

Lenten Guided Prayer 2017

Restore us, O God!



Prayer Sheet 7: *We live*

Week starting April 16

Call to Prayer

Throughout Lent we have wrestled with our hunger, wondering, thirst, sight, breath, and hope. So often we seek what we need from the wrong places, and when it seems that all is lost we find ourselves with Mary Magdalene and the other Mary at the tomb. It is here that we find the Source of New Life, in the most unlikely of places. Alleluia! Christ is risen!

Opening Prayer: *I thank you that you have answered me and have become my salvation (Psalm 118:21).*

Meditative Reading

Read **Matthew 28:1-10** and/or **Colossians 3:1-4** slowly and meditatively, paying attention to what arises from the text and within you.

For Reflection

- What **things that are on the earth** (Colossians 3:2) are you still tempted to hold tight to or are holding you back from what Jesus is calling you to?
- What signs of new life are stirring in you this Easter?

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

Colossians 3:1-4: Either read the text out loud to yourself or write the text, playing with colour, font size or otherwise illuminating the words on the page. Repeat the reading or writing two or three times to allow the text to deepen in you. Pause between each reading to notice your posture toward the text (leaning in with curiosity, stepping back with suspicion, arms open wide in gratitude, pushing against with anger, etc.). What is the text's invitation to you?

Praying through your life

Take your empty vessel (mug, bowl or vase). Imaginatively (or tangibly) place in it symbols of your lingering questions, fears, burdens, brokenness, etc. Now, take these things to the tomb where they laid Jesus to rest. You plan to join your burdens with the sorrow enveloped by that tomb; however, as you draw near there is commotion and someone is saying, **"He is not here; for he has been raised."** As you enter the buzz of confusion you wonder, maybe he is alive? You leave the tomb

Thoughts and Reflections

quickly with fear and great joy....Suddenly Jesus meets you and says, **“Greetings!”** He is alive! How do you greet him? What do you do with your vessel of burdens as you meet the risen Christ? What does Christ do with your vessel? Note: one option may be to write your burdens on slips of paper, place them in a paper cup, and burn them outside or in your fireplace.

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

Christ has arisen HWB 267

Praise the One who breaks the darkness STS 1

[Youtube: Praise the One who breaks the darkness, Nicole Hall](#)

Christ is alive and goes before us STS 89

The river is here by Andy Park

[Youtube: The River is Here \(worship video w/ lyrics\)](#)

Praying with movement

In the Easter narrative the women begin with a posture of heaviness, burdened by the weight of grief and loss of hope. When they encounter the risen Christ, their posture is transformed first to one of cautious curiosity and then opening up as their hope is reignited. The Easter story is one of moving from death to new life, burden to freedom. How does meeting the risen Christ change your posture and quality of movement? As you swim, cycle, run, stretch, or walk, notice places of freedom in your body and those places which are still longing for resurrection.

Praying for our world

Praise the risen Christ who knows what it is to suffer, and who is transforming every fear, sorrow, illness and death into new life. How might you hold the hope of resurrection for those who do not have a tangible experience of joy this day? For example, pray for healing and hope, send a “Thinking of You” card, clean up a little piece of creation in your neighbourhood, share a meal with someone you disagree with, donate some gently used items to a shelter or thrift store, etc.

Closing Prayer

God of New Life,

In you I live and move and have my being.

For restoration that has already come,

and that which is still coming,

I praise you and will declare,

“Your steadfast love endures forever.”

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).***