

HOUSEHOLD WORSHIP GUIDE

Lent 2020

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for additional articles, books, photos, and other
resources on the season of Lent and the Christian calendar.

A NOTE FROM FATHER TREVOR

Lent is an opportunity to follow Jesus who was led into the wilderness by the Holy Spirit for 40 days of prayer and fasting. This Lent at City of Light, we are inviting the Spirit to lead us into a deeper prayer relationship with the Lord. Together, we help each other say ‘no’ to all of the things that we consume and that consume us so that we can say ‘yes’ to the Lord.

So many of us have no space for silence, speaking with and listening to the Lord, and receiving love, strength, and guidance from him. We long for a fresh start. We need a spiritual, physical, and emotional detox. Let’s learn again to be with the Lord.

Here are a couple ways you can use this Household Worship Guide through Lent:

- Take time to pray about God’s invitation to you this Lent. What is he asking you to say ‘no’ to? What practices is he asking you to say ‘yes’ to? If you want, write them down on the next page and share them with a prayer partner.
- Together as a congregation on Sundays, in City Kids, Groups, and our Households, we’ll be practicing prayer through ancient pathways. Find one that stretches you and that helps you connect with the Lord.
- God will invite everyone into their own practices. We don’t need to share all of the details of our Lenten devotion with others if you don’t want to and we don’t need to judge others for what they may be doing or not doing.
- There are lots of ideas in this guide and online, but don’t try to take on too much. Pick one or two things that create space and then a simple way to connect with God in prayer.

Remember, praying with Jesus in the wilderness is all about growing our desire and need for the Lord. So let’s clear out space to meet with him, and if it’s harder than we thought it would be, that just means we’re recognizing how much more we need him than we thought.

Peace,
Father Trevor

FASTING PRACTICES

Here are some ideas for fasting. You'll find more resources on each of these on the website. CITYOFFLIGHTANGLICAN.ORG/EVENTS/LENT

SABBATH-KEEPING: Sabbath-keeping is a Biblical invitation to set aside one day a week to fast from work in order to connect with God. Maybe this Lent the Lord would invite you to begin keeping the sabbath for the first time or to renew a practice of sabbath-keeping. Decide what day you will hallow (eg: Saturday, Sunday, another day), what you will cease from (eg: work, email, technology), and what you will feast on (eg: good food, creation, the Bible, relationships).

FOOD: Fasting from food in order to pray connects our bodies and spirits in recognizing our hunger and need for God. If you have dietary or health restrictions or are a nursing mother, do not fast from food. If you have never fasted from food before, you could try it for the first time this Lent—perhaps on Ash Wednesday, Good Friday, or our Lenten Day of Prayer and Fasting. Another way to fast is to choose one type of food to fast from for all of Lent, like candy, alcohol, etc.

TECHNOLOGY: Technology and particularly screens and audio can fill up all of the extra space in our lives. Fasting from technology can create space to engage with the Lord. Here are a few ideas. Some of these sound drastic and difficult, so for each one there are different levels of intensity.

—Put your devices to bed before you do and wake up before your devices.

Tip: put your charger out of reach; get an old fashioned alarm clock from goodwill; use the bedside prayer card at the end of this guide to make a conversation with God the last and first parts of your day.

- You could try not listening to radio, podcasts, or any other sound in the car. Enjoy the silence and pray. Tip: Remove your phone input, and set your radio to static for the times you habitually turn them on.
- You could try getting off social media. Or only use social media one day a week. Or only use social media one hour a day. Use an app on your phone or computer to setup a block for when you click before you think.
- You could take a break from watching shows. Or only watch a show one night a week. Or one hour a day. Move the screen into a less convenient room.
- You could try no technology after 8pm, or on sabbath day, or only one hour a day with no tech (eg: try dinner and eat by candle light.)

PRAYER PRACTICES

SILENT PRAYER

DESCRIPTION: Psalm 46:10 says “Be still and know that I am God.” Practicing silence helps free ourselves from the noise and distractions of this world so that we can be present with God and learn to hear his voice. Silence rarely produces fruit in the moments of practicing silence. Benefits are usually noticed at other times of your day such as being more present and patient with yourself and others.

INSTRUCTIONS: Practice silence yourself first before leading your group. Decide how long the silence will be for and set a timer with a gentle alarm. Let your group know how long the silence will be and that you will be setting a timer. Around 2 minutes for young children, 5 for a group, and 10 alone could be good starting points, but try different amounts of time. By yourself, you could keep silence during your commute or while going for a walk. Or you can spend a half day or more in a silent retreat.

PRACTICE:

- Settle into a comfortable position in a quiet place. Be still and quiet. Take deep breaths.
- Remember that you are with God, the Father, the Son, and the Holy Spirit. Rest in God’s love.
- As your mind wanders, simply bring it back to focusing on God’s presence and love for you. Imagine letting go of distracting thoughts as if you were letting go of a balloon.

AFTER:

- Allow group members to process out loud or silently how they experienced the practice.
- Journal what you experienced or any Scriptures, prayers, or images that came to your mind.

THE DAILY EXAMEN

DESCRIPTION: It's easy to go through our daily rhythms in a kind of blur, with each moment seeming mundane and forgettable. We are often not attentive to the details of our day or the presence of God at work in our lives. When we are in a period of discernment, it can be hard to know what the Lord is doing. The Daily Examen is a practice introduced by St. Ignatius. It consists of looking back over our day in the presence of the Holy Spirit, to see where and how the Lord was present to you, and to discern how he is leading you.

INSTRUCTIONS: This is a great prayer for the end of your day. Try praying it in a quiet place before bed. If leading group, let your group know approximately how long you will spend on each of the prayers and then gently read the prompt for the next session aloud to guide through the prayer. For children, focus on just one of the questions to enter into.

PRACTICE:

- Become aware of God's presence. Ask God to bring clarity to the events of the day
- Review the day with gratitude. Think back on the events of your day, big and small. What brought you joy, brought comfort, or made you feel grateful.
- Pay attention to your emotions. We often feel God's presence through the changes in our emotions. What emotions did you experience at different times? What is God saying through these feelings?
- Choose one feature of the day and pray from it. What moment, feeling or event is the Holy Spirit focusing on? Pray about that. Try to allow the prayer to come freely from your heart.
- Look toward tomorrow. How are you feeling about tomorrow? As you name your hopes, fears, and other feelings, offer them as prayers, trusting that God holds the future in his hands.

AFTER:

- Allow group members to process out loud or silently how they experienced the practice.
- Journal what you experienced or any Scriptures, prayers, or images that came to your mind.

LECTIO DIVINA

DESCRIPTION: A lectio divina prayer is allowing God to speak to you through a passage of scripture by using your imagination. This is a great prayer practice to do with children since they do it without being told. Our imaginations are a gift from God and allow us to enter into prayer not only in our minds, but in our bodies and spirits. Don't worry if you don't feel like you've got a great imagination, God is always more ready to listen than we are to pray and to give us more than we desire or deserve (collect from Book of Common Prayer).

INSTRUCTIONS: Some time before you plan to pray imaginatively, read the passage of scripture you are going to pray with (some suggestions below). When you're ready, go to a quiet place alone, or do your best to calm any distractions. For groups, read the description together and then gently guide through each question by reading them aloud and then leaving silence. For children, use questions like "I wonder what it felt like when..."

PRACTICE:

- Read the passage aloud once or several times. You may keep silence between.
- Close your eyes and step into the story by asking yourself questions like this: What do you know about time and place this event happened in history? What does it sound like there? What does it smell like?
- Imagine you are a character in the story. Where are you standing? Who do you see/hear? Who else is with you? Where is Jesus or God? What is he doing? What does his face look like? Is he saying anything? Does he say anything to you?
- End in silence and listen to anything the Holy Spirit might be whispering to you.

AFTER:

- Take as long as you need in the story. When you're ready, it might be helpful to write down a few things you felt or heard. How do you feel afterwards? (There is no right answer!) Tell the Lord how you feel after this experience.
- In a group, share your experience with others. Begin the discussion with one of the questions from the practice.

SUGGESTED SCRIPTURES:

Matthew 3, Matthew 4:1-11, Exodus 3:1-15, Luke 15:11-31, John 12:1-8.

BEDSIDE PRAYER CARD

AFTER YOU WAKE UP

Before you turn on your devices:

Invite God's presence by saying, "Come be with me, Father, Son, & Holy Spirit."

Be silent for a minute.

Talk to God about whatever is on your mind or heart.

Pray something like Psalm 95,

"Come let us bow down and bend the knee and kneel before the Lord our Maker. For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that today you would hearken to his voice."

BEFORE BED

Turn off your devices:

Invite God's presence by saying, "Come be with me, Father, Son, & Holy Spirit."

Be silent for a minute.

Talk to God about whatever is on your mind or heart.

Pray something like this prayer from the Book of Common Prayer,

"Guide us waking, oh Lord, and guard us sleeping, that awake we may watch with Christ and asleep we may rest in peace."

EPHESIANS SCRIPTURE READING PLAN

This Lent we're continuing in our study of the book of Ephesians. Below are the weekly readings along with some helpful questions to think, pray through, and discuss as a household.

Because of God the Father's great love and grace, he is adopting people from every nation, culture, and language into his household. By his cross and resurrection, Jesus has broken down the dividing wall of hostility, and we are being reconciled to God and to one another in peace and unity. With God as our Father, we become brothers and sisters in his household.

Read the passage of Scripture daily for a week asking the Lord to teach you. Then study the passage using these four questions. Example prayers and disciple-making questions have been included for each week as we enter into union with Christ and unity with one another.

1. *What does this story say (about people, God, you)?*
2. *How do we obey?*
3. *Who needs to hear this story today?*
4. *How does this help me to pray?*

LENT 1: GROWING IN UNITY (EPHESIANS 4:1-16)

"Make every effort to keep the unity of the Spirit through the bond of peace."

SUMMARY: The fullness of Christian maturity—our likeness to Christ in union with him—is expressed in Christian unity. The church is built up into maturity and Christlikeness when each of her members, in all their diversity, build one another up in love.

DISCUSSION: What does the kind of maturity through unity that Paul describes look like in practice? What are some practical ways in which we can build up other members of the body of Christ in love? What are the barriers—spiritual, emotional, practical—to that kind of loving unity? How is God leading you to grow in your own maturity as you relate to others?

LENT 2: LOVING ONE ANOTHER (EPHESIANS 4:17-32)

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”

SUMMARY: Unity requires transformation—the kind of transformation that occurs when we are united to Christ in his death and resurrection. Through Christ, we die to our former selves and the practices that divide (bitterness, gossip, slander, etc.), and come alive our new life in Christ and the practices that bring unity (encouragement, kindness, forgiveness, etc.).

DISCUSSION: Are there habits of your “old self” that you find yourself continually returning to? How have these habits contributed to the wall of hostility (Eph 2:14)? Are there any habits of sin you need to confess today? What are corresponding practices of the “new self” that lead to transformation in Christ? How has Christ demonstrated those practices to us? What are some ways in which you can integrate those practices into your life?

LENT 3: WALKING AS CHILDREN OF THE LIGHT (EPHESIANS 5:1-21)

“For you were once darkness, but now you are light in the Lord. Live as children of light...”

SUMMARY: Because we have been adopted by God through Christ, we are now called to live as children of God. Scripture teaches us that God is light—that his character consists in goodness, righteousness, and truth. As the adopted children of God, we are called to imitate him with our lives, reflecting that same light that we see in our heavenly Father.

DISCUSSION: What does the image of light teach us about God and about how to live as his children? Which qualities of God is Paul calling us to imitate? Are there areas of spiritual darkness in your life where God is leading you to shine the light of Christ? What does the wisdom that Paul mentions (5:15-17) look like in those specific circumstances?

LENT 4: RECONCILIATION IN OUR HOUSEHOLDS (EPHESIANS 5:22-6:9)

“Submit to one another out of reverence for Christ.”

SUMMARY: The good news of reconciliation in Christ should reshape every aspect of our lives. When we intentionally pattern our lives after that good news, it has the potential to transform our families, our work, and our relationship to our neighbors. When we submit to one another in love, we become more like Christ, and we begin to see more of Christ in one another.

DISCUSSION: How does our reconciled relationship with God in his household teach us to think about our own households? How is God calling you to submit to others in your life or household? What does this passage teach us that submission should look like? How can you pray for reconciliation to come to your household, workplace, or neighborhood? How do you imagine that unity in your household will positively influence your community?

LENT 5: THE BATTLE AGAINST DIVISION (EPHESIANS 6:10-20)

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”

SUMMARY: God is bringing reconciliation through Jesus Christ; he is building a new family of diverse peoples reconciled to one another across divisions and built up in unity and maturity in Christ. This ministry of reconciliation is a spiritual battle in which our enemy is seeking to undermine the love that we have for one another in Christ by sowing seeds of division wherever he can. In light of this reality, Paul calls us to guard against the enemy by putting on the full armor of God and devoting ourselves to prayer.

DISCUSSION: How does God equip us in the face of the enemy’s opposition? What are some practical ways that we can follow Paul’s charge to “put on the full armor of God” in our own lives? What particular attacks of the enemy do you need to ask for protection from? How is God leading you to pray for and work toward reconciliation in your own life?

SONGS

JESUS PAID IT ALL

I hear the Savior say,
“Thy strength indeed is small,
Child of weakness, watch and
pray,
Find in Me thine all in all.”

Refrain:

Jesus paid it all,
All to Him I owe;
Sin had left a crimson stain,
He washed it white as snow.

Lord, now indeed I find
Thy pow’r and Thine alone,
Can change the leper’s spots
And melt the heart of stone.

For nothing good have I
Where-by Thy grace to claim;
I’ll wash my garments white
In the blood of Calv’ry’s Lamb.

And when, before the throne,
I stand in Him complete,
“Jesus died my soul to save,”
My lips shall still repeat.

I HAVE DECIDED

I have decided to follow Jesus;
I have decided to follow Jesus;
I have decided to follow Jesus;
no turning back, no turning back.

Though none go with me, I still will follow;
though none go with me, I still will follow;
though none go with me, I still will follow;
no turning back, no turning back.

The world behind me, the cross before me;
the world behind me, the cross before me;
the world behind me, the cross before me;
no turning back, no turning back.

I WILL ARISE

Come, ye sinners, poor and needy,
Weak and wounded, sick and sore;
Jesus ready stands to save you,
Full of pity, love and pow'r.

Refrain:

I will arise and go to Jesus,
He will embrace me in His arms;
In the arms of my dear Savior,
Oh, there are ten thousand charms.

Come, ye thirsty, come, and welcome,
God's free bounty glorify;
True belief and true repentance,
Every grace that brings you nigh.

Come, ye weary, heavy-laden,

Lost and ruined by the fall;
If you tarry till you're better,
You will never come at all.

View Him prostrate in the garden;
On the ground your Maker lies;
On the bloody tree behold Him;
Sinner, will this not suffice?

Lo! th' incarnate God ascended,
Pleads the merit of His blood:
Venture on Him, venture wholly,
Let no other trust intrude.

Let not conscience make you linger,
Not of fitness fondly dream;
All the fitness He requireth
Is to feel your need of Him.

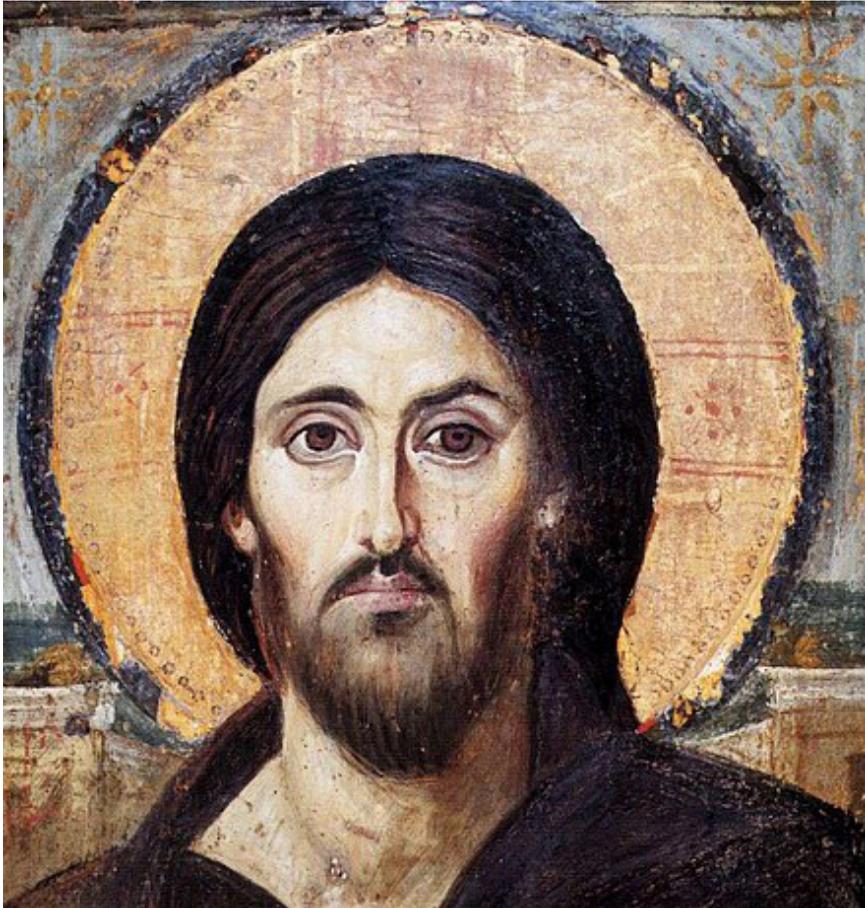
WERE YOU THERE

Were you there when they crucified my Lord?
Were you there when they crucified my Lord?
Oh, sometimes it causes me to tremble, tremble, tremble.
Were you there when they crucified my Lord?

Were you there when they nailed him to the tree?

Were you there when they laid him in the tomb?

Were you there when God raised him from the tomb?



LENT

4/3—LENTEN DAY OF PRAYER AND FASTING

4/14—PALM SUNDAY

4/18—MAUNDY THURSDAY

4/19—STATIONS OF THE CROSS

4/19—GOOD FRIDAY

4/21—EASTER SUNDAY



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