

LENTEN *Prayer* WALK

A MEDITATION UPON THE CROSS

WEDNESDAY
MARCH 24, 2021
7:00-8:30 PM



East Liberty
Presbyterian Church

www.ELPC.church



Lenten Prayer Walk

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Welcome to a time of prayer walking in preparation for Holy Week.

*As you enter the space you will notice that as you walk,
pause and pray, you are moving in the shape of the cross.*

Before you enter the Sanctuary, take a moment to *Be Still and Know that God is God.*

You may even repeat this prayer as you walk, find yourself distracted or need to wait to move on – simply pause, listen to the music...be here now...return to this prayer...

Be still and know that I am God

Be still and know that I am

Be still and know

Be still

Be



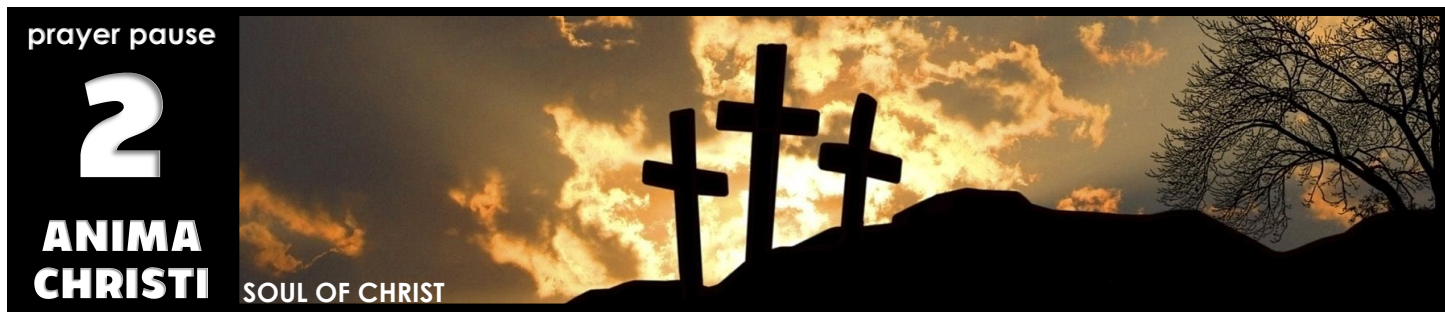
Take a cross and hold it in your palm and contemplate the Lenten journey to the cross.

Ponder Jesus' invitation to *take up your cross and follow him.*
How does that feel to you at this season in your life?

Secondly, ponder Jesus' promise that *his burden is light.*
How does that feel to you at this season in your life?

When you are ready, carry your cross to the next prayer stop and then home with you throughout your Lenten journey.





Take a moment to pray this prayer attributed to Ignatius of Loyola and see what word or phrase your attention is drawn to.

Repeat it, chew on it, breathe it, hold it as you move on to the next prayer stop.

*Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds, hide me.*

*Let me never be separated from you.
From the malignant enemy, defend me.
In the hour of my death, call me,
And bid me come to you,
That with your saints I may praise you,
Forever and ever. Amen.*



Take a moment and pause and gaze upon the Last Supper.

Kneel for a moment if you want. Gaze upon Jesus' lit face. In John's gospel, he tells us that at the last supper Jesus "loved his disciples to the end" and was "troubled in spirit." What do you imagine that evening being like for Jesus? Be curious about this story, this moment, this space in Jesus' life and journey to the cross. Is there anything you want to say to Jesus?

When you are ready, move to the final prayer stop.



prayer pause

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BLESSING THE SEED



Jesus said, “Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.”

(John 12:24)

As you leave tonight take a seed or two, and ponder the truth that Jesus speaks to his followers, foretelling his own death and the truth that life and light comes from death, in the darkness of the ground. Where does this resonate with you in this season of your life?

Sometime before Easter, plant your seed in the darkness of the ground in hope of new life.

*I should tell you
at the outset:
this blessing will require you
to do some work.*

*First you must simply
let this blessing fall
from your hand,
as if it were a small thing
you could easily let slip
through your fingers,
as if it were not
most precious to you,
as if your life did not
depend on it.*

*Next you must trust
that this blessing knows
where it is going,*

*that it understands
the ways of the dark,
that it is wise
to seasons
and to times.*

*Then—
and I know this blessing
has already asked much
of you—
it is to be hoped that
you will rest
and learn
that something is at work
when all seems still,
seems dormant,
seems dead.*

*I promise you
this blessing has not
abandoned you.
I promise you
this blessing
is on its way back
to you.
I promise you—
when you are least
expecting it,
when you have given up
your last hope—
this blessing will rise
green
and whole
and new.*

— Jan Richardson, *Circle of Grace: A Book of Blessings for the Seasons*, pgs. 117.118

Receive this *Blessing of the Seed* as you go...

