

DAILY PRAYERS
for LENT

We
Bow
Our
Hearts
to You



Creative
Communications
Sample

ED ARLE

Ash Wednesday

*Create in me a clean heart, O God,
and renew a right spirit within me.*

PSALM 51:10



Dear God, as another season of Lent begins, I am drawn again to the altar of your love. The ashes on my forehead remind me once more that I am dust but for the gift of life you have given me in the sacrifice of your Son Jesus. You have seen fit to give me life even in the midst of my own sin and death. Dear Lord, my heart bends down to you in thanks. Amen.



Thursday *after* Ash Wednesday

At the name of Jesus every knee should bow, in heaven and on earth and under the earth. **PHILIPPIANS 2:10**



Merciful God, St. Paul's words remind me that bending the knee at the mention of Jesus' name begins in the heart, *my* heart. Take all of me, Lord, head, heart, soul and mind. Make me ever yours. In this week of ashes, I am reminded once more of my need to give my life over to you. Only you can turn my tears of shame and guilt into the joy that comes in forgiveness. All this comes in the name and in the love of Jesus. Amen.

Friday *after* Ash Wednesday

He humbled himself by becoming obedient to the point of death, even death on a cross.

PHILIPPIANS 2:8



Dear Jesus, when I think about what you did for me in dying on the cross, my heart wants to bow in brokenness. Jesus, you died in my place. But even before dying, you willingly became human to show me your love and mercy. Help me in my living, Lord. To you I give my heart, that every breath I take as long as I live, shows to the world you did not die in vain. Amen.



Saturday *after Ash Wednesday*

Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. JOEL 2:13

As I come to the close of a week marked by ashes, I recall the words of Joel inviting his people to return to you, O Lord. Tomorrow marks the first Sunday in Lent. Help me worship with others whose hearts are hungry to receive your Word of grace and forgiveness. Open my eyes and heart to see and believe that all those who bend their knees at the altar beside me are loved by you, even as I am. Amen.

First Sunday of Lent

The Spirit helps us in our weakness.

*We do not know what we ought to pray for,
but the Spirit himself intercedes for us through
wordless groans. ROMANS 8:26*

Dear Lord Jesus, my heart is brought low when I kneel at your altar beneath the cross. Your body and blood are given to me at that altar. When I come away and try to pray in that moment of post-communion silence, I often don't know what to say. My thoughts go to questions like "What *should* I say to you?" "How *should* I pray to you?" I feel tongue-tied and helpless. All I know to say is "Thank you for being merciful to me, a sinner." Amen.



Monday, First Week of Lent

*Humble yourselves, therefore,
under God's mighty hand, that he may
lift you up in due time. 1 PETER 5:6*



It's Monday again, Lord. It seems as if yesterday is long past and I should be getting on with "life as usual." But how can life go back to what it once was when your cross is still on my mind? I even looked in the mirror this morning to see if the mark of last Wednesday's ashes was still there. The ash is gone. But the memory of it is still there in my heart. Thank you, Jesus. Amen.

Tuesday, First Week of Lent

But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”

JAMES 4:6

Dear God, James writes, “God opposes the proud but shows favor to the humble.” What exactly does it mean “to be humble”? I remember the song by Mac Davis, “O Lord, it’s hard to be humble.” I smiled when I heard that song years ago, but now when I look at the cross of Jesus, my heart bows to the One who shows me what humility really means. Teach me humility, Lord, as I bow my heart to you. In your name I pray. Amen.



Wednesday, First Week of Lent

*These are the ones I look on with favor:
those who are humble and contrite in spirit,
and who tremble at my word.*

ISAIAH 66:2

Dear God, I remember hearing someone share this bit of truth: “The person who believes he is *humble* is proud. And the person who believes he is *proud* is proud.” No matter how hard I try to humble myself, whenever I come near the cross of your Son Jesus, I find my efforts to offer my own “goodness” break down into fear and trembling. And yet precisely in those moments you welcome me with grace and forgiveness, all for Jesus’ sake. Amen.

WE BOW OUR **HEARTS** TO YOU

St. Paul has said, “At the name of Jesus every knee should bow in heaven and on earth, and under the earth” (Philippians 2:10). During this season of Lent, join Ed Arle in these Scripture lessons and prayers. As we bow our hearts together, may every word become a blessing as we draw near to the cross and the glory of Jesus on Easter morning.



This book, along with many other *Creative Communications for the Parish* products, is available on **amazon**kindle and **nook**
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By Ed Arle. Design by Jeff McCall. Cover image: iStock.com/mbolina.
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