

# 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](https://canterburydiocese.org/prayer) or email [lbywater@diocant.org](mailto:lbywater@diocant.org)

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