

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?



These promises are made as part of The Baptismal Covenant, found in The Book of Common Prayer, pages 304-305.

WORD OF THE WEEK: FRIEND

ystävä Freund
朋友 prieten
vinur ven
priateľ sōber friend
пријатељ pŕitel صديق prijatelj
ami barátja prijatelj
друг vriend חבר ywg
phooj amigo मित्र دوست
მგობარბაზ ამიგოს
φίλος przyjaciel
amico cara

A SEASON OF PRAYER: 40 DAYS IN THE DESERT



WEEK 4

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.

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

Psalm 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>.