



LENT

Preparing

Think about Jesus driven into the wilderness for 40 long days and nights, alone and tempted.

It is, for him, a time of letting go — of having nothing— of discovering who he is and what God wants him to do.

Reflect on your own times of wilderness when you have been alone and empty ... talk to Jesus about your times and his in the wilderness.

Journeying

Ask God to show you how he takes our smallest moment of hope and grows it like a tree, with spreading branches for the sheltering of new life.

Bring to God your dreams and fears, ask him to breathe life into all that is good and to help you let go of all that stifles and starves you.

Ask for forgiveness, healing and God's blessing.

Arriving

During this 40 days of Lent give thanks for all God's gifts —for daily bread, for companions, for a sense of being loved and held.

**God of compassion and love,
I seek blessing during these days of Lent,
that your Spirit will urge and nudge me
to be more gracious,
to live in a spirit of liberty and generosity
to seek your mercy
and wholeness.
Amen**

Using this Candle Prayer Card

In a quiet place, where you feel comfortable, place your night-light on a heat resistant surface. Fold this paper, lengthwise and then fold into three, placing it around the candle light the candle. In the stillness and the silence, let the flame focus your thoughts and attention. Let your heart and mind become still. Rest in God's presence.

Use each of the sections in turn to give focus to your prayer.



'I am the light of the world'

This is based on an original idea of the Gloucester Diocese.

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