

Lenten Guided Prayer 2017

Restore us, O God!



Prayer Sheet 6: *We hope*

Week starting April 9

Call to Prayer

On Palm Sunday Jesus enters Jerusalem to loud shouts of “Hosanna!” (Matthew 21:1-11). As a humble servant he is an unlikely king, and his status as a mighty Messiah is questioned when just a few days later he is betrayed and ultimately sentenced to death. The one in whom we place our hope for salvation is mortal, just like us.

Opening Prayer: *Let your face shine upon your servant; save me in your steadfast love* (Psalm 31:16).

Meditative Reading

After quieting and centring yourself, read **Philippians 2:5-11** and/or **Matthew 26:14-27, 66**. Notice any images, words, or phrases that draw your attention. Offer them up to God in prayer and then wait in silence, listening for how the Spirit may draw connections to your own life.

For Reflection

- What are you being asked to empty yourself of this Holy Week?
- If you are really honest with yourself, in what or whom do you place your hope for your family, community and world?

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

Matthew 26:14-27, 66: As you read the account of the Passover and Lord’s Supper, put yourself in the place of Judas. What tensions are you aware of in yourself as you share a meal with this group, knowing that you are about to betray their leader? How do you respond to Jesus’ words to you, **“You have said so,”** after denying your part in the plot? What do you see in Jesus that is threatening, that might cause you to want to betray him? Returning to your own life, when have you betrayed someone or felt betrayed yourself? How has this experience of betrayal affected your hope in life? Is there anything that prevents you from following Jesus or putting your hope in him?

Thoughts and Reflections

Praying through your life

Centering prayer is a self-emptying prayer. Set aside 20 minutes for silent prayer; a timer can be helpful so you're not watching the clock. As a way to release your busy thoughts choose a centering focus, perhaps your breath or the word from your Meditative Reading. If you have a mug, bowl or vase with you in your prayer space, you may use the emptiness of the vessel as your focus. This is a form of wordless prayer, so as words creep into your consciousness while you sit in silence, gently return your attention to your focus or centre. As you go about your day, notice if emptying yourself transforms your engagement with the world in any way.

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

Go to dark Gethsemane

HWB 240

In Christ alone by Keith Getty

[Youtube: In Christ Alone - Keith Getty Stuart Townend](#)

Praying with movement

While running or walking your dog in your neighbourhood this week, move toward places where hope is lacking. Knowing that God exalts the humble, ask God to give you eyes to see the light of Christ in the places the world passes over. Also spend some time walking toward or noticing where there is hope.

Praying for our world

In his suffering and death, Jesus Christ joined us in our humanity. Pray for all those who suffer and request that the One who knows what it is to suffer be perceptibly present with them. Consider further embodying your prayer by writing a note or email to your city councillor or MPP (or state legislator), giving thanks for the ways they are working toward justice and encouraging them to attend to those things which may alleviate suffering for your neighbours.

Closing Prayer

Lord, I confess that it is sometimes difficult to trust you.

I wanted a powerful king who would transform all that is wrong in the world but you came as a humble servant.

In your humility you became like me, a mere mortal.

Help me to perceive the gift in your upside-down kingdom.

I choose to place my hope in you.

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).***