

First Week of Lent, Beginning:

Wednesday 18 February, Ash Wednesday

Reading: Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. (Joel 2:13)

Prayer: Lord, forgive me for forgetting you so often. Help me to remember your constant love and presence.

Thursday 19 February

Reading: Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law, day and night. (Psalm 1:1-2)

Prayer: Lord help me to keep in step with you today and always, and to learn more of you from your word in the Bible.

Friday 20 February

Reading: The word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. (Hebrews 4:12-13)

Prayer: Thank you, Lord, that you know me through and through and yet you still love me. Help me to try not to hide anything from you, for I do not need to fear your scrutiny.

Saturday 21 February

Reading: Jesus answered them, 'It is not the healthy who need a doctor, but those who are ill. (Luke 5:31)

Prayer: Dear God. I know I'm not perfect. Thank you for calling me as I am. Help me to live in ways that honour you today.

Sunday 22 February, First Sunday of Lent

Reading: I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. (Psalm 32:8)

Prayer: May I understand you more clearly, and follow you more nearly, day by day.

Monday 23 February

Reading: The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40)

Prayer: Lord, the small things people do mean so much to me. I pray that I will be able to do small things for others, and also for you, today.

Tuesday 24 February

Reading: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. Matthew 6:9-13)

Prayer: Use the Lord's Prayer as a starting point for your prayer today. Spend a few moments focusing on each clause in turn, considering its wider meaning and applying it to yourself.

Second Week of Lent, Beginning:

Wednesday 25 February

Reading: Open my lips, Lord, and my mouth will declare your praise. (Psalm 51:15)

Prayer: I have so much to be thankful for, Lord. The good times I've enjoyed, the things I have now, and even the difficult times that you have helped me through. Thank you for them all.

Thursday 26 February

Reading: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. (Matthew 7:7-8)

Prayer: Give me grace, Lord, to ask only for those things which please you, to seek those things you want me to discover, and to find your peace and presence always.

Friday 27 February

Reading: Out of the depths I cry to you, Lord; Lord, hear my voice. Let your ears be attentive to my cry for mercy. If you, Lord, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you. (Psalm 130:1-4)

Prayer: When life is hard or unfair, Lord, help me to trust you. When I fail, give me courage and humility to turn back to you.

Saturday 28 February

Reading: You have heard that it was said, "Love your neighbour and hate your enemy." But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. (Matthew 5:43-45)

Prayer: Lord, I get really cross with some people and situations. I pray for them now. You know why they are difficult, and you can prompt them to do the right thing.

Sunday 1 March, Second Sunday of Lent

Reading: For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. (John 3:16-17)

Prayer: Lord, I do believe. Thank you for dying for me and promising eternal life. Help me to trust you more.

Monday 2 March

Reading: Be merciful, just as your Father is merciful. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. (Luke 6:36-37)

Prayer: Dear God, you have perfect judgement because you see all sides of every situation. Keep me from being judgmental because I can only see things imperfectly.

Tuesday 3 March

Reading: Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow. (Isaiah 1:17)

Prayer: Please bring relief to all who suffer through no fault of their own. Give wisdom and resources to the agencies which try to help them.

Third Week of Lent, Beginning:

Wednesday 4 March

Reading: Whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave – just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many. (Matthew 20:26-28)

Prayer: It amazes me that Jesus came to save imperfect people. Grant me the grace to follow your example and put other people's needs before my own.

Thursday 5 March

Reading: Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit. (Jeremiah 17:7-8)

Prayer: May I draw on your refreshing, renewing Holy Spirit as I face the opportunities and challenges of today.

Friday 6 March

Reading: Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you. (1 Peter 1:3-4)

Prayer: Pray today for a renewal of hope for people around the world who have lost hope. Thank God that through all the changing scenes of life we always have his love and hope.

Saturday 7 March

Reading: Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea. (Micah 7:17-18)

Prayer: Look back over the past week and ask God to forgive the wrongs you committed and the good things you failed to do. Thank him for his mercy and the new start he offers.

Sunday 8 March, Third Sunday of Lent

Reading: Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life. (John 4:14)

Prayer: Thank God for a supply of clean water. Pray for people who do not have access to it. And seek today to experience afresh God's life-giving Holy Spirit to equip and empower you to serve him.

Monday 9 March

Reading: All the people in the synagogue were furious ... they got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. But he walked right through the crowd and went on his way. (Luke 4:28-30)

Prayer: Many people seek to oppose the church or frustrate the witness of Christians. Pray for militant atheists and self-satisfied agnostics, that they may see glimpses of the living Jesus in the world today.

Tuesday 10 March

Reading: Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." (Matthew 18:21-22)

Prayer: Lord, I find it hard to forgive others. Please forgive my resentment and anger against them, and give me your grace to offer forgiveness to them as you have offered it to me.

Fourth Week of Lent, Beginning:

Wednesday 11 March

Reading: For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit. (1 Peter 3:18)

Prayer: Praise God today that Jesus was raised from the dead and is alive for all time to help, support and save us. Thank him for his death on your behalf.

Thursday 12 March

Reading: When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. (Matthew 1:24)

Prayer: Thank you that Joseph had the courage to do what the angel had told him in a dream. Give me the courage to obey you wherever it takes me.

Friday 13 March

Reading: Jesus said the most important commandment is this: "Hear, O Israel: the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." (Mark 12:29-30)

Prayer: Lord, you call us to dedicate our whole selves to you. Forgive me for offering you only part of myself. Take my life and let it be consecrated Lord to you.

Saturday 14 March

Reading: Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. (Psalm 51:1-2)

Prayer: Thank you, Lord, that you have a short memory for my many failings when I confess them to you, and that you blot them out from your memory for ever. Help me to believe that and cleanse me of lingering guilt.

Sunday 15 March, Mothering Sunday

Reading: Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. (Colossians 3:12)

Prayer: May your people everywhere be noted for their kindness and patience, and may those virtues become more prevalent in our often intolerant and hurrying society.

Monday 16 March

Reading: Sing the praises of the Lord, you his faithful people; praise his holy name. For his anger lasts only a moment, but his favour lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning. (Psalm 30:4-5)

Prayer: Give thanks for the times when God has brought you through a time of difficulty, darkness or trial.

Tuesday 17 March, St Patrick's Day

Reading: God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. (Psalm 46:1-3)

Prayer: O God our help in ages past, be our hope for years to come. Help me to find the strength I need to get me through any tough times that come my way.

Fifth Week of Lent, Beginning:

Wednesday 18 March

Reading: Many, Lord my God, are the wonders you have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare. Sacrifice and offering you did not desire – but my ears you have opened. (Psalm 40:5-6)

Prayer: Nothing and no-one can compare with you, O Lord. May I worship and serve you as you deserve, just as Mary did when she was told she would be the mother of Jesus.

Thursday 19 March

Reading: Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden herbs, but you neglect justice and the love of God. You should have practiced the latter without leaving the former undone. (Luke 11:42)

Prayer: Lord, do not let me lose sight of your bigger picture when I focus on the small details of life and worship. May the thoughts of my heart and my actions in the world be acceptable to you.

Friday 20 March

Reading: Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh. (Luke 6:20-21)

Prayer: Dear God, you are the creator and ruler of all that is. Be especially close to people in our community who currently don't have enough to eat. Bless the work of the foodbanks and voluntary agencies which seek to help poor people.

Saturday 21 March

Reading: Bring to an end the violence of the wicked and make the righteous secure – you, the righteous God who probes minds and hearts. (Psalm 7:9)

Prayer: There is so much violence and hatred in the world. Please Lord, prosper the work of people who seek to be peacemakers, and help me to be peaceable with others.

Sunday 22 March

Reading: The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. (Romans 8:6)

Prayer: Lord at this time of great uncertainty, fear and anxiety, may we trust you with all our hearts, and may we experience afresh the peace which only you can bring through our faith in Jesus Christ.

Monday 23 March

Reading: He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. (Psalm 23:2-3)

Prayer: When the way ahead is dark or unclear, Lord, may I look for your gentle, patient guidance so that I can find the way you want me to live, speak and react.

Tuesday 24 March

Reading: Since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. (Hebrews 12:1-2)

Prayer: Thank you Lord for all your faithful saints who have gone before us. Help us to follow their example of following your will whatever the cost, and give us the grace and strength to do the same

Sixth Week of Lent, Beginning:

Wednesday 25 March

Reading: Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." (John 8:31-32)

Prayer: Pray today for a deeper understanding of God's truth, for the determination to live by it, and therefore to experience the freedom from guilt and anxiety that our loving God promises to those who follow him.

Thursday 26 March

Reading: Look to the Lord and his strength; seek his face always. (Psalm 105:4)

Prayer: "Turn your eyes upon Jesus, look full in his wonderful face, and the things of earth will grow strangely dim in the light of his glory and grace." (Helen H Lemmell, "O soul, are you weary and troubled?")

Friday 27 March

Reading: You, Lord, reign for ever; your throne endures from generation to generation. (Lamentations 5:19)

Prayer: Spend time today meditating on the fact that God never changes, that his love endures, and that he is in ultimate control of our world and our lives – and praise and thank him for it.

Saturday 28 March

Reading: Jesus said, "And I, when I am lifted up from the earth, will draw all people to myself." He said this to show the kind of death he was going to die. (John 12:32-33)

Prayer: As we approach Holy Week, thank God for the sacrifice Jesus made on the cross, and the new life he brings to all who seek him.

Sunday 29 March, Palm Sunday

Reading: A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted, "Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven!" (Matthew 21:8-9)

Prayer: Lord Jesus, we join the crowds around the world welcoming you afresh today. We worship you, we give you thanks, we praise you for your glory, for you alone are the Holy One, you alone are the Lord.

Monday 30 March

Reading: Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my Spirit on him, and he will bring justice to the nations. He will not shout or cry out, or raise his voice in the streets. A bruised reed he will not break, and a smouldering wick he will not snuff out. In faithfulness he will bring forth justice. (Isaiah 42:1-3)

Prayer: Thank you Lord that even though you are a King, you are also my friend and brother, and you deal gently with my faults and failings. Thank you for your faithfulness; help me to be faithful today.

Tuesday 31 March

Reading: Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." (Luke 22:39-40)

Prayer: Our Father, who art in heaven, keep us from temptation today, deliver us from evil, and help us always to turn to you when we face challenges and difficulties.

Seventh Week of Lent, Beginning:

Wednesday 1 April

Reading: Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. (Hebrews 12:1-2)

Prayer: Lord grant me the endurance I need to follow you, the vision to see your hand at work around me, and the faith to trust that your purposes are good.

Thursday 2 April, Maundy Thursday

Reading: Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. (John 13:14-16)

Prayer: Thank you, Lord God, for the example of Jesus who came to serve rather than to be served. Help us to serve one another through our prayers and actions, however small and insignificant they seem to us.

Friday 3 April, Good Friday

Reading: He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all. (Isaiah 53:5-6)

Prayer: Many public events commemorating Jesus' death on the cross have been cancelled today because of the corona virus. Let us pray that none the less many may recall the significance of the day and turn to Jesus for forgiveness and renewal.

Saturday 4 April, Easter Eve

Reading: Above all, love each other deeply, because love covers over a multitude of sins. (1 Peter 4:8)

Prayer: Forgive me for the times when my love for others has faltered or failed. Grant me your grace that I may see others as you see them, with compassion and care, and help me to express that in word and deed today.

Sunday 5 April, Easter Sunday

Reading: We are witnesses of everything Jesus did in the country of the Jews and in Jerusalem. They killed him by hanging him on a cross, but God raised him from the dead on the third day and caused him to be seen. (Acts 10:39-40)

Prayer: "At break of dawn, poor Mary, still weeping she came, when through her grief she heard your voice, now speaking her name ... You're alive, your alive, you have risen! Alleluia! And the power and the glory is given Jesus to you." (Graham Kendrick, "Led like a lamb to the slaughter")

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