



One Minute in Lent

Daily
Meditations
for Lent 2017

One Minute in Lent

Ash Wednesday



Holy God,
Our lives are laid open before you:
Rescue us from the chaos of sin
and through the death of your Son
bring us healing and make us whole.

In Jesus Christ our Lord.
Amen.

But as for you, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness.

1 Timothy 6: 11

One Minute in Lent

Thursday 2nd March

I am bone dry, refresh me.
I am careworn, restore me.
I am heartache, revive me.
I am outside, include me.

Stephen Cottrell, Prayers on the Move @PrayersOTM

*6 Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?*

*7 Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,*

and not to hide yourself from your own kin?

*8 Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the LORD shall be your rearguard.*

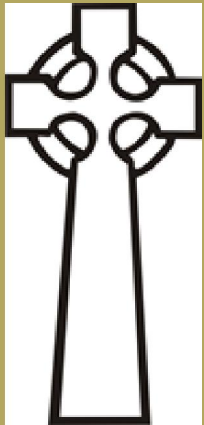
*9 Then you shall call, and the LORD will answer;
you shall cry for help, and he will say, Here I am.*

Isiah 58 : 6 - 9



One Minute in Lent

Saturday 5th March



In the name of the restful Father,
In the name of the calming Son,
In the name of the peaceful Spirit,
May we and God be one.

I place my soul and body
Under your guarding this night, O God,
O Father of help to frail pilgrims,
Protector of heaven and earth.

I will not leave you orphaned; I am coming to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

John 14.18,27

One Minute in Lent

Monday 6th March

I am worried about
so many things.
May I have the strength
to do what needs to
be done today and
the peace not to worry
about the rest.

Nicholas Sagovsky – Prayers on the Move @PrayersOTM

38 The Lord and his disciples were traveling along and came to a village. When they got there, a woman named Martha welcomed him into her home. 39 She had a sister named Mary, who sat down in front of the Lord and was listening to what he said. 40 Martha was worried about all that had to be done. Finally, she went to Jesus and said,

“Lord, doesn't it bother you that my sister has left me to do all the work by myself? Tell her to come and help me!” 41 The Lord answered, “Martha, Martha! You are worried and upset about so many things, 42 but only one thing is necessary. Mary has chosen what is best, and it will not be taken away from her.”

THE TRICK
IS TO KEEP
BREATHING.

One Minute in Lent

Tuesday 7th March



Be a bright star before me,
A guiding star above me,
A smooth path below me,
A kindly shepherd behind me,
Today, tonight and forever.

St Columba, missionary (521-597), Prayers on the Move @PrayersOTM

You, LORD, are my shepherd.

I will never be in need.

*2 You let me rest in fields
of green grass.*

*You lead me to streams
of peaceful water,*

3 and you refresh my life.

*You are true to your name,
and you lead me*

along the right paths.

*4 I may walk through valleys
as dark as death,
but I won't be afraid.*

*You are with me,
and your shepherd's rod
makes me feel safe.*

5 You treat me to a feast,

while my enemies watch.

*You honor me as your guest,
and you fill my cup
until it overflows.*

*6 Your kindness and love
will always be with me
each day of my life,
and I will live forever
in your house, LORD.*

St
Catherine's
Church
Hatcham

One Minute in Lent

Wednesday 8th March



What does the Lord require of you
but to do justice,
and to love kindness,
and to walk humbly with your God?

Micah 6: 8

St
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One Minute in Lent

Thursday 9th March



O Jesus,
Be the canoe that holds us in the sea of life,
Be the steer that keeps us on the straight course,
Be the outrigger that supports us
in times of great temptation.
Let your Spirit be our sail
that carries us through each day.
Keep our bodies strong,
so that we can paddle steadfastly on,
in the long voyage of life.

From Melanesia (adapted), Pocket Prayer for Troubled Times

One Minute in Lent

Monday 13th March



I'm a tiny voice in a vast sea,
lost in dark waters.
Tell me who is listening.

Rose Mannering - Prayers on the Move @PrayesOTM

As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them...

Mark 6: 34

St
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One Minute in Lent

Tuesday 14th March



Spirit of God

The breath of creation is yours.

Spirit of God

The wonder of communion is yours.

Spirit of God

The fire of love is yours.

And we are filled

And we are filled.

Community of Aidan and Hilda, Pocket Celtic Prayers, CHP

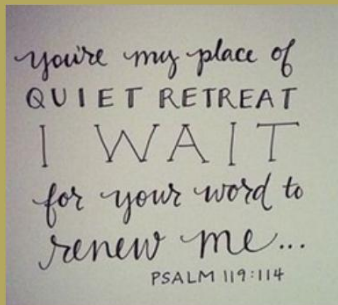
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One Minute in Lent

Wednesday 15th March

The Lord is my light and my salvation;
I will fear no one.

The Lord protects me from all danger;
I will never be afraid.



you're my place of
QUIET RETREAT
I WAIT
for your word to
renew me...
PSALM 119:114

Psalm 27:1