



40

DAYS OF
PRAYER

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3/5-4/20/2014

UNITED CHURCH *of* UNDERHILL

PRAYER
CALENDAR

40 DAYS OF LENT
+ PRAYER =
TRANSFORMATION

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MORE INFO:

UNITEDCHURCHOFUNDERHILL.COM
899-1722



HOW TO USE THIS RESOURCE

The purpose of this resource is simple: **to help you pray every day from Ash Wednesday through Easter.** Below you will find a simple prayer for each day from Ash Wednesday, 3/5 through Saturday, 4/12. You are invited to pray when you can, alone or with others, out loud or silently, and in whatever ways work best for you. **There is no wrong way to pray.** You may also choose to add to your prayer time by lighting a candle, sitting in silence for a few minutes before and/or after praying, and recording your experiences of God at the end of each week. **The prayer pattern changes as we reach Palm Sunday on 4/13.** On the back page of this booklet there is a calendar of events covering each day of Holy Week. During this week you are invited to participate in these events and to pray in community with your friends and neighbors. ***May this 40 days of prayer deepen you, stir you, energize, and transform you in the name of the risen Christ and for the life of the whole world.***

PRAYER WEEK 1 - 3/5-8



WEDNESDAY, 3/5 - Day of Ashes. Day to begin getting rid of what we don't need. Day to begin again. A prayer: make us more like Christ today. AMEN.

THURSDAY, 3/6 - It is easier to tell ourselves we just need a little tinkering. We just need to change a bit. Awaken us God, to our need for repentance, transformation, change from the inside out. Energize us for the work that will take. Excite us for the possibilities that await us in you. AMEN.

FRIDAY, 3/7 - *God! My God! It's you— I search for you! My whole being thirsts for you! My body desires you in a dry and tired land, no water anywhere. Yes, I've seen you in the sanctuary; I've seen your power and glory. My lips praise you because your faithful love is better than life itself! So I will bless you as long as I'm alive; I will lift up my hands in your name.* AMEN. (Psalm 63:1-4)

SATURDAY, 3/8 - We've reached the end of the first week of this Lenten journey. What have we experienced? How have we grown? Will we carry on? Christ, meet us in our questions and grant us joyous peace. AMEN.



THIS WEEK, I EXPERIENCED GOD IN MY LIFE:

PRAYER WEEK 2 - 3/9-15



SUNDAY, 3/9 - *Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and glory, for ever and ever. AMEN.*

MONDAY, 3/10 - Today, Christ, I pray for myself: for my hurts and wounds; for the suffering of my body; for the broken places within me and between myself and others; for the ways I need healing which I offer to you now in silence.....AMEN.

TUESDAY, 3/11 - Today, Christ, I pray for my community: for the people in it that do not have all they need; for the tensions and conflicts that need to be resolved; for the natural resources that surround us; for everyone and everything that are more a part of my life each day than I am aware. AMEN.

WEDNESDAY, 3/12 - Today, Christ, I pray for my state: thank you for making Vermont a wonder of beauty; thank you for giving me the chance to live here; thank you for the changing seasons, the soaring mountains, and waters that heal. Protect Vermont and all who call this place home.

THURSDAY, 3/13 - Today, Christ, I pray for my country: a country you have blessed in so many ways; a country that often contributes to the well being of this world; a country that is experiencing tensions and divisions and financial pressures; a country that I am blessed to call mine. AMEN.

FRIDAY, 3/14 - Today, Christ, I pray for my world: watch over your creation; help us all to be good stewards of the abundance that ever flows. AMEN.

SATURDAY, 3/15 - Today, Christ, I pray for my universe: may it continue to marvel and inspire; may it at times make me seem small; may it at times make you seem huge; may it reveal wonders yet unknown...and so reveal more of you. AMEN.



THIS WEEK, I EXPERIENCED GOD IN MY LIFE:

PRAYER WEEK 3 - 3/16-22



SUNDAY, 3/16 - *Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and glory, for ever and ever. AMEN.*

MONDAY, 3/17 - *Just like a deer that craves streams of water, my whole being craves you, God...Within you is the spring of life. In your light, we see light. AMEN. (Psalm 42:1, 36:9)*

TUESDAY, 3/18 - God, Spirit, Love, in the wind I feel your kiss. In the sunshine I feel your warmth. In the receding snow I feel your world awakening. In the calendar I feel Christ's resurrection. AMEN.

WEDNESDAY, 3/19 - God, Spirit, Love, today I pray for things that creep and crawl: for worms and beetles and snakes and all those like them. Thank you God, for the web they weave with me. Thank you for their work which brings life. AMEN.

THURSDAY, 3/20 - God, Spirit, Love, today I pray for the waters that quench my thirst. As it bubbles and snows and rains and flows, may it remind me always of my baptism and of the Christ whose stream I follow. AMEN.

FRIDAY, 3/21 - God, Spirit, Love, thank you for this day to breathe once again in this world. For all that is out of place, help me to be at peace. For all that is in place, help me to be thankful. AMEN.

SATURDAY, 3/22 - God, Spirit, Love, today I pray for rest, for sabbath, for a *cathedral of time* to be with you and those I love. May today be my re-creation. AMEN.



THIS WEEK, I EXPERIENCED GOD IN MY LIFE:

PRAYER WEEK 4 - 3/23-29



SUNDAY, 3/23 - *Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and glory, for ever and ever. AMEN.*

MONDAY, 3/24 - God of the journey, we have walked far this Lent, but we still have far to go. Grant us courage. Grant us stamina. Grant us your presence. Grant us the gift of travelling partners today. AMEN.

TUESDAY, 3/25 - God of the journey, we seek transformation. Make us hungry for change. Instill within us a thirst for what we could become in Christ. Make us restless, until we rest in you. AMEN.

WEDNESDAY, 3/26 - God of the journey, we pray with the psalmist: *God is fair and just; God corrects the misdirected and ends them in the right direction. God gives the rejects his hand, and leads them step-by-step. From now on may every road I travel take me to God. Help me to follow the Covenant signs and read the charted directions today. AMEN. (Psalm 25:8-10)*

THURSDAY, 3/27- God of the journey, I am foot sore. And if I am not foot sore, I know that many of my neighbors are. There are so many miles to go, so many divots and wrong turns. Guide me today. Guide all of us who seek you. AMEN.

FRIDAY, 3/28 - God of the journey, I pray today for my family. Thank you for who they have helped me to become. Make us strong together. Help us to forgive one another. And may others look at us together and see love more clearly than anything else. AMEN.

SATURDAY, 3/29 - God of the journey, we can almost see Christ's tomb in the distance now. We can almost smell Easter flowers and see the shocked women. These images lead us on and give us hope. Remind us not to rush though. Remind us that there are preparations in our hearts and lives left to make. Reminds us that Easter only makes sense after Good Friday. AMEN.



THIS WEEK, I EXPERIENCED GOD IN MY LIFE:

PRAYER WEEK 5 - 3/30-4/5



SUNDAY, 3/30 - *Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and glory, for ever and ever. AMEN.*

MONDAY, 3/31 - We pray today with the words of St. Augustine: *we are the mystery that is placed upon the Lord's table. We receive the mystery that is ourself. To that which you are, you will respond. AMEN.*

TUESDAY, 4/1 - We pray today with the words of St. Francis of Assisi: *such love does the sky now pour, that whenever I stand in a field I have to wring out the light when I get home. AMEN.*

WEDNESDAY, 4/2 - We pray today with the words of St. Teresa of Avila: *let nothing disturb you, nothing scare you; all things are passing; God never changes; patient endurance attains all things; who God possesses wants nothing. God alone is sufficient. AMEN.*

THURSDAY, 4/3 - We pray today with the words of Angelus Silesius: *God is a pure no-thing, concealed in now and here: the less you reach for God, the more God will appear. AMEN*

FRIDAY, 4/4 - We pray today with the words of St. Teresa of Avila: *Christ has no body now on earth but mine, no hands but mine, no feet but mine, mine are the eyes through which is to look out Christ's compassion to the world. AMEN*

SATURDAY, 4/5 - We pray today with words from the Gospel of Thomas: *Jesus said, drink my wine, you will become me, I will become you, and all that is hidden you will see with your own eyes. AMEN*



THIS WEEK, I EXPERIENCED GOD IN MY LIFE:

PRAYER WEEK 6 - 4/6-12



SUNDAY, 4/6 - *Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and glory, for ever and ever. AMEN.*

MONDAY, 4/7 - We pray today with this song of our faith: *I want Jesus, to go with me; I want Jesus, to go with me; All along my pilgrim journey, O I want Jesus, to go with me. AMEN*

TUESDAY, 4/8 - We pray today with this song of our faith: *Amazing grace, how sweet the sound, that saved a wretch like me, I once was lost but now am found, was blind but now I see. AMEN.*

WEDNESDAY, 4/9 - We pray today with this song of our faith: *Lift high the cross, the love of Christ proclaim, let all adore, that sacred name. AMEN.*

THURSDAY, 4/10 - We pray today with this song of our faith: *Oh, fix me, oh, fix me, oh, fix me; fix me Jesus fix me. Fix me for my long white robe, fix me Jesus fix me. Fix me for my starry crown, fix me Jesus fix me. AMEN.*

FRIDAY, 4/11 - We pray today with this song of our faith: *What wondrous love is this, O my soul, O my soul, what wondrous love is this, O my soul! What wondrous love is this that caused the Lord of bliss to bear a dreadful curse, for my soul, to bear a dreadful curse, for my soul.*

SATURDAY, 4/12 - ["Yellow," by Mary Oliver] - Christ, hear our prayer-poem: *There is the heaven we enter through institutional grace and there are the yellow finches bathing and singing in the lowly puddle (repeat) AMEN*



THIS WEEK, I EXPERIENCED GOD IN MY LIFE:

HOLY WEEK 2014

4/13-20

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PALM/PASSION SUNDAY - April 13th

10:30 AM - Commemoration of Christ's entry into Jerusalem with palms, and blessing of our Lenten Project Banks.

12:00 PM – Church Friends Bread Making – All are invited to join together in the kitchen after worship to make bread to be delivered to members of the community during Holy Week

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MORNING PRAYER SERVICES

(@ GOOD SHEPHERD LUTHERAN) - April 14th to 18th at 6:45 AM w/ Continental Breakfast following

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MAUNDY THURSDAY - April 17th at 6:00 PM

Light potluck supper with worship service at the United Church of Underhill

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GOOD FRIDAY - April 18th

Ecumenical Walk - from 12:00 - 3:00 PM.

(Starting Location: St. Thomas in Underhill Center)

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CONFIRMATION CLASS & EASTER VIGIL - April 19th

7:00 PM - Confirmation class will meet in the sanctuary
8:00 PM until 6:00 AM (Easter morning) – Sanctuary will be open for prayer, meditation, study, etc.
(Sign-up for slots in fellowship room)

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EASTER SUNDAY - April 20th

6:30 AM - Ecumenical Sunrise Service

10:30 AM - Celebration of Christ's Resurrection with Holy Communion