



Dear Friends in Christ,

As the baptized people of God, we journey together once again through the season of Lent, to the cross and the empty tomb. Throughout the year and throughout our lives, God calls us to remember who we are and to whom we belong. During this season in particular, however, the Church invites us to examine our lives and to reflect more deeply on the ways Christ we follow him.

At our Ash Wednesday worship service, we will hear these words: “As disciples of Jesus, we are called to a discipline that contends against evil and resists whatever leads us away from love of God and neighbor. I invite you, therefore, to the discipline of Lent—self-examination and repentance, prayer and fasting, sacrificial giving and works of love—strengthened by the gifts of word and sacrament. Let us continue our journey through these forty days to the great Three Days of Jesus’ death and resurrection” (sundaysandseasons.com).

Throughout the season of Lent 2025 at Christ Lutheran Church, we will focus mainly on the discipline of prayer and how it prepares us for sacrificial giving and works of love. Each Wednesday at 7:00pm we gather for Evening Prayer which will include extended reflections on the prayers of intercession. Adults are invited to gather in the chapel following the service for a time of study and conversation. Each day, I invite you to pray the following well-known prayers. I will share a new prayer each week. The daily “Reflection Prompts” can be used for conversation with others or for personal journaling.

May our prayer this season inspire and empower us to give of ourselves and to share the abundant love of God in our homes, our community, our world.

In Peace,
Pastor Cindy

Ash Wednesday, March 5 – Saturday, March 8

Psalm 51 (NRSVue) – Pray each day

- 1 Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy,
blot out my transgressions.
- 2 Wash me thoroughly from my iniquity,
and cleanse me from my sin.
- 3 For I know my transgressions,
and my sin is ever before me.
- 4 Against you, you alone, have I sinned
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.
- 5 Indeed, I was born guilty,
a sinner when my mother conceived me.
- 6 You desire truth in the inward being;
therefore teach me wisdom in my secret heart.
- 7 Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
- 8 Let me hear joy and gladness;
let the bones that you have crushed rejoice.
- 9 Hide your face from my sins,
and blot out all my iniquities.
- 10 Create in me a clean heart, O God,
and put a new and right spirit within me.
- 11 Do not cast me away from your presence,
and do not take your holy spirit from me.
- 12 Restore to me the joy of your salvation,
and sustain in me a willing spirit.
- 13 Then I will teach transgressors your ways,
and sinners will return to you.
- 14 Deliver me from bloodshed, O God,
O God of my salvation,
and my tongue will sing aloud of your deliverance.

15 O Lord, open my lips,
and my mouth will declare your praise.
16 For you have no delight in sacrifice;
if I were to give a burnt offering, you would not be pleased.
17 The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, you will not despise.
18 Do good to Zion in your good pleasure;
rebuild the walls of Jerusalem;
19 then you will delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

Reflection Prompts

Ash Wednesday, March 5, 2025

*Pray again Psalm 51:1-4

*What specific transgressions do you need God to “blot out” today?

*How does God’s “abundant mercy” empower you to forgive yourself and others?

Prayer of the Day for Ash Wednesday

Gracious God, out of your love and mercy you breathed into dust the breath of life, creating us to serve you and our neighbors. Call forth our prayers and acts of kindness, and strengthen us to face our mortality with confidence in the mercy of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Thursday, March 6, 2025

*Pray again Psalm 51:6-9

*Who are the people in your life who have shared faithful wisdom with you? How have they inspired you to give of yourself and share the love of God with others?

*Offer a prayer of thanks for those people. Pray for God’s guidance to be an example of faithful wisdom to others.

Friday, March 7, 2025

*Pray again Psalm 51:10-12

*Reflect on times that you have felt “cast away” from God’s presence (or imagine what that would feel like). How does that experience affect your ability to love and care for others?

*What does it mean to you to experience the “joy of salvation”? How will you share that joy in the coming days and weeks?

*Offer a prayer of thanks for the gift of God’s joyful Spirit in your life. Pray for opportunities to share that joy with others.

Saturday, March 8, 2025

*Pray again Psalm 51:15-17

*In what ways do you regularly “praise” God? With your words? In your relationships? In your work? Through your decisions?

*Offer a prayer of thanks to God for the gift of worship. Pray to be inspired to new ways of praising God in the coming days and weeks.

First Sunday in Lent, March 9, 2025

Psalm 91:1-2, 9-16

1 You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,

2 will say to the Lord, “My refuge and my fortress;
my God, in whom I trust.”

9 Because you have made the Lord your refuge,
the Most High your dwelling place,

10 no evil shall befall you,
no scourge come near your tent.

11 For he will command his angels concerning you
to guard you in all your ways.

12 On their hands they will bear you up,
so that you will not dash your foot against a stone.

13 You will tread on the lion and the adder;
the young lion and the serpent you will trample under foot.

14 Those who love me, I will deliver;
I will protect those who know my name.

15 When they call to me, I will answer them;
I will be with them in trouble;

I will rescue them and honor them.

16 With long life I will satisfy them
and show them my salvation.

Prayer of the Day

O Lord God, you led your people through the wilderness and brought them to the promised land. Guide us now, so that, following your Son, we may walk safely through the wilderness of this world toward the life you alone can give, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Monday, March 10 – Saturday, March 15

The Lord's Prayer – *Pray each day*

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

OR

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial

and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

Reflection Prompts

Monday, March 10, 2025

From *The Small Catechism of Martin Luther*:

Our Father in heaven.

What does this mean?

With these words God wants to attract us, so that we come to believe he is truly our Father and we are truly his children, in order that we may ask him boldly and with complete confidence, just as loving children ask their loving father.

*Reflect on some times in your own life that you have prayed to God "...boldly and with complete confidence..." Does it make a difference if you are praying about your own needs or those of someone else? Why or why not?

*Offer a prayer of thanks for God's love and desire to be in relationship with you and with others. Share your needs with God in confidence that God is listening. Pray boldly for the needs of others and for the world.

Tuesday, March 11, 2025

From *The Small Catechism of Martin Luther*:

Your kingdom come.

What does this mean?

In fact, God's kingdom comes on its own without our prayer, but we ask in this prayer that it may also come to us.

How does this come about?

Whenever our heavenly Father gives us his Holy Spirit, so that through the Holy Spirit's grace we believe God's holy word and live godly lives here in time and hereafter in eternity.

*Why is it important for us to pray for God's Kingdom even though it "...comes on its own..."?

*What do you imagine the Kingdom of God to be like? How can/do you live your life now in anticipation?

*Offer a prayer of thanks to God for the grace to believe in God's word and live in God's love. Pray for the will to live each day in anticipation of God's Kingdom of justice, peace, and love.

Wednesday, March 12, 2025

From *The Small Catechism of Martin Luther*:

Your will be done on earth as in heaven.

What does this mean?

In fact, God's good and gracious will comes about without our prayer, but we ask in this prayer that it may also come about in and among us.

How does this come about?

Whenever God breaks and hinders every evil scheme and will - as are present in the will of the devil, the world, and our flesh - that would not allow us to hallow God's name and would prevent the coming of his kingdom, and instead whenever God strengthens us and keeps us steadfast in his word and in faith until the end of our lives. This is God's gracious and good will.

*Where and how do you see and experience God's will being done? In your community? In our world? Through you?

*Offer a prayer of thanks for the ability to do God's work in the world. Pray for guidance and inspiration to live out your faith in tangible ways today and in the week to come.

Thursday, March 13, 2025

From *The Small Catechism of Martin Luther*:

Give us today our daily bread.

What does this mean?

In fact, God gives daily bread without our prayer, even to all evil people, but we ask in this prayer that God cause us to recognize what our daily bread is and to receive it with thanksgiving.

What then does "daily bread" mean?

Everything included in the necessities and nourishment for our bodies, such as food, drink, clothing, shoes, house, farm, fields, livestock, money, property, an upright spouse, upright children, upright members of the household, upright and faithful rulers, good government, good weather, peace, health, decency, honor, good friends, faithful neighbors, and the like.

*Why is it important for us to pray to God for “daily bread” even though God gives it to all people “without our prayer”?

*How is God working through you to provide necessities and nourishment for others? How is God calling you to expand that work this season? This year?

*Offer a prayer of thanks for providing all that we (and all people) need to live healthy lives. Pray for those who lack “daily bread” and ask for guidance to serve them with your actions, decisions, and voice.

Friday, March 14, 2025

From *The Small Catechism of Martin Luther*:

Forgive us our sins, as we forgive those who sin against us.

What does this mean?

We ask in this prayer that our heavenly Father would not regard our sins nor deny these petitions on their account, for we are worthy of nothing for which we ask, nor have we earned it. Instead we ask that God would give us all things by grace, for we daily sin much and indeed deserve only punishment. So, on the other hand, we, too, truly want to forgive heartily and to do good gladly to those who sin against us.

*How does God’s love and forgiveness inspire you to love and forgive others – both loved ones and strangers?

*Do you need to forgive or seek forgiveness from someone else? Consider how you can do that during this Lenten season.

*Offer a prayer of thanks for God’s love and forgiveness. Be specific about what that means in your own life. Pray for the strength to give forgiveness to and receive forgiveness from others.

Saturday, March 15, 2025

From *The Small Catechism of Martin Luther*:

Save us from the time of trial.

What does this mean?

It is true that God tempts no one, but we ask in this prayer that God would preserve and keep us, so that the devil, the world, and our flesh may not deceive us or mislead us into false belief, despair, and other great and shameful sins, and that, although we may be attacked by them, we may finally prevail and gain the victory.

*What tempts you away from fully living out your identity as a child of God? How does your prayer life help you in this struggle?

*How can/do you draw on your own experience with trial and temptation to care for others?

*Offer a prayer of thanksgiving to God for claiming you as a beloved child. Pray for the strength to embrace that identity in the face of temptation and for opportunities to help others do the same.

Second Sunday in Lent, March 16, 2025

Psalm 27 (NRSVue)

1 The Lord is my light and my salvation;
whom shall I fear?

The Lord is the stronghold of my life;
of whom shall I be afraid?

2 When evildoers assail me
to devour my flesh—
my adversaries and foes—
they shall stumble and fall.

3 Though an army encamp against me,
my heart shall not fear;
though war rise up against me,
yet I will be confident.

4 One thing I asked of the Lord;
this I seek:
to live in the house of the Lord
all the days of my life,
to behold the beauty of the Lord,
and to inquire in his temple.

5 For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will set me high on a rock.

6 Now my head is lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the Lord.

7 Hear, O Lord, when I cry aloud;

be gracious to me and answer me!

8 "Come," my heart says, "seek his face!"

Your face, Lord, do I seek.

9 Do not hide your face from me.

Do not turn your servant away in anger,

you who have been my help.

Do not cast me off; do not forsake me,

O God of my salvation!

10 If my father and mother forsake me,

the Lord will take me up.

11 Teach me your way, O Lord,

and lead me on a level path

because of my enemies.

12 Do not give me up to the will of my adversaries,

for false witnesses have risen against me,

and they are breathing out violence.

13 I believe that I shall see the goodness of the Lord

in the land of the living.

14 Wait for the Lord;

be strong, and let your heart take courage;

wait for the Lord!

Prayer of the Day

God of the covenant, in the mystery of the cross you promise everlasting life to the world. Gather all peoples into your arms, and shelter us with your mercy, that we may rejoice in the life we share in your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

