

Restore us, O God!



Prayer Sheet 1: *We hunger*

Week starting March 5

Call to Prayer

As you begin Lenten Guided Prayer, consider setting aside a space in your home or office for prayer. Gather together items that will help you to engage with the prayer options, such as a Bible, journal and pen, art supplies, music, candle, etc. You may also choose to set up a visual focal point, perhaps an empty mug, bowl or vase, or use the cupped hands image on the prayer sheet to represent the vessel of your humanity. May the emptiness of the vessel be a reminder of your limitations and need for God's restoration this Lenten season.

Opening Prayer: *When I am tempted by the easy but ultimately unfulfilling solutions to my hunger... restore me, O God!*

Meditative Reading

In a spirit of prayer, read **Matthew 4:1-11** and/or **Romans 5:12-19**. Notice which words or phrases stand out or touch a particular area of your life. Note them in your journal and meditate on these words throughout the week.

For Reflection

- What are you hungering for at this stage of your life?
- Is the **free gift of grace** (Romans 5:15) a challenge for you to accept without having earned it? ...or a welcomed release from the striving?

Additional Prayer Options

Select a prayer suggestion from the list below that grabs you, challenges you, or causes you to question. You may stay with one way of praying throughout the week or try several options.

Praying with Scripture

Romans 5:12-19: This is a difficult passage to understand. Unpack it by jotting down key words or phrases on a piece of paper as you read. How might you depict in words, images or diagrams the concept of **one for all** (v. 18-19)? Reflect on how Jesus meets your hunger and need for salvation.

Praying through your life

The season of Lent invites Christians to a 40 day wilderness journey with Jesus. Following his baptism, Jesus was led by the Spirit into the wilderness and fasted 40 days and 40 nights. This was a time of temptation and testing, of stripping away even those things that seem essential. Many Christians engage in a fast

Thoughts and Reflections

during Lent by surrendering or giving up something that may be distracting them from a deeper experience of God. We are seduced by many things in our lives (ie. unhealthy food, media, busyness, tasks that make us feel important, etc.) to try to satisfy our hunger, yet these things may in fact distract us from the true Source of nourishment. Prayerfully consider what may be distracting you from your hunger and whether or not you're being called to a fast this Lent in order to make room for how God alone may satisfy your hunger.

Praying with music

Listen to, sing or play one of these (or your own) musical selections as prayer.

You are all we have

Sing the Journey (STJ) 29

I hunger and I thirst

Hymnal: A Worship Book (HWB) 474

Hungry by Kathryn Scott

[Youtube: Hungry \(Falling On My Knees\)](#)

Praying with movement

As you tune in to your body this week, through running, swimming, walking the dog, working out, shoveling snow, or simply moving through your day, allow yourself to notice the ways in which your body expresses its hunger. You may notice your stomach growling for food, or tight muscles calling out for release, or your lungs hungering for deeper breath. Notice how your body, not just your spirit, prays for restoration as well.

Praying for our world

For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many (Romans 5:15b). As you consider the brokenness in our world, pray through words, images or movement, or perhaps you would like to try Praying in Colour (www.prayingincolour.com); ask that the grace of God expand and encircle all the hurt, anger, devastation, and hopelessness.

Closing Prayer

God of the wilderness,

Like Jesus who was famished and faced temptation,

I also hunger and am tempted to seek satisfaction from sources other than you.

Guide my path on this Lenten journey,

strengthen me against seduction,

and make grace abound.

Amen.

Review what you have experienced during your prayer times. Decide what is meant for you alone, and what you are comfortable sharing if you are meeting with your group. ***Lenten Guided Prayer 2017 is a ministry of Mennonite Spiritual Directors of Eastern Canada in cooperation with Mennonite Church Eastern Canada (MCEC).***