

The Fast I Choose

Living With
Intentionality

Lent 2021

Prayer Journal

This Prayer Journal Belongs To:

Date: _____

I will use this Prayer Journal

_____ times a _____.

I can use this Prayer Journal
to write about the experiences

I am having during prayer.

I can write down the people and
things that I am praying for.

I can use prayers that I already
know or ones provided and use
this journal to track my frequency
and feelings about that experience.

I can do the same with praying by
sitting in silence.

The contents of this Prayer
Journal are between me and God.

Date: _____

Prayers of The People

In peace, let us pray to the Lord.

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, let us pray to the Lord.

For those in positions of public trust, that they may serve justice and promote the dignity and freedom of all people, let us pray to the Lord.

For a blessing upon the labors of all and for the right use of the riches of creation, let us pray to the Lord.

For the poor, the persecuted, the sick, and all who suffer; for refugees, prisoners, and all who are in danger: that they may be relieved and protected, let us pray to the Lord.

For this community: for those who are present and for those who are absent, that we may be delivered from hardness of heart and may show forth your glory in all that we do, we pray to the Lord.

For our enemies and those who wish us harm and for all whom we have injured or offended, let us pray to the Lord.

For ourselves, for the forgiveness of our sins, and for the grace of the Holy Spirit to amend our lives, let us pray to the Lord.

Date: _____

For all who commended themselves to our prayers: for our families, friends, and neighbors, that being freed from anxiety, they may live in joy, peace, and health, let us pray to the Lord.

For all who have died in the faith of Christ, that with all the saints, they may have rest in that place where there is no pain or grief but life eternal, let us pray to the Lord.

Help, save, pity, and defend us, O God, by your grace. In the communion of the Holy Spirit and of all the saints, let us commend ourselves and one another to the living God through Christ our Lord. Amen.

Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name.

Thy kingdom come,
thy will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil.

For thine is the kingdom, and the power,
and the glory, forever. Amen.

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