

A SEASON OF PRAYER: 40 DAYS IN THE DESERT



Exile, hospitality, and migration are recurrent themes in the Bible and throughout the history of the church. As we grapple with these issues as Christians, we invite you to make these prayers and scriptural passages part of your Lenten devotions. May they help guide your Lenten journey and help us find in Christ our Promised Land.

Starting on Ash Wednesday and continuing through each day of Lent, we offer a prayer or psalm from *The Book of Common Prayer* or a passage from the New Revised Standard Version of the Bible. You can find these prayers and scriptures, along with additional resources, at ForwardMovement.org/SeasonOfPrayer. We invite you to follow Forward Movement on Facebook and share these Lenten resources with friends, in person and online.

For this season, we encourage you to reflect upon your baptismal promises. These promises are made as part of The Baptismal Covenant, found in *The Book of Common Prayer*, pages 304-305.

OUR BAPTISMAL PROMISES

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

Will you proclaim by word and example the Good News of God in Christ?

Will you seek and serve Christ in all persons, loving your neighbor as yourself?

Will you strive for justice and peace among all people, and respect the dignity of every human being?



PRAYERS AND SCRIPTURES FOR WEEK 1

Wednesday, March 1

Ash Wednesday

Give thanksgiving for the diversity of races and cultures

O God, who created all peoples in your image, we thank you for the wonderful diversity of races and cultures in this world. Enrich our lives by ever-widening circles of fellowship, and show us your presence in those who differ most from us, until our knowledge of your love is made perfect in our love for all your children; through Jesus Christ our Lord. *Amen.*

Thursday, March 2

Luke 10:25-37

Just then a lawyer stood up to test Jesus. “Teacher,” he said, “what must I do to inherit eternal life?” He said to him, “What is written in the law? What do you read there?” He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.” And he said to him, “You have given the right answer; do this, and you will live.”

But wanting to justify himself, he asked Jesus, “And who is my neighbor?” Jesus replied, “A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him; and when I come back, I will repay you whatever more you spend.’ Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

Friday, March 3

Pray for our enemies

O God, the Father of all, whose Son commanded us to love our enemies: Lead them and us from prejudice to truth; deliver them and us from hatred, cruelty, and revenge; and in your good time enable us all to stand reconciled before you; through Jesus Christ our Lord. *Amen.*

Saturday, March 4

John 4:3-9, 27-30

[Jesus] left Judea and started back to Galilee. But he had to go through Samaria. So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” (His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.)...Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Sunday, March 5**Watch**

Archbishop Justin Welby: “Hospitality and love are our most formidable weapons.” In this inspiring video, Archbishop Welby reminds us that “Jesus was a refugee” and encourages us to keep giving asylum to those escaping war and oppression—especially children. Watch this video at <https://youtu.be/vzBsywB-Sg8>.

WORD OF THE WEEK: WELCOME

Bienvenue
 velkommen velkommen dobrodošli
 Добро willkommen powitanie
 добредојден स्वागत vítejte Sveiki
 пожаловат velkomid
 歡迎 خوش آمدی merħba
 أهلا
 welkom vitajte ברוך בואך venit
 ॐ welcome
 ॐ καλωσόρισμα
 bem-vindo ati fáilte fogadtatás Bine
 bienvenida ようこそ benvinguda
 welcome Benvido teretulnud

PRAYERS AND SCRIPTURES FOR WEEK 2**Monday, March 6****Hebrews 13:1-3**

Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured.

Tuesday, March 7**Pray for peace among the nations**

Almighty God our heavenly Father, guide the nations of the world into the way of justice and truth, and establish among them that peace which is the fruit of righteousness, that they may become the kingdom of our Lord and Savior Jesus Christ. *Amen.*

Wednesday, March 8**Pray for social justice**

Grant, O God, that your holy and life-giving Spirit may so move every human heart [and especially the hearts of the people of this land], that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. *Amen.*

Thursday, March 9

Deuteronomy 24:14-15

You shall not withhold the wages of poor and needy laborers, whether other Israelites or aliens who reside in your land in one of your towns. You shall pay them their wages daily before sunset, because they are poor and their livelihood depends on them; otherwise they might cry to the LORD against you, and you would incur guilt.

Friday, March 10

Pray for agriculture

Almighty God, we thank you for making the earth fruitful, so that it might produce what is needed for life: Bless those who work in the fields; give us seasonable weather; and grant that we may all share the fruits of the earth, rejoicing in your goodness; through Jesus Christ our Lord. *Amen.*

Saturday, March 11

Pray for prisons and correctional institutions

Lord Jesus, for our sake you were condemned as a criminal: Visit our jails and prisons with your pity and judgment. Remember all prisoners, and bring the guilty to repentance and amendment of life according to your will, and give them hope for their future. When any are held unjustly, bring them release; forgive us, and teach us to improve our justice. Remember those who work in these institutions; keep them humane and compassionate; and save them from becoming brutal or callous. And since what we do for those in prison, O Lord, we do for you, constrain us to improve their lot. All this we ask for your mercy's sake. *Amen.*

Sunday, March 12

Watch

Supporting Refugee Students. Episcopal Migration Ministries' local partners at Interfaith Refugee Ministry are working with the district in New Bern, North Carolina, to help refugee youth succeed in school. The Refugee School Impact program benefits students, parents, and school districts in many communities around the U.S. The experience of one fourth grader and her family shows the transformative impact the program is having. Watch this video at <https://vimeo.com/39661884>.

WORD OF THE WEEK: LOVE

rakkaus ljubezen
 mīlestība amor
 miłość махаббат
 amare elska elsker प्रेम प्रीति
 dragoste love
 amour hlub cakam láska ལྷུང་བའ་
 αγαπώ Liebe 愛 प्रिय
 meilè
 amar 愛 אהבה Люблю
 عشق Թույլատրեմ
 armastus
 Is imħabba
 szerelem Ame

PRAYERS AND SCRIPTURES FOR WEEK 3

Monday, March 13

Pray for those who influence public opinion

Almighty God, you proclaim your truth in every age by many voices: Direct, in our time, we pray, those who speak where many listen and write what many read; that they may do their part in making the heart of this people wise, its mind sound, and its will righteous; to the honor of Jesus Christ our Lord. *Amen.*

Tuesday, March 14

Pray for travelers

O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel; surround them with your loving care; protect them from every danger; and bring them in safety to their journey's end; through Jesus Christ our Lord. *Amen.*

Wednesday, March 15

Luke 2:1-7

In those days a decree went out from Emperor Augustus that all the world should be registered. This was the first registration and was taken while Quirinius was governor of Syria. All went to their own towns to be registered. Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

Thursday, March 16

Prayers of the People, Form V

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, we pray to you, O Lord.

Friday, March 17

Matthew 2:13-15

Now after they had left, an angel of the Lord appeared to Joseph in a dream and said, "Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him." Then Joseph got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod. This was to fulfill what had been spoken by the Lord through the prophet, "Out of Egypt I have called my son."

Saturday, March 18

Collect for the Feast of Saint Joseph

O God, who from the family of your servant David raised up Joseph to be the guardian of your incarnate Son and the spouse of his virgin mother: Give us grace to imitate his uprightness of life and his obedience to your commands; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Sunday, March 19**Watch**

Sowdo's Story. Sowdo was a reporter in her native Somalia, but because of her condition as a woman, she received threats and saw colleagues killed. In Columbus, Ohio, she found a network of people who “opened their homes and their hearts.” Watch this video at <https://vimeo.com/96908507>.

WORD OF THE WEEK: PEACE**PRAYERS AND SCRIPTURES FOR WEEK 4****Monday, March 20****Prayers of the People, Form I**

For those who travel on land, on water, or in the air, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

Tuesday, March 21**Jonah 1:4-6**

But the LORD hurled a great wind upon the sea, and such a mighty storm came upon the sea that the ship threatened to break up. Then the mariners were afraid, and each cried to his god. They threw the cargo that was in the ship into the sea, to lighten it for them. Jonah, meanwhile, had gone down into the hold of the ship and had lain down, and was fast asleep. The captain came and said to him, “What are you doing sound asleep? Get up, call on your god! Perhaps the god will spare us a thought so that we do not perish.”

Wednesday, March 22

Pray for those who travel by water

O most glorious and gracious Lord God, who dwellest in heaven, but beholdest all things below: Look down, we beseech thee, and hear us, calling out of the depth of misery, and out of the jaws of this death, which is ready now to swallow us up: Save, Lord, or else we perish. The living, the living shall praise thee. O send thy word of command to rebuke the raging winds, and the roaring sea; that we, being delivered from this distress, may live to serve thee, and to glorify thy Name all the days of our life. Hear, Lord, and save us, for the infinite merits of our blessed Saviour, thy Son, our Lord Jesus Christ. Amen.

—from *The Book of Common Prayer of the Church of England*

Thursday, March 23

Mark 4:35-39

On that day, when evening had come, [Jesus] said to them, “Let us go across to the other side.” And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm.

Friday, March 24

Prayer for protection

Assist us mercifully, O Lord, in these our supplications and prayers, and dispose the way of thy servants towards the attainment of everlasting salvation; that, among all the changes and chances of this mortal life, they may ever be defended by thy gracious and ready help; through Jesus Christ our Lord. *Amen.*

Saturday, March 25

Psalms 137:1-6

By the waters of Babylon we sat down and wept, when we remembered you, O Zion. As for our harps, we hung them up on the trees in the midst of that land. For those who led us away captive asked us for a song, and our oppressors called for mirth: “Sing us one of the songs of Zion.” How shall we sing the LORD’s song upon an alien soil? If I forget you, O Jerusalem, let my right hand forget its skill. Let my tongue cleave to the roof of my mouth if I do not remember you, if I do not set Jerusalem above my highest joy.

Sunday, March 26

Watch

Refugee Community Allies. The community of Boise, Idaho has made a commitment to welcoming refugees through its Refugee Resource Strategic Community Plan. Episcopal Migration Ministries’ affiliate partners at the Agency for New Americans have partnered with city agencies, transportation officials, health care providers, and many other stakeholders to adopt a model of communication and creative problem solving that is benefiting the entire community. A program that teaches refugees how to drive is just one of many positive offshoots to emerge from this collaboration. Watch this video at <https://vimeo.com/39648553>.

Thursday, March 30

Romans 12:9-13

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

Friday, March 31

Pray for Congress or a State Legislature

O God, the fountain of wisdom, whose will is good and gracious, and whose law is truth: We beseech you so to guide and bless our Senators and Representatives in Congress assembled (or in the Legislature of this State, or Commonwealth), that they may enact such laws as shall please you, to the glory of your Name and the welfare of this people; through Jesus Christ our Lord. *Amen.*

Saturday, April 1

Pray for the poor and the neglected

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. *Amen.*

Sunday, April 2

Watch

Wahab's Story. Abdulwahab Alabid came to the United States after he was forced to flee Iraq where his job for a U.S. government contractor led to threats against his family. "Nobody wants to flee his country," Wahab notes, but the family is making the most of the freedom, safety and welcome they've found in the U.S. Watch this video at <https://vimeo.com/69176633>.

WORD OF THE WEEK: NEIGHBOR

γείτονας granne
 neighbor naaste
 nabo neeg сосед
 nyob पड़ोसी vicino
 ze
 隣人 鄰居 الجيران voisin
 Nachbar
 tus vecino
 comharsa
 קרן kaimiṛš

PRAYERS AND SCRIPTURES FOR WEEK 6

Monday, April 3

Pray for the unemployed

Heavenly Father, we remember before you those who suffer want and anxiety from lack of work. Guide the people of this land so to use our public and private wealth that all may find suitable and fulfilling employment, and receive just payment for their labor; through Jesus Christ our Lord. *Amen.*

Tuesday, April 4

Pray for families

Almighty God, our heavenly Father, who settest the solitary in families: We commend to thy continual care the homes in which thy people dwell. Put far from them, we beseech thee, every root of bitterness, the desire of vainglory, and the pride of life. Fill them with faith, virtue, knowledge, temperance, patience, godliness. Knit together in constant affection those who, in holy wedlock, have been made one flesh. Turn the hearts of the parents to the children, and the hearts of the children to the parents; and so enkindle fervent charity among us all, that we may evermore be kindly affectioned one to another; through Jesus Christ our Lord. *Amen.*

Wednesday, April 5

Pray for courts of justice

Almighty God, who sittest in the throne judging right: We humbly beseech thee to bless the courts of justice and the magistrates in all this land; and give unto them the spirit of wisdom and understanding, that they may discern the truth, and impartially administer the law in the fear of thee alone; through him who shall come to be our Judge, thy Son our Savior Jesus Christ. *Amen.*

Thursday, April 6

Pray for social justice

Almighty God, who created us in your own image: Grant us grace fearlessly to contend against evil and to make no peace with oppression; and, that we may reverently use our freedom, help us to employ it in the maintenance of justice in our communities and among the nations, to the glory of your holy Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Friday, April 7

Matthew 25:37-40

Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And the king will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Saturday, April 8

Pray for sound government

O Lord our Governor, bless the leaders of our land, that we may be a people at peace among ourselves and a blessing to other nations of the earth. Lord, keep this nation under your care. To the President and members of the Cabinet, to Governors of States, Mayors of Cities, and to all in administrative authority, grant wisdom and grace in the exercise of their duties. *Amen.*

Sunday, April 9**Watch**

Sergio's Story. Sergio Plecas was a teenager when civil war broke his country apart and sent him fleeing from refugee camp to refugee camp alongside his mother. An opportunity to resettle in the United States took the pair to Chattanooga, Tennessee, where 10 years later Sergio's found his version of the American dream, thanks in part to a helping hand from the local Episcopal Migration Ministries' affiliate. Watch this video at <https://vimeo.com/69176632>.

WORD OF THE WEEK: COMPASSION

Uzwela
 συμπόνια Barmherzigkeit compaixón
 شفقت সমবেদনা aanu užuojauta
 compaixão la दया súcit samúð mededogen
 شفقة compassionه
 līdzjūtība medfēise 同情 сочувство
 compasión sočutje compassion
 kaastunne caoceħaħe együttérzés
 myötätunto kompassjoni

PRAYERS AND SCRIPTURES FOR WEEK 7**Monday, April 10****Ephesians 2:11-14**

So then, remember that at one time you Gentiles by birth, called “the uncircumcision” by those who are called “the circumcision”—a physical circumcision made in the flesh by human hands—remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us.

Tuesday, April 11**Pray for the human family**

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. *Amen.*

Wednesday, April 12

Ephesians 2:15-20

He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.

Thursday, April 13

**Maundy Thursday
John 13:3-5, 12-16**

Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them.

Friday, April 14

Good Friday

O God of unchangeable power and eternal light: Look favorably on your whole Church, that wonderful and sacred mystery; by the effectual working of your providence, carry out in tranquillity the plan of salvation; let the whole world see and know that things which were cast down are being raised up, and things which had grown old are being made new, and that all things are being brought to their perfection by him through whom all things were made, your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. *Amen.*

Saturday, April 15

Holy Saturday

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and for ever. *Amen.*

Sunday, April 16

Easter Day

Walk and Don't Give Up. In this interview, Presiding Bishop Michael Curry reaffirms The Episcopal Church's position regarding immigration reform and sends a message of encouragement and hope to undocumented families of the church and their supporters. "Stand together and keep moving forward," says Bishop Curry. Watch this video at <https://youtu.be/3RtPnuJv4Ts>.

WORD OF THE WEEK: HOPE

Надявам надевам doufat
tama håper håber Espero
espoir ^{ἰσπῆ} speranza
nadzieja ^{cerēt} 希望 Hoffnung remény
esperança tikiuosi
기대 hoop ελπίδα súil ce ce,
se sperare Nadam Tá
toivo speranță أمل
loodan esperanza hope
^{спадзявацца} se