



new addington baptist church
caring together sharing together

Lent Prayer Guide

2020

For many people, Lent is a time of fasting and giving up things. For others it passes un-noticed. There are others for whom it is like a new season – a new beginning where growth and opportunity is promised. However you approach Lent it is a good time to stop, to re-focus and re-centre on God as we look ahead to Easter week.

This year our verse for the year is from Romans 12:

“For just as each of us has one body with many members, and these members do not all have the same function, so *in Christ we, though many, form one body, and each member belongs to all the others*” (Romans 12:4-5)

As one body, we are called to care for one another and care for the health of the whole body. One way we do this is in prayer. This prayer booklet is designed, as well as to focus us back onto Jesus, to also direct our prayer for the church and community we live in and serve. Together we stand in prayer and bring our deepest desires for ourselves, the church and community to God. As we pray together may we meet with God, grow in him and rest in his presence, bringing all our burdens to him, as he tells us to do.

Each day has a suggested reading from the Gospel of Mark – if you follow the readings you will have read through the whole of Mark by the end of Lent. Mark is the shortest Gospel, and the readings are short and fast paced all heading towards the events of that first Holy Week. As you read, pause, reflect, and ask God to speak to you and help you to know Christ better as you learn more of him. In our Lent Groups (Monday 2.30pm and Thursdays 10.30am & 7.30pm) we will be sharing images of Christ from around the world and reflecting on the Scripture that inspired them – perhaps in your readings you may learn something more of Christ you might bring to those groups.

Each day also has a point for prayer and a point of action – choose to do with these what you wish – pray on your own or with others and try and put something of what you have read into action.

There are no entries for Sundays – this is deliberate as Sundays are not traditionally part of the Lenten fast, but are days to come together in worship and community as we meet together at 11am.

Ash Wednesday 26th February

Mark 1:1-8 *John the Baptist Prepares the way*

Prayer: Give thanks for our church – we are all one body and Christ is the head – ask that during Lent God would renew us and show us His way.

Action Find a cross – it could be a wooden cross, or a piece of jewellery, or a picture, and place it somewhere new to remind you to pause to focus on Christ each day in lent.

Thursday 27th February

Mark 1: 9-15 *In the wilderness. The Kingdom of God is near*

Prayer Pray for those in our church and community who still need to know Jesus as Lord. Pray that the Holy Spirit would reveal Jesus to them.

Action Write down or tell someone your testimony today. What does it mean for you to follow Jesus?

Friday 28th February

Mark 1:16-20 *Called*

Prayer Pray for our church leaders – that God will enable them, protect them and sustain them as they do the task they are called to.

Action Take some time to read or watch the news today – write down the names of those people who are having to make decisions that affect others. Add them to your prayers over the next few days.

Saturday 29th February

Mark 1:21-34 *Jesus begins works of ministry*

Prayer Pray for those who are struggling physically and mentally. Pray particularly for the work we do as a church that promotes positive mental wellbeing.

Action Exercise your body or your mind in some way today – giving God thanks for it!

Monday 2nd March

Mark 2:1-12 *Jesus heals a paralyzed man*

Prayer Give thanks to God for the good things you see happening in our church and community.

Action Tell someone about something that has brought you joy today.

Tuesday 3rd March

Mark 2:13-28 *Levi, wineskins and the Sabbath*

Prayer Pray for those people you know who are working too hard and never resting. If that is you, bring your burdens before God today.

Action Do something to make life a little bit easier for someone else today.

Wednesday 4th March

Mark 3:1-12 *Jesus our healer*

Prayer Pray for the divisions in our community and country – particularly for the divisions over Brexit.

Action Take some time to walk in the community today – pray prayers of healing where you see brokenness. If you are not able to walk, find a window to look through or take a bus ride, using the time to pray.

Thursday 5th March

Mark 3:13-35 *Jesus calls the twelve*

Prayer Pray for all the volunteers in our church and community family project. Pray that God will provide the people to sustain the ministry to which we are called.

Action Explore opportunities for volunteering through the church volunteering leaflet. If you are already volunteering, ask God to help you to serve him with all of your heart.

Friday 6th March

Mark 4:1-20 *The Parable of the Sower*

Prayer Pray for the mission of the church through the Community Family Project and pray that God would open opportunities for us all to share our stories and faith with others

Action Plant some seeds and watch them grow

Saturday 7th March

Mark 4:21-34 *The Kingdom of God*

Prayer Pray for our work with Children and Young People which has come to a natural end recently – pray that God will raise up leaders to take this work forward so we can reach out to Children, Young People and Families within our community

Action Make time today to ask someone from a different generation to you about their day and, if appropriate, offer to pray for them.

Monday 9th March

Mark 4:35-41 *Jesus calms the storm*

Prayer Pray for the families who receive food each week from our delivery from Fareshare. Pray that they will find hope and some of God's goodness in the coming week.

Action Bring a donation for our store cupboard which is used to top up our Fareshare parcels when needed (ask Jo for the kind of the things that would be helpful)

Tuesday 10th March

Mark 5:1-20 *Jesus heals*

Prayer Pray for those in our community who feel lonely. Pray that God will help them to find places of belonging where they are accepted for who they are and where, if they need it, they might find healing.

Action Contact someone you know who lives on their own or is feeling lonely right now.

Wednesday 11th March

Mark 5:21-43 *Jesus, a girl and a woman*

Prayer Pray for the women in our community. Pray for those who for whom homelife is a struggle – for whatever reason. Pray that they will feel loved and affirmed in who they are.

Action Take some time today to build up a female family member or friend.

Thursday 12th March

Mark 6:1-29 *Experiencing Opposition*

Prayer Pray for the church in this country and across the world – particularly pray for the persecuted church – for those who stand up for their faith in difficult circumstances.

Action Do some research on the church across the world – either on the internet or through the magazines we have in our church entrance

Friday 13th March

Mark 6:30-56 *Feeding the 5000 and walking on water*

Prayer For those in our community who do not have enough. Pray for Make Lunch as we prepare for our two sessions in the holidays and for those who will attend.

Action Donate some food to the Vine Foodbank

Saturday 14th March

Mark 7:1-23 *Discussions with the Pharisees*

Prayer Pray for our Community Café and for Crafty Needles as they create places of belonging

Action Think about how we can welcome people into our community better. What could we change? How can we welcome even those we disagree with?

Monday 16th March

Mark 7:24-30 *The Syrophenician Woman*

Prayer Pray for our Wednesday Acorn Group – for all those attend and for the difficult things they have to encounter in every day life.

Action Take time today to say hello someone you wouldn't normally talk to – a neighbour maybe? Make time for them.

Tuesday 17th March

Mark 7:31-37 *Jesus heals a deaf and mute man*

Prayer Pray for the men in our community and for the pressures they are under. Pray that they will feel appreciated and affirmed at home and at work.

Action Take time today to spend with a male friend or family member and find out how they are doing. Offer to pray for them if it is appropriate.

Wednesday 18th March

Mark 8: 1-21 *Jesus feeds a crowd again*

Prayer Pray for Chatterbox Toddler Group – for the new people this term, for the relationships that are being built and for a new leader to work alongside Chris.

Action Make plans to spend time with someone from church – perhaps inviting them round or going out and having coffee with them (or make plans to come to the community café!)

Thursday 19th March

Mark 8:22-26 *Jesus heals a blind man*

Prayer Pray for those involved in making worship happen on a Sunday – those who lead and preach and those who make sure all runs smoothly. Pray that God will rise up musicians to play in services.

Action Sing or listen to one of your favourite worship songs. Perhaps share it with somebody else

Friday 20th March

Mark 8:27-30 *Who do you say I am?*

Prayer Pray for family members and friends who have rejected Jesus and who do not know him yet. Pray that they will discover who Jesus really is – that their eyes will be opened and they will see him.

Action Find a way to show the love of Jesus to one of the people you are praying for today.

Saturday 21st March

Mark 8:31-9:1 *The Way of the Cross*

Prayer Pray for the work of Evolve Peer Support Group and Nikki who leads that group. Pray for growth in that group and for those who attend.

Action Find that cross again that you put out to remind you at the beginning of Lent and move it to somewhere new. When was the last time you looked at it?

Monday 23rd March

Mark 9:2-13 *The Transfiguration*

Prayer Pray for our relationships with other churches – both in New Addington and with other local Baptist Churches.

Action Take positive action to make a change today – whether that's giving something up or clearing a debt or finally volunteering for or giving to a cause that has been challenging you.

Tuesday 24th March

Mark 9:14-29 *The Demon-possessed boy*

Prayer Sometimes we give up praying for something because God hasn't answered. Pick up those prayers today and pray them with all you heart.

Action Ask someone to pray for you today

Wednesday 25th March

Mark 9:30-37 *Welcoming Children*

Prayer Pray for our Sunday children's work and our church children and their parents and carers and leaders - that we might disciple them in the way of Christ well

Action Take time today to listen to something a child has to say and pray for them

Thursday 26th March

Mark 9:38-50 *Stumbling Blocks*

Prayer Pray for unity in our church – that God would unite us in our vision. Pray that our Sunday worship would connect to our weekly work and that we all might see the bigger picture

Action Find out something new about church – perhaps about something you have not been involved in before. Visit the church website or look at the leaflets – or ask someone!

Friday 27th March

Mark 10:1-16 *Family Life*

Prayer Pray for your own family and the families that make up the church – for strong marriages and relationships and for those who have been hurt when things haven't worked out.

Action Make some time to spend today with your significant other and/or children. If your family is not close by, make contact with them. If things with your family are a bit more difficult find a friend to pray with you for healing in the brokenness.

Saturday 28th March

Mark 10:17-31 *Rich Man*

Prayer Pray for justice – for those who have little to have more, and for those who have more - to be generous with what they have.

Action If you are able to, give something away today to someone who needs it more than you do.

Monday 30th March

Mark 10:32 – 45 *Who is the greatest?*

Prayer Pray for those who are trapped in cycles of addiction – that they might experience freedom

Action Think of a bad habit you have. Focus on that one thing and seek to break the habit

Tuesday 31st March

Mark 10:46 – 52 *Blind Bartimaeus*

Prayer Pray for the partnerships we have with others in New Addington – for Pathfinders who do a lot of work in the community, for Tramlink and the council who support our Community Family Project and all the other agencies seeking to make this a better place.

Action Find out something new that is good that happens in the community and share it with someone else

Wednesday 1st April

Mark 11:1-11 *Palm Sunday*

Prayer Pray for joy and for laughter in our community. Pray that people will find things to bring light into their lives.

Action Tell someone a joke or a funny story

Thursday 2nd April

Mark 11:12-25 *The Cursed Fig Tree*

Prayer Pray for our Church finances

Action Take time to look at your own finances. Are you doing with them what God would want you to do?

Friday 3rd April

Mark 11:27-33 *By whose authority?*

Prayer Pray for those in authority in New Addington and in our country. Pray for wisdom and compassion in their decision making.

Action Take time today to thank someone in authority for something they have done.

Saturday 4th April

Mark 12:1-27 *The Parable of the Talents and beyond*

Prayer Pray for those who have no work or who don't feel valued in their work today.

Action Think back to when Phil Barnard from the London Baptist Association came and preached on this passage. What do you remember? What did you do in response? Pray for the LBA as they seek to lead the London Baptist Churches.

Monday 6th April

Mark 12:28-44 *The greatest commandment*

Prayer and Action At the beginning of Holy Week spend some time in God's presence saying nothing, thinking nothing, just being still. Let everything pass by. Simply notice what distracts you and let it pass.

Tuesday 7th April

Mark 13 *The tribulation*

Prayer Pray for those places in the world that are experiencing something of what you have read today.

Action Think of a way you can bring new hope in the world today and put it into action

Wednesday 8th April

Mark 14:1-11 *Jesus is Anointed*

Prayer Reflect on your own Christian service. Ask God to show you how you can serve his world

Action Deliberately get your hands dirty, and as you wash them, reflect on how Jesus has made you clean.

Thursday 9th April (Maundy Thursday)

Mark 14:12-72 *The events of Maundy Thursday*

Prayer Today remember, give thanks and sit listening to what Jesus has to say to you

Action Join the rest of the church family for food and communion this evening

Friday 10th April (Good Friday)

Mark 15 *The events of Good Friday*

Prayer Pray for those who are struggling to believe.

Action Find that cross again, hold it, give thanks, and ask for forgiveness.

Saturday 11th April

Psalms 22 *Yesterday was Friday, but Sunday is coming*

Prayer Ask God to increase the faith of the church, for new things we can't even imagine and for boldness to step out in faithfulness for the Kingdom's sake.

Action Draw around your shoe or boot. Write a prayer and ask God for directions for the next steps in your life. Go to bed early praying this prayer ready to wake up to the new dawn with our Sunrise service tomorrow morning. Be ready to read Mark 16:1-8 as you wake up.....