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THE SEASON OF LENT

LENTEN HOUSEHOLD
WORSHIP GUIDE

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Visit www.cityofflightanglican.org/events/lent
for additional articles, books, photos, and other
resources on the season of Lent and the Christian calendar.

A NOTE FROM PASTOR 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,
Pastor 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 in the back 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 watching 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.

SCRIPTURE READING PLAN

The Book of Common Prayer is a collection of ancient prayers and scripture used by Christians around the world for centuries. It's called "common prayer" because when we pray, we are joining saints around the world, praying together—in common.

Below, are the daily scripture readings and prayers for each week in Lent from the BCP. You could pick one, two, or all the passages to read. You could read every day, on sabbath day or 5 days a week, etc. If you miss a day, or two, just jump back in when you can—there's no need to stress out over reading every verse.

Before you read, invite the Lord to speak to you and help you listen by praying something like: *Lord, help me to hear your voice and know it's you, calling me by name.*

WEEK OF 1 LENT

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan; Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.	
SUNDAY	Psalm 63:1-8(9-11), 98 or, 103, Deut. 8:1-10, 1 Cor. 1:17-31, Mark 2:18-22
MONDAY	Psalm 41, 52 or, 44, Deut. 8:11-20, Heb. 2:11-18, John 2:1-12
TUESDAY	Psalm 45, 47, or 48, Deut. 9:4-12, Heb. 3:1-11, John 2:13-22
WEDNESDAY	Psalm 119:49-72, 49, or 53, Deut. 9:13-21, Heb. 3:12-19, John 2:23-3:15
THURSDAY	Psalm 50, 59, 60 or 19, 46, Deut. 9:23-10:5, Heb. 4:1-10, John 3:16-21
FRIDAY	Psalm 95, 40, 54, or 51, Deut. 10:12-22, Heb. 4:11-16, John 3:22-36
SATURDAY	Psalm 55, 138, or 139:1-17(18-23), Deut. 11:18-28, Heb. 5:1-10, John 4:1-26

WEEK OF 2 LENT

<p>O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.</p>	
SUNDAY	Psalm 24, 29, 8, or 84, Jer. 1:1-10, 1 Cor. 3:11-23, Mark 3:31-4:9
MONDAY	Psalm 56, 57, 58, 64, or 65, Jer. 1:11-19, Rom. 1:1-15, John 4:27-42
TUESDAY	Psalm 61, 62, or 68:1-20(21-23)24-36, Jer. 2:1-13, Rom. 1:16-25, John 4:43-54
WEDNESDAY	Psalm 72, or 119:73-96, Jer. 3:6-18, Rom. 1:28-2:11, John 5:1-18
THURSDAY	Psalm 70, 71, or 74, Jer. 4:9-10, 19-28, Rom. 2:12-24, John 5:19-29
FRIDAY	Psalm 95 & 69:1-23(24-30)31-38, or 73, Jer. 5:1-9, Rom. 2:25-3:18, John 5:30-47
SATURDAY	Psalm 75, 76, 23, or 27, Jer. 5:20-31, Rom. 3:19-31, John 7:1-13

WEEK OF 3 LENT

<p>Almighty God, you know that we have no power in 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, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.</p>	
SUNDAY	Psalm 93, 96, or 34, Jer. 6:9-15, 1 Cor. 6:12-20, Mark 5:1-20
MONDAY	Psalm 80, 77, or 79, Jer. 7:1-15, Rom. 4:1-12, John 7:14-36
TUESDAY	Psalm 78:1-39, or 78:40-72, Jer. 7:21-34, Rom. 4:13-25, John 7:37-52
WEDNESDAY	Psalm 119:97-120, 81, or 82, Jer. 8:18-9:6, Rom. 5:1-11, John 8:12-20

THURSDAY	Psalm 83, 42, 43, 85, or 86, Jer. 10:11-24, Rom. 5:12-21, John 8:21-32
FRIDAY	Psalm 95, 88, 91, or 92, Jer. 11:1-8, 14-20, Rom. 6:1-11, John 8:33-47
SATURDAY	Psalm 87, 90, or 136, Jer. 13:1-11, Rom. 6:12-23, John 8:47-59

WEEK OF 4 LENT

<p>Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.</p>	
SUNDAY	Psalm 66, 67, 19, or 46, Jer. 14:1-9, 17-22, Gal. 4:21-5:1, Mark 8:11-21
MONDAY	Psalm 89:1-18, or 89:19-52, Jer. 16:10-21, Rom. 7:1-12, John 6:1-15
TUESDAY	Psalm 97, 99, 100, 94, or 95, Jer. 17:19-27, Rom. 7:13-25, John 6:16-27
WEDNESDAY	Psalm 101, 109:1-4(5-19)20-30, or 119:121-144, Jer. 18:1-11, Rom. 8:1-11, John 6:27-40
THURSDAY	Psalm 69:1-23(24-30)31-38, or 73, Jer. 22:13-23, Rom. 8:12-27, John 6:41-51
FRIDAY	Psalm 95 & 102, or 107:1-32, Jer. 23:1-8, Rom. 8:28-39, John 6:52-59
SATURDAY	Psalm 107:33-43, 108:1-6(7-13), or 33, Jer. 23:9-15, Rom. 9:1-18, John 6:60-71

WEEK OF 5 LENT

<p>Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.</p>	
SUNDAY	Psalm 118, or 145, Jer. 23:16-32, 1 Cor. 9:19-27, Mark 8:31-9:1
MONDAY	Psalm 31, or 35, Jer. 24:1-10, Rom. 9:19-33, John 9:1-17
TUESDAY	Psalm 120, 121, 122, 123, 124, 125, 126, or 127, Jer. 25:8-17, Rom. 10:1-13, John 9:18-41
WEDNESDAY	Psalm 119:145-176, 128, 129, or 130, Jer. 25:30-38, Rom. 10:14-21, John 10:1-18
THURSDAY	Psalm 131, 132, 133, 140, or 142, Jer. 26:1-16, Rom. 11:1-12, John 10:19-42
FRIDAY	Psalm 95 & 22, 141, or 143:1-11(12), Jer. 29:1, 4-13, Rom. 11:13-24, John 11:1-27, or 12:1-10
SATURDAY	Psalm 137:1-6(7-9), 144, 42, or 43, Jer. 31:27-34, Rom. 11:25-36, John 11:28-44, or 12:37-50

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?



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THE SEASON OF LENT

We all need safe places and people in our lives—havens where we can run when there’s uncertainty, danger, or storm. So why do we so often seek refuge in the wrong things? Why do we live as if we don’t need safety? The Bible tells us that God is our “refuge and strength,” that he—as our rock—comes quickly to our rescue. During this season of Lent at City of Light Church, we are taking refuge in Jesus. In the midst of the storm, we want to be a people who are not ashamed to seek refuge in the Lord and in one another.

- 2/17—Ash Wednesday
- 2/21—First Sunday of Lent
- 2/28—Second Sunday of Lent
- 3/7 —Third Sunday of Lent
- 3/10—Lenten Day of Prayer and Fasting
- 3/14—Fourth Sunday of Lent
- 3/21 Fifth Sunday of Lent
- 3/28—Palm Sunday
- 4/1—Maundy Thursday
- 4/2—Good Friday
- 4/4—Easter Sunday



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