

# THE WONDER OF PRAYER

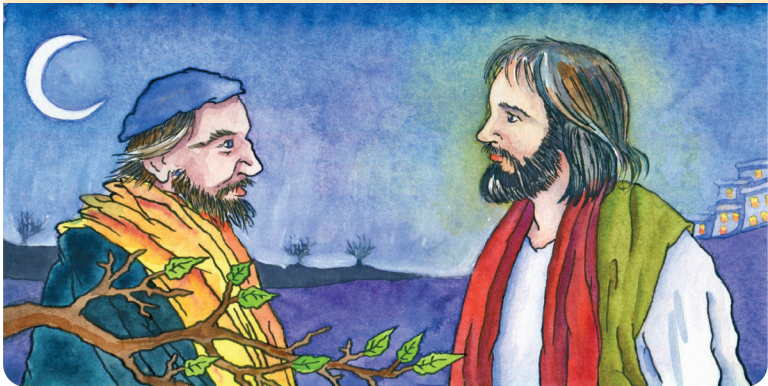
## LENT – NOTICING GREEN SHOOTS



*'Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life.'* (John 3:6 NLT)

God, Wellspring of Life -

- As we journey through Lent and the Coming of Spring, help us to notice signs of life in the wilderness places.
- As we draw near to you in worship, renew us for mission.
- As we encounter those who feel uprooted and displaced, show us how to be an oasis of refreshing.
- As the Church faces uncomfortable truths, root within us a determination to become a safer place for all.
- As our world rolls on the shifting sands of political change, bring us to faithful prayer.





# Diocese of Canterbury

**CHANGED LIVES → CHANGING LIVES**

**Jesus Christ, Saviour and Friend,  
Meet with us in the night-time of our unknowing;  
Sit with us in the desert of our refining;  
Restore us through new birth in your Spirit,  
That your Church might become a seedbed of justice  
and peace. Amen.**

Spend some time reflecting on the picture of Jesus and Nicodemus, and read the story in John 3:1-15. What new shoots might be emerging as we wrestle with tough questions?

To find out more about the Changing Lives Prayer network, visit [canterburydiocese.org/prayer](https://canterburydiocese.org/prayer) or email [Lbywater@diocant.org](mailto:Lbywater@diocant.org)

Image: 'Nicodemus & Jesus' by Primrose Northrop 2025