

## **A PRAYER FOR LENT**

Hamilton Rd, Exmouth, Ide Cong., Stoke Canon E.C.

**Ephesians 3 v 14 – “For this reason I kneel before the Father –“**

### **Our Holy Birthright**

**Ephesians 3 v 15 “...from whom His whole family, in heaven and on earth, derives its name.”**

*Recognising our special relationship with Him.*

**1 John 3 v 1** *“How great is the love the Father has lavished upon us, that we should be*

*called the children of God – for that is what we are!”*

**Romans 8 v 14 – 17** *Those filled with God’s Spirit are children of God.....therefore we may call Him, “Abba Father” (Daddy).....and if we are His children, then that makes us also heirs to God and co-heirs with Christ.....we share in his sufferings in*

*order that we may also share in His glory.”*

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**Ephesians 3 v 14 – “For this reason I kneel before the Father –“**

### **Our Holy Indwelling Power**

**Ephesians 3 v 16 – 17 “...out of His glorious riches, may God strengthen you, with power, through His Holy Spirit within you, allowing Christ to dwell in your hearts by faith, and grounded in His love.”**

*Recognising Christ’s power that flows through us.*

**Romans 8 v 11** *“The very same Spirit which had power to raise Christ Himself from*

*the dead is the same Spirit Who dwells in you.”*

**1 Thessalonians 3 v 12 – 13** *“May He cause our love to increase and overflow .....strengthening your hearts towards blamelessness, and toward our Lord’s coming.”*

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**Ephesians 3 v 14 – “For this reason I kneel before the Father –“**

### **Our Holy Understanding**

**Ephesians 3 v 18 – 19 “...along with all God’s people, we have a God-given ability to grasp how wide and long, and wide and deep is Christ’s love for us – that love which surpasses all knowledge!”**

*Recognising Christ’s imparted knowledge to us.*

**2 Timothy 1v12** *“For I know whom I have believed, and am convinced that He is able to do what is entrusted to him for the last day.”*

**1 Corinthians 13 v 8 – 13** *“Now we see as though looking through a dim window, but then we shall see Him face to face; now our knowledge is limited, but then we shall understand fully”.*

## A Benediction for Lent

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### Ephesians 3 v 20 – 21

Giving thanks for everything - and more!:

*“Now to Him Who is able to do immeasurably more than we would dare to ask, or imagine, according to His great power (the same power that is at work within us); to Him be glory in the Church, and glory to Christ Jesus throughout all generations, for ever and ever! Amen.”*

### - Immeasurably More:

**Philippians 1 v 21** “For me to live is Christ, but to die is **greater** reward.”

**Philippians 1 v 10-11** “That you may be pure and blameless, **overflowing** with the fruit of righteousness that comes from Jesus Christ.”

**Philippians 1 v 23** “I desire to be with Christ, which is **better by far**.”

**Philippians 3 v 7-8** “Whatever I considered profit, I now count as loss for the sake of Jesus Christ...they are considered as rubbish, that I may **gain** Christ.”

**Philippians 3 v 10** “I want to know Christ, and to **understand the power** of His resurrection.”

**Philippians 3 v 14** “I desire to press on to **win the prize** for which God has called me heavenward.”

**Philippians 3 v 20-21** “He will **transform** our lowly bodies, to be like His glorious body...for our citizenship is in heaven.”

**Philippians 4 v 4** “Rejoice in the Lord always, and then, **again I say**, “Rejoice”!”

**Philippians 4 v 13** “I can **do everything** through Christ, Who strengthens me.”

**Philippians 4 v 19** “My God will supply **all my needs**, according to His riches in Christ Jesus.”

## Lenten Preparation

### **1 Corinthians 11 v 23 – 29**

#### **v 24** In Lent we reflect on the Body of Christ

- God came in human form and dwelt amongst men
- From Bethlehem to Calvary, Jesus came to serve

**Philippians 2 v 6 – 8** “He humbled Himself, and was obedient to death, even the death on a cross”

#### **v 25** In Lent we reflect on the Blood of Christ

- Through His suffering and death, Christ’s blood was shed
- His blood washes us clean from our sin

**Hebrews 9 v 21** “Without the shedding of blood there can be no remission of sins”

**v 28** “Christ was sacrificed once to take away the sins of the world”

#### **v 26** In Lent we reflect on our duty to the Gospel

- Without Christ’s sacrifice, there is no Gospel of Salvation
- His purpose for us is that we may be united in His love

**1 John 4 v 10** “God’s love was demonstrated (to us) when He sent His only Son, Jesus Christ, as an atoning sacrifice for our sins...that we may be made complete in Him”

We recognise that we have failed in all these areas:

- we have loved the world more than Christ – **Devotion**
- We have neglected the fellowship of one another – **Dependency**
- we have avoided any suffering for Christ – **Desire**
- we have shied from serving Him – **Duty**

In this period of self-examination we meditate anew on our commitment to Him.

### **Colossians 4 v 2 – 6**

*Are we devoted to a prayerful life?* **Devotion to God**

- Devoted to being prayerful, watchful and thankful **v 2**

*Do we require the prayers of others?* **Dependency on one another**

- Dependent on the prayerful support of others **v 3**

*Do we have a message to share?* **Desire to witness**

- Desire to share the Good News clearly **v 3 – 4**

*Are we zealous in our service?* **Duty to serve**

- Duty to make the most of every opportunity **v 5**