAY IT DOWN:

Some people choose to lay aside something that makes them happy or comfortable so they remember that God makes us the happiest. This is called fasting. People give up special treats like candy, television, video games, or a favorite toy. Every time they think, “oh, I wish I could watch tv right now!”, or “I’m hungry for something sweet!” they remember that those things are nice, but the gift of Jesus is even better. While you miss your special treat, you’re pointed toward remembering Jesus. Is there something that you would like to take a break from to remember God more?

## PICK UP:

Now that you have extra room from turning from sin and laying down something you love, there’s space to start a new habit to help you Love God and Love Others more. Think about something you want to grow in: encouragement, service, knowledge of the Bible, sharing, gratitude. Then, think of a way that you can practice this for the next 6 weeks. You could encourage others by sending a homemade card in the mail each week or writing surprise, “I love you!” notes to your family members. You could make a big “Things I Thank God for” poster and add something new each day. You could memorize a few Bible verses or listen to Scripture music on the way to school everyday. How would you like to worship and focus on Jesus this Lent?

<https://www.worshipwithchildren.com/post/introducing-children-to-3-actions-of-lent>

# WONDERING QUESTIONS FOR CHILDREN

## WHAT IS A WONDERING QUESTION?

A wondering question is just what it sounds like – an open-ended question coming from a place of wonder. Wondering questions are simple, yet they encourage imagination, awe, and a sense of mystery in worship. Wondering questions aren't meant to be answered; they cause us to pause and contemplate the majesty of God.

## WHY DO WE USE THEM?

We believe it is extremely important to teach our children truth and to make sure they have an accurate understanding of scripture. Yet when we disciple our children, we not only want to teach them what is “true and right” but also what is praiseworthy (Phil 4:8). Ps. 71:17 says, “Since my youth, God, you have taught me, and to this day I declare your marvelous deeds.” We want to lead our children to worship, to marvel at the greatness of God.

At City of Light, we also value intergenerational worship. We believe that children can lead us as adults in worship as we lead them. As sacramentalists, we believe in the connection between the spirit and the body. We value the imagination. As adults, we often forget how to use our imagination as we engage with scripture or in prayer. But our children haven't forgotten. Asking wondering questions alongside our children opens a pathway for intergenerational worship. We can marvel together.

## HOW DO YOU USE THEM?

It's easy! After reading a scripture passage or a story from a children's bible, pause for a moment of silence and stillness. For children ages three and under, try to count silently to 5 or 10 before speaking again. Remember your five W's & the H: What, why, who, where, when, and how? Ask, “I wonder why such & such happened...” “I wonder how so & so felt...” “I wonder what that person was thinking...” Just one or two to get started. Then ask your children, “What do you wonder?”

Wait for a moment between each question. Leave space for silence to wonder together. Remember, don't need an answer to these questions – at least not right now. In fact, if you can answer them, you're not actually doing any wondering! Enjoy the time with your children and rest in the presence of God.

# SONGS

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## JESUS PAID IT ALL

I hear the Savior say,  
“Thy strength indeed is small,  
Child of weakness, watch and pray,  
Find in Me thine all in all.”

Refrain:

Jesus paid it all,  
All to Him I owe;  
Sin had left a crimson stain,  
He washed it white as snow.

Lord, now indeed I find  
Thy pow’r and Thine alone,  
Can change the leper’s spots  
And melt the heart of stone.

For nothing good have I  
Where-by Thy grace to claim;  
I’ll wash my garments white  
In the blood of Calv’ry’s Lamb.

And when, before the throne,  
I stand in Him complete,  
“Jesus died my soul to save,”  
My lips shall still repeat.

## I HAVE DECIDED

I have decided to follow Jesus;  
I have decided to follow Jesus;  
I have decided to follow Jesus;  
no turning back, no turning back.

Though none go with me, I still will follow;  
though none go with me, I still will follow;  
though none go with me, I still will follow;  
no turning back, no turning back.

The world behind me, the cross before me;  
the world behind me, the cross before me;  
the world behind me, the cross before me;  
no turning back, no turning back.

## I WILL ARISE

Come, ye sinners, poor and needy,  
Weak and wounded, sick and sore;  
Jesus ready stands to save you,  
Full of pity, love and pow'r.

Refrain:

I will arise and go to Jesus,  
He will embrace me in His arms;  
In the arms of my dear Savior,  
Oh, there are ten thousand charms.

Come, ye thirsty, come, and welcome,  
God's free bounty glorify;  
True belief and true repentance,  
Every grace that brings you nigh.

Come, ye weary, heavy-laden,  
Lost and ruined by the fall;  
If you tarry till you're better,  
You will never come at all.

View Him prostrate in the garden;  
On the ground your Maker lies;  
On the bloody tree behold Him;  
Sinner, will this not suffice?

Lo! th' incarnate God ascended,  
Pleads the merit of His blood:  
Venture on Him, venture wholly,  
Let no other trust intrude.

Let not conscience make you linger,  
Not of fitness fondly dream;  
All the fitness He requireth  
Is to feel your need of Him.

## WERE YOU THERE

Were you there when they crucified my  
Lord?

Were you there when they crucified my  
Lord?

Oh, sometimes it causes me to tremble,  
tremble, tremble.

Were you there when they crucified my  
Lord?

Were you there when they nailed him to  
the tree?

Were you there when they laid him in the  
tomb?

Were you there when God raised him from  
the tomb?



## LENT | LA CUARESMA

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Humility is not a characteristic that is often praised or practiced. And yet it was key to Jesus' ability to love others—his friends and even his enemies—and to give his life for them to save them and us. In the letter to the Philippians, it says that Jesus “humbled himself” even to the point of his “death on the cross.” This Lent, we are asking Jesus to humble us as we follow our humble Lord.

Join us on Sundays at 10am and for several special services as we journey with Jesus through Lent and Holy Week to Easter.

3/2—Ash Wednesday

4/10—Palm Sunday

3/6—First Sunday of Lent

4/14—Maundy Thursday

3/13—Second Sunday of Lent

4/15—Good Friday

3/20—Third Sunday of Lent

4/17—Easter Sunday

3/27—Fourth Sunday of Lent

4/3—Fifth Sunday of Lent



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