

Lenten Guided Prayer 2022

Seeking God's Ways

Prayer Guide 1

For the week beginning March 6, 2022

From Security to Generosity

Scripture: Deuteronomy 26:1-11; Psalm 91:1-2; 9-16;
Luke 4:1-13; Romans 10:8b-13



Invitation

We begin our Lenten journey by following Jesus into the wilderness. This desert place is stark, dry, lonely and quiet. Being here means letting go of extraneous things in order to be present with our most basic needs. The desert stands in sharp contrast to the promised land where the Israelites experienced the bounty of the good land. In the desert we are invited to trust in the security and provision of God.

Opening Prayer

Seeking God's ways calls for deep trust in God. Cultivating that trust is a lifelong journey. What makes you feel secure in life? What helps you to trust in God's ways, even though they may be different from your ways? Take some time to name the feelings that arise. Bring these to God, before praying this prayer of assurance.

You call me to trust the security of the promise that you are my dwelling place, my refuge and my fortress. You promise to be with me when I call, and when I am in trouble. Help me to trust your promise.

Meditative Reading

Read Luke 4:1-13. Imagine yourself in the scene with Jesus. Notice the vast, stark, stripped down nature of this landscape. Out here you are no longer defined by role, relationship status, economic resources, academic credentials, skills or achievements.

Notice how Jesus, even in his vulnerability, discerns the nature of the evil spirit that distracts him with glittering offers. He does not allow the evil one to pull him off center and distort his relationship with God. Instead, Jesus stays grounded in the provision and protection of God.

Reflection

What distracts you and pulls you off centre? Place a shiny object (coin, glass bead, sparkling stone, piece of jewelry, small square of tinfoil) on your path (see introduction) as a symbol of something that distracts you from seeking God's way. Can you release it and leave it behind?

Closing Prayer

Gracious God, you are my centre. Help me to trust in your care and provision. Help me to release the things that distract me and distort my relationship with you. Walk with me on this Lenten journey as I learn to seek your ways.

Additional Prayer Options

Select a prayer suggestion from the list below that attracts you, challenges you or causes you to question. You may stay with the one way of praying throughout the week or try several options.

Praying With Scripture

Read Psalm 91:1-2. The word “Almighty” is a translation of the Hebrew word *Shaddai*. It is sometimes used as a name for God--*El Shaddai*. One interpretation of *Shaddai* is “All Sufficient One,” like a nursing mother for her infant. Picture a mother and baby (animal or human). Imagine God as a protective mother. Read the rest of the Psalm, using female pronouns for God. What was that experience like for you? What did you learn about God? About yourself?

Praying Through Your Life

Read Deuteronomy 26:1-11. In this story the Israelites are instructed to make a “first fruits” offering to mark a significant event on their journey with God. Take some time to reflect back on your life. How would you retell the story of when God has been present in your life? Write it in your journal, or create a timeline of your life, marking and illustrating how God has guided you.

Praying With Music and Art

Choose music connected to this week’s theme, on your own or from this list. Pray with the lyrics. Sing, play an instrument, dance, walk or drive with this music. You may want to compose music or create art to further explore these stories and themes.

“Fill Us With Your Feast”

Voices Together #309

“And I Will Raise You Up”

Voices Together #641

“I will not leave you comfortless”

Jan Phillips. Find on YouTube.

Consider using artwork connected to the scripture passages for this week to extend/enrich/ supplement your prayers. One option is to ponder the image [“Christ in the Wilderness” by Kramskoř](#). Invite God to speak to you through it.

Praying for Our World

In the story from Deuteronomy 26:1-11, the Israelites make a “first fruits” offering to celebrate how God was with them on their journey to the promised land. But the promised land was not empty. How did the Israelites impact the original inhabitants of that land? Take time to reflect on your life journey and family story. Where have you lived? What stories does your family geography hold? What identity do you claim? What traditions have shaped and inspired you? How has your family story intersected with the stories of other people?

Canadians are on a journey of truth telling and reconciliation with the first peoples of this land. Pray for the courage needed to face the truth and the pain of colonialism, past and present. Pray for the courage to “unsettle” and dismantle colonial assumptions, stories and structures. Pray for hope that a new and just way of relating can be found. Commit to listening and learning more about Indigenous people and what is needed for the journey toward reconciliation.

Review what you have experienced during your prayer times. Decide what is meant for you alone, and what you are comfortable sharing if you are meeting with a group.