



Michelle Abernathy Art Coloring Page



LENTEN FAMILY PRAYER

FROM THE BOOK OF COMMON PRAYER

“Lent is not intended to be an annual ordeal during which we begrudgingly forgo a handful of pleasures. It is meant to be the church’s springtime, a time when, out of the darkness of sin’s winter, a repentant, empowered people emerges.

Put another way, Lent is the season in which we ought to be surprised by joy. Our self-sacrifices serve no purpose unless, by laying aside this or that desire, we are able to focus on our heart’s deepest longing: unity with Christ. In him—in his suffering and death, his resurrection and triumph—we find our truest joy. “

Dorothy Sayers

Mark Reading Plan

1. Mark 1:1-13
2. Mark 1:14-34
3. Mark 1:35-45
4. Mark 2:1-17
5. Mark 2:18-28
6. Mark 3:1-19
7. Mark 3:20-34
8. Mark 4:1-20
9. Mark 4:21-41
10. Mark 5:1-20
11. Mark 5:21-43
12. Mark 6:1-29
13. Mark 6:30-56
14. Mark 7:1-23
15. Mark 7:24-36
16. Mark 8:1-21
17. Mark 8:22-9:1
18. Mark 9:2-12
19. Mark 9:13-32
20. Mark 9:33-50
21. Mark 10:1-31
22. Mark 10:32-52
23. Mark 11:1-19
24. Mark 11:20-33
25. Mark 12:1-27
26. Mark 12:28-43
27. Mark 13:1-23
28. Mark 13:24-37
29. Mark 14:1-11
30. Mark 14:12-26
31. Mark 14:27-42
32. Mark 14:43-65
33. Mark 14:66-72
34. Mark 15:1-15
35. Mark 15:16-24
36. Mark 15:25-32
37. Mark 15:33-41
38. Mark 15:42-47
39. Mark 16:1-20

Special Prayers

Suggestions on How to Make Lenten Family Prayer Work

1. Pick one time a day to pray these prayers, perhaps in the morning or right after dinner.
2. Incorporate candles — one for each child can be a good idea so that each one can blow out their candle at the end.
3. Make a “Path to Pascha/Easter.” Find a shallow tray and fill it with sand, placing a taper candle in the center. Find 40 rocks (and we added 6 purple stones to stand for Sundays) and add a rock per day in a winding path until you reach the candle. Light the candle on Easter!
4. At the beginning of Lent, talk as a family about your “special Prayers,” filling in the section on page 6 with the people and concerns you want to focus on as a family.
5. Don’t worry if you miss a day, just pick it up the next day. If you choose to follow the Mark readings, you will finish on the Saturday before Palm Sunday. But, if you miss a few days, it will work to just read the last sections during Holy Week.
6. This liturgy is taken straight out of our Book of Common Prayer. It is only formatted to be easy to find the collects, etc. It follows the shorter form of family prayer (pg 598-299).
7. Consider memorizing the Collect for Lent as a family, since it will be used every day until Palm Sunday and the more everyone is involved, the better.

Lenten Family Liturgy

Short Reading (Suggested Mark reading plan on page 7)

Our Father, who art in heaven, Hallowed by 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 the glory, for ever and ever. Amen.

Collect for the Week (see next page)

Collect for Lent (to be used every day until Palm Sunday)

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all those 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 thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord.

Special Prayers

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. *Amen.*

Collects for Each Week of Lent

Lent 1 (March 10-16)

O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness, and true holiness, to thine honour and glory, who livest and reignest with the Father and the Holy Ghost, one God, world without end. Amen.

Lent 2 (March 17-23)

Almighty God, who seest that we have no power of ourselves to help ourselves; Keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. Amen.

Lent 3 (March 24-30)

We beseech thee, Almighty God, look upon the hearty desires of thy humble servants, and stretch forth the right hand of thy Majesty, to be our defense against all our enemies; through Jesus Christ our Lord. Amen

Lent 4 (March 31 – April 6)

Grant, we beseech thee, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Saviour Jesus Christ. Amen.

Lent 5 or Passion Sunday (April 7-13)

We beseech thee, Almighty God, mercifully to look upon thy people; that by thy great goodness they may be governed and preserved evermore, both in body and soul; through Jesus Christ our Lord. Amen.”