

# Lenten Guided Prayer 2017

## *Restore us, O God!*



### Prayer Sheet 4: *We see*

Week starting March 26

#### Call to Prayer

Our sense of sight, whether visual or spiritual, gives us a lot of information about the world that we live in and our own lives. However, our eyes can deceive us, especially if we are experiencing spiritual blindness. Jesus entered the world as the Light so that those who are blind may see.

**Opening Prayer:** *Open my eyes of my heart, Lord. Help me to see your face and give me insight.*

#### Meditative Reading

Read **John 9:1-41** and/or **Ephesians 5:8-14** slowly and reflectively. Notice if there is a word or phrase that stands out to you or touches a particular area of your life.

#### For Reflection

- In what ways is living with blindness, or a lack of insight, comfortable for you right now?
- What are you afraid of seeing if your eyes were to be opened by Jesus?

#### 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

**Ephesians 5:8-14:** We often hear of being exposed to or dwelling in darkness/light, but here darkness and light are a matter of identity. In other words, *I was darkness, but now in the Lord I am light* (v.8). How are you light? How does your identity as light change things for you? What is exposed when you are light?

#### Praying through your life

Read **John 9:1-41** and prayerfully ask Jesus to show you a part of yourself or your story that is like the Pharisees, a part of yourself that feels sure, that “sees” and “knows,” but may also be misguided when exposed to the True Light. Are you ready to surrender this aspect of your life to Christ, willing to acknowledge that you don’t hold the corner on truth? Next, ask Jesus to show you a part of yourself or your story that is like the man born blind, a part that doesn’t see clearly, that feels uncertain or unknown. Are you ready to offer this

#### Thoughts and Reflections

part of yourself to Christ? *Jesus said, "I came into this world for judgment so that those who do not see may see, and those who do see may become blind"* (v.39). Notice what new insights come and what things you were sure of fall away when touched by the Light of the World.

### Praying with music

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

*You are all we have* STJ 29  
*Open my eyes* STS 65  
*Be thou my vision* HWB 545

[Youtube: Be Thou My Vision by Selah With Lyrics](#)

*Open the eyes of my heart* by Paul Baloche

[Youtube: Open the Eyes of My Heart - Paul Baloche](#)

### Praying with movement

If it is safe to do so, explore the theme of darkness and light by walking in the woods in the dark; take a flashlight along and notice what is illuminated by the light. Or go out into nature just before the sun rises; contemplate the darkness and then watch as the world is transformed by the light.

### Praying for our world

Pray that your eyes will be opened to unexpected and miraculous ways that the Spirit of God continues to heal and transform brokenness in the world. Like the Pharisees, sometimes our expectations, prejudices, and ways of knowing keep us blind to the good that is happening right in front of us.

### Closing Prayer

*Light of the World,  
I am your light  
and yet I continue to have blind spots.  
Heal the eyes of my heart so that your true vision  
guides my seeing and my understanding.  
Amen.*

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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).*