

THE WONDER OF PRAYER

LENT – AWAKENED TO FEEL



'He fasted forty days and forty nights, and afterwards he was famished.' (Matthew 4:2, NRSV)

Jesus, you who are fully human -

- Awaken us to marvel at the precious gift of body, mind and emotions.
- Gift us with honesty about our own feelings, and compassion for the feelings of others.
- Watch with those who find that their mental health struggles sap their love of life.
- Strengthen the Royal Family with your peace as they walk the wilderness of illness and medical treatment.
- Help us fashion communities where all can find healing and wholeness.





Diocese of Canterbury

CHANGED LIVES ➞ CHANGING LIVES

**Jesus Christ, Word made flesh,
You have lived our human condition from the inside out;
Help us come fully alive in body, mind and soul,
That we, your Church, may offer the world a living,
loving example of redeemed humanity.
Amen.**

The Church of England's Lent theme for 2024 is Watch and Pray: Wisdom and hope for Lent and life. This Lent all of us are encouraged to draw on the wisdom of Black Spirituality, particularly the practice of "tarrying" (waiting) as a community, to draw closer to Jesus and to each other.

Find resources here:

<https://canterburydiocese.org/lent>

To sign up for regular updates from the Changing Lives Prayer Network, visit canterburydiocese.org/prayer or email lbywater@diocant.org

Image: 'Listen' by Primrose Northrop 2024