



LENT - 5 MARCH – 19 APRIL 2025

What is Lent?

Lent is the 40 days (not including Sundays) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God - a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter. It's a good time to be intentional and disciplined in prayer, to set aside maybe 15 minutes every day to draw close to God and bring ourselves and the needs of our world to Him.

We are taking Psalm 46:10 as our theme for this Lent season -

“BE STILL AND KNOW THAT I AM GOD: I WILL BE EXALTED AMONG THE NATIONS”

Be still and know that I am God. For our 15 minutes of prayer every day, let's spend the first 5 minutes in silence, just being still in the presence of God and asking Him to come into our hearts anew. It's good to set the timer on your phone, so you don't always need to be checking how long you have been silent!

Then you might read one of the Psalms, or use one of the many online bible reading and prayer resources for Lent - for example -

The **Bible Society** Lent Encounter 2025 is entitled Through the Wilderness. They say “ Free daily devotionals delivered to your inbox will help you to read your bible every day and make space for Jesus to shape your heart and life this Lent. Together we'll discover why God led His people into a desert for 40 years, how they became His covenant people and the ways this extraordinary story points forward to the new covenant in the life, death and resurrection of Jesus Christ.”

Tearfund will send you a weekly email devotional with bible-based reflections and prayers to encourage you every week during Lent.

Some people in church use a daily online devotional called **Lectio 365**, which encourages you to “pray the bible by meditating on the scriptures and asking God to speak through them”. Maybe Lent would be a good time to try this.

As a church, we issue a monthly prayer diary. If you're not in the habit of using it, Lent might be a good time to start. As an alternative – or in addition! – you might want to use these prayer suggestions.

SUNDAY Pray for the people who make up the congregation of Craigowl, for individuals who come to your mind, for those who are struggling for whatever reason, for those who have responsibilities in the life of the church, for those people we haven't seen at worship for some time. **Lord God, may you be exalted.**

MONDAY Pray for God to lead us forward as a church, especially for the appointment of a new minister. Pray for wisdom and unity for the Nominating Committee, and for clarity about the person anointed by God to be our minister. How can we better serve the communities that make up our parish? How can we reach others with the good news of the gospel? Pray for God to make the way clear for us and strengthen us to live in His will. **Lord God, may you be exalted.**

TUESDAY Pray for the world, for countries in situations of danger, war and violence. With so much uncertainty around, so many people living in poverty and fear, pray that the God who is on the throne would demonstrate His justice and righteousness. What is in the news this week? **Lord God, may you be exalted.**

WEDNESDAY Pray for the nation – for the UK and for Scotland – for politicians and leaders, for wisdom and strength and for integrity and honesty. What is in the news this week in our nation? **Lord God, may you be exalted.**

THURSDAY Pray for all who preach the gospel and seek to take the good news to those who need to hear it. Pray for missionaries working in places of difficulty and for those who need to minister and worship in secret. Pray for Bible Societies and radio evangelists, and all who are spreading the good news in hard circumstances. **Lord God, may you be exalted.**

FRIDAY Pray for Christians in places of persecution. North Korea is now the most dangerous place to be a Christian – followed by Somalia, Yemen, Libya and Sudan. The full list can be accessed on the Open Doors.org website. Pray for these nations, for all who live in danger and fear, for God to bring an end to evil and to raise up good and just rulers. **Lord God, may you be exalted.**

SATURDAY Pray for Christian charities seeking to bring help to the poorest and most needy across the world – Tearfund, Christian Aid, Vine Trust, Mary's Meals, and many more. As government foreign aid is reduced, pray for these charities to have the resources they need and the wisdom to use them to change lives. **Lord God, may you be exalted.**