

St Matthew's Westminster



Spiritual Resources for Lent

Week II

Sunday 28th February – Saturday 6th March

2021

Contents

Introduction to Lent	2
Reflection and Prayer for the Day	3
Sunday 28 th February – The Second Sunday of Lent.....	3
Monday 1 st March.....	4
Tuesday 2 nd March.....	5
Wednesday 3 rd March	6
Thursday 4 th March.....	7
Friday 5 th March.....	8
Saturday 6 th March.....	9
Reading for the Day	10
Sunday 28 th February – The Second Sunday of Lent.....	10
Monday 1 st March	10
Tuesday 2 nd March.....	10
Wednesday 3 rd March	10
Thursday 4 th March.....	11
Friday 5 th March.....	11
Saturday 6 th March.....	11
Spiritual Communion	12
<i>Act of Spiritual Reception</i>	12
The Angelus	13
A Simple Form of Morning Prayer	14
A Simple Form of Evening Prayer	17

Introduction to Lent

Love is a gift that gives meaning to our lives. It enables us to view those in need as members of our own family, as friends, brothers or sisters. A small amount, if given with love, never ends, but becomes a source of life and happiness. Such was the case with the jar of meal and jug of oil of the widow of Zarephath, who offered a cake of bread to the prophet Elijah (cf. 1 Kings 17. 7-16); it was also the case with the loaves blessed, broken and given by Jesus to the disciples to distribute to the crowd (cf. St Mark 6. 30-44). Such is the case too with our almsgiving, whether small or large, when offered with joy and simplicity.

To experience Lent with love means caring for those who suffer or feel abandoned and fearful because of the Covid-19 pandemic. In these days of deep uncertainty about the future, let us keep in mind the Lord's word to his Servant, 'Fear not, for I have redeemed you' (Isaiah 43.1). In our day, may we speak words of reassurance and help others to realize that God loves them as sons and daughters.

Pope Francis

Reflection and Prayer for the Day

Sunday 28th February – The Second Sunday of Lent

Reflection

It does seem that people come to themselves when they are able to repent and certainly when they are forgiven. Love when it is true longs to forgive. Forgiveness does not mean forgetting; it means remembering the past in a new way. When we ask for Christ's forgiveness, the effect is that so far as the past is remembered again, it will have lost its power to hurt us, and make us afraid.

Eric Symes Abbott (1906-83), former Dean of Westminster

Collect of the Day

Almighty God,

you show to those who are in error the light of your truth

that they may return to the way of righteousness:

grant to all those who are admitted

into the fellowship of Christ's religion,

that they may reject those things

that are contrary to their profession,

and follow all such things as are agreeable

to the same; through our Lord Jesus Christ. Amen.

Monday 1st March

Reflection

Something to bring back to show
you have been there: a lock of God's
hair, stolen from him while he was
asleep: a photograph of the garden
of the spirit. As has been said,
the point of travelling is not
to arrive, but to return home
laden with pollen you shall work up
into the honey the mind feeds on...

R S Thomas (1913-2000), Welsh poet & priest

Prayer

Not, what is my prayer to you?
But, what is your prayer in me?
Perfect love, cast out my fear.

The Sisters of the Love of God, Oxford

Tuesday 2nd March

Reflection

Everything without wings always comes down to earth again. People who make athletic leaps towards heaven are too absorbed in the muscular effort to be able to look up to heaven; in this matter the looking up is the one thing that counts. It is what makes God come down. And when God has come down to us he raises us, he gives us wings.

Simone Weil (909-43)

Prayer

Remember, O Lord my God, for good all your servants who I name before you now.... pour on them the riches of your mercy and love; remember too for good, O Lord, all those whose names I have forgotten, for you, O Lord, are the hope of the lost, the healer of the sick, a light to those who wander, a shelter in the tempest, and a harbour in the storm; be their all in all, for you alone know each one's need, O Saviour of our souls, and you wish all to be saved.

Russian Orthodox

Wednesday 3rd March

Reflection

I believe in Christianity as I believe that the sun has risen. Not only because I see it, but because I see everything by it.

C.S. Lewis (1898-1963)

Prayer

O Lord Jesus Christ, you have said that you are the Way, the Truth, and the Life; do not let us stray from you who are the Way, nor to distrust you who are the Truth, nor to rest in anything other than you, who are the Life. Amen.

Erasmus, 1466-1536

Thursday 4th March

Reflection

Where fear imprisons, faith liberates;
Where fear paralyzes, faith empowers;
Where fear disheartens, faith encourages;
Where fear sickens, faith heals;
Where fear makes useless, faith makes beautiful;
Where fear puts hopelessness at the heart of life,
faith opens the windows into life with God.

Harry Emerson Fosdick (1878-1969), American Presbyterian Minister

Prayer

God be in my head,
 and in my understanding;
God be in mine eyes,
 and in my looking;
God be in my mouth,
 and in my speaking;
God be in my heart,
 and in my thinking;
God be at mine end,
 and at my departing.
Amen.

From *The book of prayers prepared for the use of Queen Elizabeth 1*

Friday 5th March

Reflection

Lent is a time for discipline, for confession, for honesty, not because God is mean or fault- finding or finger-pointing but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store. –

N.T. Wright (b 1948), Scholar & Former Bishop of Durham

Prayer

Holy God, heavenly Father, you formed me from the dust in your image and likeness, and redeemed me from sin and death by the cross of your Son Jesus Christ; through the waters of baptism you clothed me with the shining garment of his righteousness, and established me among your children in your kingdom; but I have squandered the inheritance of your saints, and have wandered far in a land that is waste; therefore, O Lord, I turn from my sins in sorrow and repentance; receive me again into the arms of your mercy, and restore me to the blessed company of your faithful people; through him in whom you have redeemed the world, your Son our Saviour, Jesus Christ. Amen.

ECUSA BCP

Saturday 6th March

Reflection

No act of virtue can be great if it is not followed by advantage for others. So, no matter how much time you spend fasting, no matter how much you sleep on a hard floor and eat ashes and sigh continually, if you do no good to others, you do nothing great.

St John Chrysostom (c347-407)

Prayer

My God, I love thee; not because
I hope for heaven thereby,
nor yet because who love thee not
are lost eternally.

Thou, O my Jesus, thou didst me
upon the Cross embrace;
For me didst bear the nails and spear,
and manifold disgrace.

E'en so I love thee, and will love,
and in thy praise will sing
solely because thou art my God,
and my eternal King.

St Francis Xavier (1506-1552)

Reading for the Day

Sunday 28th February – The Second Sunday of Lent

Then they came to Capernaum; and when Jesus was in the house he asked them, 'What were you arguing about on the way?' But they were silent, for on the way they had argued with one another about who was the greatest. He sat down, called the twelve, and said to them, 'Whoever wants to be first must be last of all and servant of all.' Then he took a little child and put it among them; and taking it in his arms, he said to them, 'Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.'

St Mark 9. 33-37

Monday 1st March

Be merciful, just as your Father is merciful. 'Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.'

St Luke 6. 36-38

Tuesday 2nd March

From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

2 Corinthians 5. 16-17

Wednesday 3rd March

Jesus called them to him and said, 'You know that the rulers of the Gentiles lord it over them, and their great ones are tyrants over them. It will not be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must

be your slave; just as the Son of Man came not to be served but to serve, and to give his life a ransom for many.'

St Matthew 20. 25-28

Thursday 4th March

Blessed are those who trust in the Lord, whose trust is the Lord. They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit.

Jeremiah 17. 7-8

Friday 5th March

But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

1 Peter 2. 9-10

Saturday 6th March

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Micah 6.8

Spiritual Communion

During this second national lockdown all public acts of worship have been suspended. This means that many people who would have received Holy Communion each Sunday, and some of them every day, are not able to receive the comfort and benefits of the sacrament.

This is a huge loss. However, it is not the first time that the Church has been in such a position. Throughout Christian history some Christian people have found themselves isolated from the sacramental life of the Church for all sorts of reasons, and particularly in times of plague, famine and warfare.

At such times the Church has encouraged people to make what is called a Spiritual Communion. It is a way of uniting yourself with Jesus and entering into communion with him even though you are not able to receive the sacrament itself.

The prayer that follows draws on the story of the woman who comes to Jesus but only touches the hem of his garment. She still receives healing and blessing (See St Mark 5. 25-34). In a way, spiritual communion is like this. We are not able to receive the sacramental bread and wine. But in a spiritual communion we still come to Jesus and he still receives us.

Act of Spiritual Reception

O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving.

Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us.

Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

The Angelus

for which the church bell rings out daily at the beginning of the day, at noon, and at the start of evening, recalling the centrality of the Incarnation.

The angel of the Lord brought tidings to Mary:
and she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee.
Blessèd art thou among women, and blessèd is the
fruit of thy womb Jesus.

**Holy Mary, Mother of God, pray for us sinners now
and at the hour of our death.**

Behold, the handmaid of the Lord:
be it unto me according to thy word.

Hail Mary, full of grace, the Lord is with thee.
Blessèd art thou among women, and blessèd is the
fruit of thy womb Jesus.

**Holy Mary, Mother of God, pray for us sinners now
and at the hour of our death.**

And the Word was made flesh:
and dwelt among us.

Hail Mary, full of grace, the Lord is with thee.
Blessèd art thou among women, and blessèd is the
fruit of thy womb Jesus.

**Holy Mary, Mother of God, pray for us sinners now
and at the hour of our death.**

Pray for us, O Holy Mother of God:
that we may be made worthy of the promises of Christ.

Almighty God, pour thy grace into our hearts;
that as we have known the Incarnation of thy Son Jesus Christ
by the message of an angel, so by his ✠ Cross and Passion
we may be brought unto the glory of his resurrection;
through the same Christ our Lord. **Amen.**

A Simple Form of Morning Prayer

Opening Sentences

✠ In the name of the Father,
and of the Son, and of the Holy Spirit. Amen.

O Lord, open our lips;
and we shall praise your name.

Let your ways be known upon earth,
your saving help among the nations.

**Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning is now,
and shall be for ever. Amen.**

Opening Prayer

Banish, O Lord, all darkness from our hearts and minds,
through Christ, the Dayspring from on high,
who fulfilled your ancient promise
that we should find our freedom in your peace;
for all ages belong to you,
yesterday, today and for ever. **Amen.**

Scripture Reading

Taken from the daily readings found on pages [10-11](#)

The Gospel Canticle | Benedictus

Refrain: Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

✠ Blessèd be the Lord, the God of Israel:
who has come to his people and set them free.
He has raised up for us a mighty Saviour,
born of the house of his servant, David.
Through his holy prophets, God promised of old
to save us from our enemies,
from the hands of all that hate us;
to show mercy to our ancestors,
and to remember his holy covenant.
This was the oath God swore to our father, Abraham,
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight, all the days of our life.
And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of all their sins.
In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness
and the shadow of death,
and to guide our feet into the way of peace.
Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning is now,
and shall be for ever. Amen.
Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

Prayers

- Give thanks for a new day, for all God's blessings.
- Pray for those we will encounter today, and those far from us.
- Pray for the blessing of peace for all nations and people.
- Pray that our time may be consecrated by the presence of Christ.

Collect

Lent 2

Almighty God,
you show to those who are in error the light of your truth
that they may return to the way of righteousness:
grant to all those who are admitted
into the fellowship of Christ's religion,
that they may reject those things
that are contrary to their profession,
and follow all such things as are agreeable
to the same; through our Lord Jesus Christ.

Amen

Conclusion

May God our Redeemer show us compassion and love. **Amen.**

✠ Let us bless the Lord.

Thanks be to God.

A Simple Form of Evening Prayer

Opening Sentences

✠ O God, come to our aid:
O Lord, make haste to help us.

Glory to the Father, and to the Son,
and to the Holy Spirit;
as it was in the beginning is now,
and shall be for ever. Amen.

The Blessing of Light

Blessèd are you, O Lord, the God of our fathers,
creator of the changes of day and night,
giving rest to the weary,
renewing the strength of those who are spent,
bestowing upon us occasions of song in the evening.
As you have protected us in the day that is past,
so be with us in the coming night;
keep us from every sin, every evil, and every fear;
for you are our light and salvation,
and the strength of our life.

Blessèd be God, Father, Son, and Holy Spirit.
Blessèd be God for ever.

Scripture Reading

Taken from the daily readings found on pages [10-11](#)

The Gospel Canticle | Magnificat

Refrain: Come, let us return to the Lord,
for our God will richly pardon.

✠ My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour,
He has looked with favour on his lowly servant.
From this day all generations will call me blessed:
The Almighty has done great things for me
and holy is his name.
He has mercy on those who fear him,
from generation to generation.
He has shown strength with his arm
and has scattered the proud in their conceit.
Casting down the mighty from their thrones
and lifting up the lowly.
He has filled the hungry with good things
and sent the rich away empty.
He has come to the aid of his servant, Israel,
to remember his promise of mercy,
the promise made to our ancestors;
to Abraham and his children for ever.
Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning is now,
and shall be for ever. Amen.
Come, let us return to the Lord,
for our God will richly pardon.

Prayers

- Give thanks for the day past, for the means of grace and the hope of glory.
- Pray for all who are in need, for those who are sick in body, mind or spirit.
- Pray for those who have died, those we have loved,
those who have inspired us.
- As the day fades we commend ourselves to the love and mercy of God.

Collects

O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give; that both our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. Amen.

Evening Prayer may conclude with the Antiphon Ave, Regina caelorum

Hail, O Queen of Heaven
Welcome, O Queen of Heaven.
Welcome, O Lady of Angels
Hail! thou root, hail! thou gate
From whom unto the world, a light has arisen:
Rejoice, O glorious Virgin,
Lovely beyond all others,
Farewell, most beautiful maiden,
And pray for us to Christ.

V. Allow me to praise thee, O sacred Virgin.

R. Against thy enemies give me strength.

Grant unto us, O merciful God, a defence against our weakness, that we who remember the holy Mother of God, by the help of her intercession, may rise from our iniquities, through the same Christ our Lord. Amen.