



## **Prayer Journal for The First Week in Lent**



**Sunday, February 14th**

**(Sabbath Day)**

**For this Prayer Journal, we're using prayers from the Book of Common Prayer, which is a book of liturgy and prayers that has been used by churches since the 1500's. These prayers are more formal than our usual prayer format of "Thank You, I'm Sorry, Please, and Listen," which should be a welcome change for this Season of Lent.**

**Each week we will focus on one prayer, with several Scriptures pulled from the ideas in the prayer and some thoughts to meditate on that day. A second page is included each day to write down any other prayers or thoughts that might come to you.**

**It is my hope that the break in our prayer routine will allow God to work in our hearts in a new and fresh way.**

*Pastor Jason*

[illegible][illegible]

# Wednesday, February 10th (Day 1)

# Ash Wednesday

[illegible]

## Saturday, February 13th (Day 4)

# Prayer for Ash Wednesday

Almighty and everlasting God, you hate nothing  
you have made and forgive the sins of all who are  
penitent: Create and make in us new and contrite  
hearts, that we, worthily lamenting our sins and  
acknowledging our wretchedness, may obtain of  
you, *the God of all mercy, perfect remission and  
forgiveness*; through Jesus Christ our Lord, who  
lives and reigns with you and the Holy Spirit, one  
God, for ever and ever. Amen.

*James 2:13b-"Mercy triumphs over judgment."*

God is a lot of things; in this prayer He is called “the God of all mercy, perfect remission and forgiveness.” As sinners, we deserve death (Romans 6:23), however, our merciful and forgiving God chooses instead to give us life through His Son, Jesus. As you walk through this Season of Lent, don’t let His unfathomable mercy and forgiveness become stale thoughts or ideas, let them be living truths which permeate your life and the lives of those around you!

[illegible]

# Prayer for Ash Wednesday

**1 John 1:9-** "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

These are such important aspects of our relationship with God, but we must not forget that if we confess our sins He always forgives them, even when we can't forgive ourselves. As you walk through this Season of Lent, confess your sins, but be sure to accept God's forgiveness.

[illegible]

# Prayer for Ash Wednesday

***Psalm 51:10-*** "Create in me a pure heart, O God,  
and renew a steadfast spirit within me."

The goal of confessing to and repenting of our sins is not freedom from punishment, but to experience freedom from the sins themselves. This freedom that can only come from a pure heart, which itself can only come from God. As you walk through this Season of Lent, don't be content to just ask forgiveness, but be bold and ask God to purify your heart and keep you from further sin!