

**Holy Saturday 8<sup>th</sup> April - Romans 5:6-11**

Grant, Lord, that we who are baptized into the death  
of your Son our Saviour Jesus Christ  
may continually put to death our evil desires and be buried with him;  
and that through the grave and gate of death we may pass to our joyful  
resurrection; through his merits,  
who died and was buried and rose again for us,  
your Son Jesus Christ our Lord.

*Collect for Easter Eve Common Worship*

**The Parish of Cannock and Huntington**  
*Creating Community with Christ at the Centre*

**2023 DEVOTIONAL LENT**  
**PRAYER DIARY**



USING THE PRAYER DIARY

You will need to have your favourite Bible handy as every weekday has a Bible reference for inspiration and reflection. Each of the 40 days of Lent also contain a prayer for the day. Many of these prayers were written by Christians from the past and are from a collection by Rev. David Adam, former Vicar of Lindisfarne, who wrote some of the prayers in the collection. The prayers for each week follow a theme which is highlighted in capitals. On Sundays, which are not counted in the 40 days of Lent, use one of the Collects for that day.

Read each of the bible verses and the prayer slowly and prayerfully more than once, reflecting on the words and the sentiments expressed. Does anything resonate with you in your life as a witnessing disciple of Jesus, or in preparation for Holy Week? **Make these prayers your prayers.**

*“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.” Ps. 51:10-12*

# Life in all its fullness!

Alongside this devotional prayer diary, there is a booklet with ideas of activities you could do during the six weeks of Lent. It is available in church or on the website.

These are set out in eight different sections: Spirituality, Environment, Church Community, Neighbours, Personal, Social Mission

We are called to love life and live Lent – it is a positive time to deepen your relationship with God and prepare for the greatest Christian Festival – Easter.



## A short reflection on time

Read Ecclesiastes 3:1-15 slowly and reflectively.

Do you measure time's progress on your wrist, run to keep up with it, despair at the speed of its passing or watch it stretch endlessly into a future offering little to look forward to? Some of us try to cram as much as we can into it; others waste it. What is your relationship to time?

God gives enough time for everything he wants us to do.

May God Bless you as you journey through Lent

### **Tuesday 4<sup>th</sup> April - Jude 1:24-25**

*Lord, as I remember today your meeting with your disciples on the Mount of Olives, fill my mind with the good news of the gospel and make me aware of your power to save, for you alone are my Lord and Saviour, living and reigning with the Father and the Holy Spirit, one God now and forever. Amen*

David Adam 1936-2020

### **Wednesday 5<sup>th</sup> April - John 15:12-17**

*Lord, who rested on the day at Bethany and prepared for what lay ahead, Make me mindful of your presence in my home and in my life.*

*May I not be tempted to betray you and may I be ever mindful of your friendship and love; for your glory and for your name's sake, Jesus my Lord and my God. Amen*

David Adam 1936-2020

### **Maundy Thursday 6<sup>th</sup> April**

*Lord Jesus, as I remember you washing the disciples feet, Keep me humble and ready to serve.*

*As I remember the Last Supper,*

*Make me aware of your coming in the sacrament of the Eucharist.*

*As I remember your betrayal,*

*Keep my heart and life loyal to you, Christ my Lord,*

*Who, lives and reigns with the Father and the Holy Spirit,*

*One God for ever and ever. Amen*

David Adam 1936-2020

### **Good Friday 7<sup>th</sup> April**

*My Lord what love is this that pays so dearly? That I, the guilty one may go free!*

*Amazing love, oh what sacrifice the Son of God given for me*

*My debt He pays and my death He dies That I might live. That I might live.*

**Graham Kendrick**

Father, we remember today, the pain and suffering of the cross, and all that your son Jesus, our Lord and Saviour, was willing to endure, so we could be set free. He paid the price, such a great sacrifice, to offer us the gift of eternal life.

Help us never to take for granted this huge gift of love on our behalf. Help us to be reminded of the cost of it all. Forgive us for being too busy, or distracted by other things, for not fully recognizing what you have freely given and what you have done for us through the cross. **Amen**

David Adam 1936-2020

And in the love of all existences,  
the love of God; God in all goodness. **Amen**  
*18<sup>th</sup> century Welsh prayer*

**Thursday 30<sup>th</sup> March - Daniel 2:20-23**

O God, you know us to be set in the midst of so many and great dangers,  
that by reason of the frailty of our nature we cannot always stand upright:  
grant to us such strength and protection as may support us in all dangers  
and carry us through all temptations; through Jesus Christ your Son our Lord,  
who is alive and reigns with you, in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

*Collect for the fourth Sunday before Lent Common Worship*

**Friday 31<sup>st</sup> March - 2Samuel 22:2-3**

*We beseech You, Master, to be our helper and protector. Save the afflicted among  
us; have mercy on the lowly; Raise up the fallen; appear to the needy; heal the  
ungodly; Restore the wanderers of Your people; Feed the hungry; ransom our  
prisoners; Raise up the sick; comfort the faint-hearted. **Amen***  
*St Clement of Rome 1<sup>st</sup> Century*

**Saturday 1<sup>st</sup> April - Psalm 61:1-3**

*God of might and powerfulness, here in love and gentleness,  
Protect me in your goodness, from each act of sinfulness,  
From each word of hurtfulness, from each thought of evilness.  
By your presence and your holiness surround me with your gracefulness. **Amen***  
*David Adam 1936-2020*

**Palm Sunday 2<sup>nd</sup> April**

*Lord Jesus, as you were welcomed when you entered into Jerusalem with psalms  
and shouts of praise, we rejoice in your coming to us this day and pray that you may  
enter into our lives and the life of our community as our Lord and King;  
To you be all glory and honour who lives and reigns  
with the Father and the Holy Spirit, one God now and forever. **Amen***

**HOLY WEEK**

**Monday 3<sup>rd</sup> April - 1 John 1:6-9**

Lord, as I remember the cleansing of the Temple  
Cleanse my heart and mind from all evil desires and thoughts.  
Cleanse from your Church all that is corrupt that it may be a true house of prayer,  
And proclaim your glory in all the world; for your glory and for your name's sake,  
Jesus my Lord and my God. **Amen**  
*David Adam 1936-2020*

**22<sup>nd</sup> February - Collect for Ash Wednesday**

Almighty and everlasting God, you hate nothing you have made and forgive the sins  
of all who are penitent: create and make in us new and contrite hearts that we,  
worthily lamenting our sins and acknowledging our wretchedness, may receive  
from you, the God of all mercy, perfect remission and forgiveness; through Jesus  
Christ our Lord. **Amen**

**Thursday 23<sup>rd</sup> February - Matthew 4:1-4**

Lord Jesus, tempted to turn stones into bread,  
Forgive my seeking only earthly gain and give me the vision to see  
that I do not live by bread alone. Make me aware that I hunger for your presence  
and long for your love. **Amen**  
*David Adam 1936-2020*

**Friday 24<sup>th</sup> February - Matthew 4:5-7**

Lord Jesus, tempted to jump from the temple and tempted by  
words of scripture, teach me to put my trust in you,  
for you are the living word and only you can save. **Amen**  
*David Adam 1936-2020*

**Saturday 25<sup>th</sup> February - Matthew 4:9-10**

Lord Jesus, tempted to compromise by being offered great gain, teach me that  
there is no gain if I sacrifice or starve my soul. So I give my life to you who live and  
reign with the Father and the Holy Spirit, one God now and forever. **Amen**  
*David Adam 1936-2020*

**Sunday 26<sup>th</sup> February**

*Almighty God, whose Son fasted 40 days in the wilderness, and was tempted as we  
are, yet without sin, give us grace to discipline ourselves in obedience to your Spirit;  
And as you know our weakness, so may we know your power to save;  
Through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity  
of the Holy Spirit, one God now and forever. **Amen***

**1<sup>ST</sup> WEEK OF LENT - DEDICATION**

**Monday 27<sup>th</sup> February - 1 John 4:10-12**

Grant O Lord, that your love may so fill our lives that we may count nothing too  
small to do for you, nothing too much to give and nothing too hard to bear. **Amen**  
*St. Ignatius of Loyola 1491-1556*

**Tuesday 28<sup>th</sup> February - Isaiah 41:10**

O Lord, to turn away from you is to fall, to turn to you is to rise, and to stand in your  
presence is to live forever. Grant us in all our duties your help, in all our perplexities

your guidance, in all our dangers your protection and in all our sorrows your peace,  
through Jesus Christ our Lord. **Amen**

*St. Augustine of Hippo 354-430*

**Wednesday 1<sup>st</sup> March - Ephesians 1:17-18**

Lord Jesus, I give thee my hands to do your work.

I give thee my feet to go thy way.

I give thee my eyes to see as thou seest.

I give thee my tongue to speak thy words.

I give thee my mind that thou mayest think in me.

I give thee my spirit that thou mayest pray in me.

Above all I give thee my heart that thou mayest love in me

Thy Father and all mankind.

*Lancelot Andrews 1555-1626*

**Thursday 2<sup>nd</sup> March - Matthew 5:8, 6:21, 22:37**

Lord Jesus, our Saviour, let us now come to you.

Our hearts are cold; Lord warm them with your selfless love.

Our hearts are sinful; cleanse them with your precious blood.

Our hearts are weak; strengthen them with your joyous Spirit.

Our hearts are empty; fill them with your divine presence.

Lord Jesus, our hearts are yours;

Possess them always and only for yourself. **Amen**

*St. Augustine of Hippo 354-430*

**Friday 3<sup>rd</sup> March - Matthew 6:10, 26:39, 26:42**

Lord, I am no longer my own but yours. Put me to what you will, rank me with  
whom you will. Put me to doing, put me to enduring; let me be employed for you or  
laid aside for you, exalted for you or brought low for you;

let me be full, let me be empty; let me have things, let me have nothing.

I freely and whole heartedly yield all things to your pleasure and your disposal.

And now, glorious and blessed God, Father, Son and Holy Spirit,

You are mine and I am yours. So be it. **Amen**

*John Wesley 1703-1791*

**Saturday 4<sup>th</sup> March 1 Peter 1:21**

Father, I abandon myself to you, do with me as you will.

Whatever you may do with me I thank you. I am prepared for anything.

I accept everything, provided your will is fulfilled in me and in all creatures.

I ask you for nothing more, my God. I place my soul in your hands. I give it to you,

my God, with all the love in my heart, because I love you. And for me, it is the

necessity of love, this gift of myself, this placing of myself in your hands without

reserve, in boundless confidence, because you are my Father. **Amen**

**Saturday 25<sup>th</sup> March - Hebrews 12:1-2**

Give us grace, Almighty Father to address thee with all our hearts

As well as with our lips. Thou art everywhere present:

from thee no secrets can be hidden.

Teach us to fix our thoughts on thee reverently and with love,

So that our prayers are not in vain, but are always acceptable to thee,

Now and always, through Jesus Christ our Lord. **Amen**

*Jane Austen 1775-1817*

**Sunday 26<sup>th</sup> March**

*Most merciful God,*

*who by the death and resurrection of your Son Jesus Christ*

*delivered and saved the world: grant that by faith in him*

*who suffered on the cross we may triumph in the power of his victory;*

*through Jesus Christ your Son our Lord, who is alive and reigns with you,*

*in the unity of the Holy Spirit, one God, now and for ever. **Amen***

**5<sup>TH</sup> WEEK OF LENT - THE POWER OF GOD**

**Monday 27<sup>th</sup> March - Romans 1:16-17**

O God, the strength of all those who put their trust in you,

mercifully accept our prayers and, because through the weakness of our mortal

nature we can do no good thing without you, grant us the help of your grace, that

in the keeping of your commandments we may please you both in will and deed;

through Jesus Christ your Son our Lord, who is alive and reigns with you, in the

unity of the Holy Spirit,

one God, now and for ever. **Amen**

*Collect for the first Sunday after Trinity Common Worship*

**Tuesday 28<sup>th</sup> March - Ephesians 6:10-17**

Almighty God, you see that we have no power of ourselves to help ourselves:

keep us both outwardly in our bodies, and inwardly in our souls;

that we may be defended from all adversities which may happen to the body,

and from all evil thoughts which may assault and hurt the soul;

through Jesus Christ our Lord. **Amen**

*Post communion collect for the second Sunday of Lent Common Worship*

**Wednesday 29<sup>th</sup> March - Psalm 68:32-35**

Grant, O God, thy protection; and in protection, strength;

And in strength, understanding; And in understanding, knowledge;

And in knowledge, the knowledge of justice;

And in the knowledge of justice, the love of it;

And in that love, the love of all existences;

#### **4<sup>TH</sup> WEEK OF LENT - THE HELP OF GOD**

##### **Monday 20<sup>th</sup> March - Psalm 27:1-3**

O God, forasmuch as without you we are not able to please you; mercifully grant that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**  
*Collect for the nineteenth Sunday after Trinity Common Worship*

##### **Tuesday 21<sup>st</sup> March - Psalm 119:25-32**

Be within me to strengthen me, without me to preserve,  
over me to shelter, beneath to support,  
before me to direct, behind me to bring back,  
round about me to fortify. **Amen**  
*Lancelot Andrews 1555-1626*

##### **Wednesday 22<sup>nd</sup> March - Nehemiah 1:5-11**

Lord, I'm here today with open hands and an open heart, ready to depend on you to help me through the day, and all it will bring my way. Help me be like Nehemiah, help me come to you for guidance, strength, provision, and protection. As I face tough choices and hard situations, help me remember my belovedness, help me remember that I am Your child, and Your representative to the world around me. Help me to honour Your holy name. In Jesus' Name I pray. **Amen.**  
*Charles Stanley Christian Pastor b1932*

##### **Thursday 23<sup>rd</sup> March - Psalm 121**

O Lord, Enlighten our hearts by your holy radiance, Jesus Christ, that we may serve you without fear in holiness and righteousness all the days of our life.  
In him may we survive the storms of this world, and by his guidance reach the country of eternal brightness; through your mercy,  
O blessed Lord, you live and govern all things, now and forever. **Amen.**  
*Leonine Sacramentary 5<sup>th</sup> Century*

##### **Friday 24<sup>th</sup> March - Colossians 1:11-14**

Stay with me, and then I shall begin to shine as you shine: so to shine as to be a light to others. This light, O Jesus, will be all from you, none of it will be mine. It will be you who shines through me upon others. Give light to them as well as to me; light them with me, through me. Help me to witness to you without preaching; not by words but by my example and by the sympathetic influence, of what I do – by my visible resemblance to your saints, and the evident love I have for you.  
*John Henry Newman 1801-1890*

*Charles de Foucauld 1858-1916*

##### **Sunday 5<sup>th</sup> March**

*Almighty God, you show to those in error the light of your truth, that they may return to the way of righteousness: grant to all 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 things that are agreeable to the same;*  
*Through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever. **Amen***

#### **2<sup>nd</sup> WEEK OF LENT - LOVE**

##### **Monday 6<sup>th</sup> March - Matthew 22:34-40**

Set our hearts on fire with love for you, O Christ our God that in that flame we might love you, with all our heart, with all our mind, with all our soul and with all our strength, and our neighbours as ourselves; so that keeping your commandments we may glorify you, the giver of all good gifts. **Amen**  
*Eastern Orthodox Prayer*

##### **Tuesday 7<sup>th</sup> March - Psalm 25:4-5**

My Lord and my God, take from me all that keeps me from you.  
My Lord and my God, grant me all that leads me to you.  
My Lord and my God, take me from myself and give me completely to you. **Amen**  
*St. Nicholas of Flue 1417-1487*

##### **Wednesday 8<sup>th</sup> March - Numbers 6:24-26**

Look upon us O Lord, and let the darkness of our souls vanish before the beams of your brightness. Fill us with holy love and open to us the treasures of your wisdom. All our desire is to be known to you. Therefore perfect what you have begun and what your Spirit has awakened us to ask in prayer.  
We seek your face; turn your face to us and show us your glory. Then shall our longing be satisfied and our peace shall be perfect. **Amen**  
*St. Augustine of Hippo 354-430*

##### **Thursday 9<sup>th</sup> March - Isaiah 43:1-4**

O Love, O God who created me, in your love recreate me.  
O Love who redeemed me, fill up in me  
whatever part of your love has fallen into neglect in me.  
O Love, O God who first loved me, grant that with my whole heart  
And with my whole strength, I may love you! **Amen**  
*St. Gertrude 1256-1302*

**Friday 10<sup>th</sup> March - 1 Corinthians 13:1-3**

Lord you have taught us that all our doings without love are nothing worth;  
send your Holy Spirit and pour into our hearts that most excellent gift of love,  
the true bond of peace and all virtues, without which whoever lives is counted dead  
before you. Grant this for your only son Jesus Christ's sake, who is alive and reigns  
with you, in the unity of the Holy Spirit, one God now and forever. **Amen**  
*Collect for second Sunday after Trinity, Common Worship.*

**Saturday 11<sup>th</sup> March - Phillipians 4:6-7**

Merciful God, you have prepared for those who love you such good things that pass  
our understanding: pour into our hearts such love towards you that we, loving you  
in all things and above all things, may obtain your promises which exceed all we can  
desire: through Christ our Lord. **Amen**  
*Francis Paget 1851-1911*

**Sunday 12<sup>th</sup> March**

*Almighty God,  
whose most dear Son went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you, in the unity of the Holy Spirit,  
one God, now and for ever. **Amen***

**3<sup>rd</sup> WEEK OF LENT - GUIDANCE**

**Monday 13<sup>th</sup> March - John 16:12-15**

O gracious and holy Father, give us wisdom to perceive you,  
diligence to seek you, patience to wait for you, eyes to behold you, a heart to  
meditate upon you and a life to proclaim you;  
through the power of the Spirit of Jesus Christ our Lord. **Amen**  
*St. Benedict 480-550*

**Tuesday 14<sup>th</sup> March - Psalm 25:4-5**

O God, the protector of all who trust in you, without whom nothing is strong,  
nothing is holy: increase and multiply upon us your mercy; that with you as our  
ruler and guide we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father, for our Lord Jesus Christ's sake. **Amen**  
*Book of Common Prayer 1662*

**Wednesday 15<sup>th</sup> March - 1 Peter 1:3-9**

Almighty and eternal God, so draw our hearts to Thee, so guide our minds, so fill  
our imaginations, so control our wills, that we may be wholly Thine, utterly  
dedicated unto Thee; and then use us, we pray Thee, as Thou wilt, but always to  
Thy glory, through our Lord and Saviour, Jesus Christ.  
*William Temple 1881-1941*

**Thursday 16<sup>th</sup> March - Ephesians 6:5-8**

Eternal God and Father, you create us by your power  
And redeem us by your love;  
Guide and strengthen us by your Spirit  
That we may give ourselves in love and service  
To one another and to you through Jesus Christ our Lord. **Amen**  
*The Alternative Service Book 1980*

**Friday 17<sup>th</sup> March - Titus 2:7-8**

Enable us, O Lord God to walk in thy way,  
With integrity and cheerfulness, faithfully believing thy Word,  
And faithfully doing thy commandments, faithfully worshipping Thee  
And faithfully serving our neighbour,  
In the name of thy Son our Saviour Jesus Christ. **Amen**  
*Jeremy Taylor 1613-1667*

**Saturday 18<sup>th</sup> March - Psalm 31:1-5**

O God, the protector of all who trust in you, without whom nothing is strong,  
nothing is holy: increase and multiply upon us your mercy;  
that with you as our ruler and guide we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father, for our Lord Jesus Christ's sake,  
who is alive and reigns with you, in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**  
*Collect for fourth Sunday after Trinity, Common Worship.*

**Sunday 19<sup>th</sup> March**

*Merciful Lord, absolve your people from their offences,  
that through your bountiful goodness we may all be delivered from the chains of  
those sins which by our frailty we have committed;  
grant this, heavenly Father, for Jesus Christ's sake, our blessed Lord and Saviour,  
who is alive and reigns with you in the unity of the Holy Spirit,  
one God, now and for ever. **Amen***