

Prayer & Meditation Resource

Lent 2022

Hebrews 10:23-25
Methodist Circuit

This blank page has been added to the printed
version to facilitate viewing double pages.

Our Father, hallowed be your name:
we worship you, we adore you - help us to learn to live
our lives in your presence and rejoice in your closeness.

Give us our daily bread:
you want us to have good things – help us trust you to
know what is good for us and to be happy with what you
give us.

Your will be done:
teach us to pray and to be bold in our praying. Give us
the courage to be led by your Holy Spirit and pray in faith
and confidence.

Lead us:
help us to follow faithfully, to believe even when we lose
sight of the reason for our faith and to trust you when we
are afraid.
Help us to recognise your voice wherever we hear it – in a
friend, a teacher, our own conscience or something totally
unexpected. Renew in us the knowledge that you do
speak to us, that your Word is everywhere.

Yours is the glory:
equip us to serve you faithfully and joyfully, knowing that
you are Lord and King and that nothing is impossible for
you.

We praise you, loving heavenly Father.

AMEN

Mary Carpenter

This resource is a compilation of contributions from around our Basingstoke and Reading Methodist Circuit.

It offers a variety of material to prompt meditation and prayer during Lent.

The picture on the front cover was drawn by Angela Webb.



“A mysterious figure, with arms open wide in welcome, issues an invitation to come and learn more. Come to the shores of the sea of Galilee to meet Jesus as friend, leader, teacher, healer and saviour; so that we may know him more clearly, love him more dearly, and follow him more nearly, day by day.”

JESUS - OUR FRIEND

"What a friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!"

Joseph Medlicott Scriven (1819-86) StF 531, H&P 559

"No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you.

I do not call you servants any longer, because the servant does not know what the master is doing; but i have called you friends, because i have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another." (John 15:13-17 NRSV)

Jesus is our friend who uniquely understands us; who is always available to us; who not only listens to us but challenges us; whose love for us is greater than we could ever describe.

Lord Jesus, our Everlasting, deepest, truest friend, we praise you for being beside us always, and ask you to guide us into a way of life in which we remain and grow as friends of yours. Deepen and extend all our friendships with others. Amen.

David Jenkins

Faithful

Reliable

Incomprehensible

Everlasting

Nurturing

Dependable

Paddy Jose

Jesus said I no longer call you servants, I call you friends.

Jesus, PLEASE can I be a servant?

I will turn up every morning and do all the tasks you list for me

I will do them really well.

But, please NOT a friend.

Friends-

Listen

Understand

Walk alongside

Rejoice together in the light

Weep together in dark places

Give their hearts, their minds and their strength

Love.

It will be easier for me to tackle tasks.

I will do them really well. Really well.

As a servant.

What will become of me if we are friends, for then your nailprints will be in my heart.

June Hardcastle

JESUS - OUR LEADER

"All along life's rugged road
Jesus leads, Jesus leads,
Till we reach yon blest abode,
Jesus leads, Jesus leads;
All the way, before He's trod,
And He now the flock precedes,
Safe into the fold of God,
Jesus leads, Jesus leads."

John R. Clements (1868-1946) Verse 2 of a hymn written in 1893.

"I am the good shepherd. The good shepherd lays down his life for the sheep." *John 10:11 (NRSV)*

"Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age." *Matthew 28: 19-20 (NRSV)*

Jesus our leader: looks after his followers, leads by example, delegates, and never abandons them.

Gill Lawson

We pray:

*Let us choose to follow you wherever you are and wherever you go:
in the narrow lanes of the refugee camps,
in the homeless hostels, hospitals and hospices,
in the foodbanks, in the streets and with the lonely.*

*Strengthen us to resist the easy temptation of complaisance:
in the illusions and comfort of our chosen worlds,
in the stories we tell ourselves away from reality,
in the excuses we choose to accept, instead of doing what we should.*

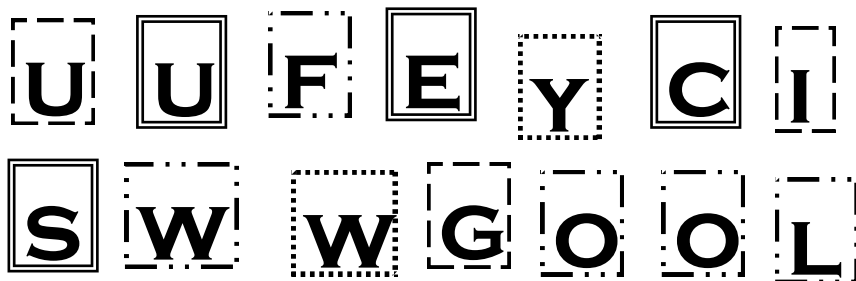
*Guide us to choose to be free,
to follow you wherever you are,
to follow you wherever you call us to be. Amen.*

Laurent Vernet; Prayer Handbook 2017/8

L E A D E R

Can you make four words associated with a leader using one or two from above and a set of letters from below? Each letter only to be used once.

(look carefully at the letters' frames)



Answers inside back cover

The Lord is my shepherd, I shall not want.
He makes me to lie down in green pastures;
He leads me beside still waters; he restores my soul.
He leads me in right paths for his name's sake.
Even though I walk through the darkest valley,
I fear no evil; for you are with me;
Your rod and your staff - they comfort me.
You prepare a table before me in the presence of my enemies;
You anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me all the days of my life,
And I shall dwell in the house of the Lord my whole life long.

Psalm 23 (NRSV)

JESUS - OUR TEACHER

¹¹ Mary arrived back at the tomb, broken and sobbing. She stooped to peer inside, and through her tears ¹² she saw two angels in dazzling white robes, sitting where Jesus' body had been laid—one at the head and one at the feet! ¹³ "Dear woman, why are you crying?" they asked. Mary answered, "They have taken away my Lord, and I don't know where they've laid him."

¹⁴ Then she turned around to leave, and there was Jesus standing in front of her, but she didn't realize that it was him!

¹⁵ He said to her, "Dear woman, why are you crying? Who are you looking for?" Mary answered, thinking he was only the gardener, "Sir, if you have taken his body somewhere else, tell me, and I will go and. . ."

¹⁶ "Mary," Jesus interrupted her. Turning to face him, she said, "Rabboni!" (Aramaic for "My teacher!")

John Chapter 20 verses 11-16 (TPT)

Jesus our Teacher knows us by name.

In this beautiful encounter Jesus interrupts Mary in her distress and calls out her name "Mary" ... in her response Mary calls him "Rabboni" (my teacher) Here are two simple words with great meaning and personal connection which encapsulate a close and personal relationship.

Dear Lord Jesus, as I read your word each day may I learn how to live out my life according to your teachings. But I also pray you will show me how to go deeper in my relationship with you so that I too can call out 'my teacher', to the one who knows me by name. Amen.

Maria Howard

The Fruits of the Spirit

Lord Jesus please teach me your ways of:-
Gentleness and Self-control

If I have Love, I will know Joy;

If I learn Patience, I will show Kindness;

If I show Kindness, there will be Goodness;

If I remain Faithful, You will be my Peace.

LOVE

JOY

PEACE

PATIENCE

KINDNESS

GOODNESS

FAITHFULNESS

GENTLENESS

SELF-CONTROL

See Galatians 5:22 – 23

Jo McElveen

Adaption of StF 248, H&P 136

I heard the voice of Jesus say,
"Come unto Me and rest;
Lay down, thou weary one, lay down
Thy head upon My breast."
I came to Jesus as I was,
Weary and worn and sad;
I found in Him a resting place,
And He has made me glad.

I heard the voice of Jesus say,
"Walk with me and learn
The rhythms of the gracefull path
The way to work with God."
I came to Jesus as I was
To learn the way of trust;
I trusted him, my friend and guide
And he taught me to love .

I heard the voice of Jesus say,
"Behold, I freely give
The living water; thirsty one,
Stoop down, and drink, and live."
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,
And now I live in Him.

We've heard the voice of Jesus say,
"Live in me and love,
Love each other as I've loved
Every single one of you."
We come to Jesus as we are
To share the bread of life,
To be companions on the way
As the body of Christ.

We've heard the voice of Jesus say,
"My Peace be with you.
As the Father sent, so I send,
Forgive as I forgave you."
We come to Jesus as we are
To welcome all who come,
Who hear the voice of Jesus say,
"Come unto me and rest."

Verses 1 and 3 Horatio Bonar

Verses 2, 4, and 5 Angela Webb

When I was in education, I did a period teaching in a local secondary school. Discipline could be a problem especially with the older pupils whom it was difficult to motivate. But one teacher rarely seemed to have a problem. She was a lovely, gentle Irish lady who was teaching at the school for a couple of years. Even the most difficult pupils seem to respect her and she was a brilliant teacher. What they didn't know, at least I don't think they did, was that she was a nun whose calling was to work in the community. Her compassionate, gentle way of teaching enabled her pupils to do well and I believe that she was an example of the way that Jesus teaches us.

JESUS - OUR HEALER

"A leper came to him begging him, and kneeling he said to him, 'If you choose, you can make me clean' Moved with pity Jesus stretched out his hand and touched him, and said to him, 'I do choose. Be made clean.' Immediately the leprosy left him and he was made clean." (Mark. 1:40-42. NRSV)

Jesus filled with pity healed the man but he did not just speak the words, he touched the man to express compassion for outcasts from society, as lepers were, and in doing so transferred the uncleanness to himself. Jesus' mission was to preach the good news of the arrival of the Kingdom and to draw the people back to God but time and time again, he is moved by compassion and reaches out to heal those in need. When someone is in need, reaching out to touch them is often the best way to show that we care.

*Lord Jesus, healer of our minds, bodies and spirits, we thank you that in your love for us you reach out to hold us when we need you. We praise you for your constant presence with us, the knowledge that you will never leave us. Give us the wisdom, sensitivity and compassion to reach out in your love to those we meet in our daily lives.
Amen.*

Paddy Jose

Healing through meditation

Some of you may know that I have been leading Taketime Meditations on a Tuesday evening for the last couple of years.

These consist of a relaxation exercise, and then the story in which you are invited to visualise yourself in the company of Jesus and his disciples.

At the end of the story Jesus comes to sit beside you and invites you to share what is on your mind; after which you are invited to listen to his reply and there is a period of reflection and contemplation.

As the leader I cannot immerse myself in the experience but during the pandemic, Clive McKie, a Methodist minister who writes the meditations, has led meditations online for the practitioners.

On this particular occasion he led a meditation on the calling of the disciples and I shared with Jesus that I was struggling to know what it was God wanted me to do next. I received the answer "Wait" and although it didn't make much sense, I was filled with such a sense of peace that it hasn't worried me since.

Paddy Jose

Jesus, healer, mender of minds,
reach out to those in need.

The pandemic has left many worried about the future,
lonely and trapped in their homes.

It has left others bereaved or jobless and many depressed.

Hold them in your love,

Shine your light into their darkness.

Help us to reach out in love and share your compassion
with those who suffer.

May we be your shoulder for them to lean on,
your ears to listen to their stories
and your voice to bring comfort.

Amen.

Blind Bartimaeus

Day after day I sit here in the shadow of my blindness.
No one knows what it's like -
sun streaming down, dust kicked in my face
as my aching, outstretched arms plead for coins.
If only I could see to work.
All I know is I have no choice,
I'm dependent on the good will of others.
I just have to sit here in the shadow of my blindness.

But wait..
Something's different..
It sounds as if a crowd of people is coming towards me.
What's going on?
Mister! Mister!
What's happening?
Please, someone tell me.
Jesus? Jesus!
I've heard of him.
He heals people.
Some say he's the son of David.
I must get to him.
Jesus! Son of David, have pity on me!
He won't hear me above all the noise.
Jesus! Please...Jesus, have pity!
No, I won't be quiet, I'll shout louder.
Jesus! Son of David! Have mercy on me!



Suddenly it's gone quiet.
Why? What's happening?
Someone's dragging me to my feet.
Jesus is calling me.
I scramble towards his voice,
get out of my way.
Let me get to Jesus.
I hear him say,
"What do you want?"
What do **I** want?
Jesus is speaking to **me**.
I want to see!

As his words reach my ears, "Your faith has cured you ",
so the shadow of blindness falls from my eyes,
shapes and colours emerge from the gloom.
I see people's faces staring at me,
smiling and laughing.
I can see! I can see!

Janet Scott

His hands on you
Every time you are in need
Always ready to give
Life to the down in spirit
Energy to the tired and weary
Restoring health in body and mind

Gill Lawson

JESUS - OUR SAVIOUR

Before he was born, Jesus was anointed by God to be Saviour
".. an angel of the Lord appeared to him in a dream and said, 'Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. ²¹ She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.'" - *Matthew 1: 20-21 (NIV)*

Jesus was anointed to be Saviour, not just of God's special people, but of the world.

⁴¹ And because of his words many more became believers. ⁴² They said to the woman, 'We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Saviour of the world.' - *John 4: 41-42 (NIV)*

On the cross, Jesus gave his life for us, and as he died, declared that the work of salvation was complete.

³⁰ When he had received the drink, Jesus said, 'It is finished.' With that, he bowed his head and gave up his spirit. *John 19: 30 (NIV)*

None of us is beyond the grace and mercy of our Saviour. There is nothing we can do to make him love us more. There is nothing we can do that will make him love us less. When we pray, we can be completely ourselves with all our vulnerabilities and weaknesses, because Jesus is our Saviour.

(adapted from Methodist Worship Book)

We pray:

*Jesus, Saviour of the world, we come to you as we are,
for there is no-one else who loves us as you do.*

Come to us in your mercy: we look to you to save and help us.

*By your cross and your life laid down you set your people free:
we look to you to save and help us.*

*Make yourself known as our saviour and mighty deliverer:
save and help us that we might praise you.*

*Come now and dwell with us, Lord Christ Jesus:
hear our prayer and be with us always. Amen.*

Jenny Dowding

SAVIOUR.

What kind of a Saviour is this?

A refugee child
Hungry in the 40 day Temptations
Without honour in his home town
Accused by teachers of the Law
His authority questioned
Misunderstood by his family
Had nowhere to lay his head
Wept at the death of a friend
Needed sleep
Plotted against
Betrayed by a follower
Arrested
Disowned by a disciple he called friend
Scourged
Flesh and sinews pierced by banged in nails
Insults heaped on him
Sneered at
Mocked
Thirsty
ALONE - My God My God why have you forsaken me?

What kind of a Saviour is this?

I can look into the eyes of those tormented, torn apart and broken by man's inhumanity to man, and as I look into their eyes I can say "Our Saviour Jesus, the One who bears the imprints of wounds, the one whose body is scarred, Our Saviour: *a man of sorrows and acquainted with grief*. That is who He is.

June Hardcastle

God is waiting, and longing, to show us the way. We just have to admit that we can't live without Him.

Jesus said to me:

Reach out and take it,
It is yours, it is free.
Reach out and take it,
The price was paid by me.
I paid the price in blood
On the hill at Calvary.
I paid for your salvation
When they nailed me to a tree.
I did it as an act of love,
The love I have for you.
My love has brought you freedom
So I am calling out for you to

Reach out and take it,
It is yours, it is yours,
It is yours.

Mary Flynn

The Light of the World

"The Light of the World" is the title of a famous picture by Holman Hunt painted in 1854.

It portrays Christ, thorn-crowned and carrying a lantern, knocking at a closed door.

When the artist showed the completed picture to some friends, one pointed out what seemed to be an omission.

"You have put no handle on the door", he said to Holman Hunt.

The artist replied, "We must open to the Light – the handle is on the inside."

Anon.

Submitted by Kathy Evans

[The Light of the World \(painting\) - Wikipedia](#)

It is Accomplished (John 19: 30)

It is accomplished.
Ended.
Complete.
The victory is won.
The triumphant cry echoes
through history
around the world
pulsating
cosmic in its import.
Too vast to grasp
Breathhtaking, stupendous, awesome.
The creative power of suffering love.
Death cheated of its victory
For all time.
A secret ringing through the universe,
Too great to be contained
In one small planet.
And yet - so simple that
A child can know him.
So small that it can nestle in my heart
And change my life.

Veronica Faulks

A Letter to the Lord Jesus about the Last Supper

Dear Lord Jesus,

To see you in that upper room, and hear your well-loved voice;

To feel your hand of blessing which makes my heart rejoice.

Oh! Thank you loving Father, You died upon that tree,

Because you loved the world so much, to save the likes of me.

"A sinner saved by grace" I love you Lord Jesus and own your power.

Jo McElveen

Abraham and God's sacrifice.

We know the story of Abraham; God promises he will be the father of a people who will be as numerous as the stars. A little difficult for him to accept as he was 80 years old, but God is good. 20 years later and after a journey of 1500 miles (down to Egypt and back to the promised land) a son is born miraculously to his wife, 90 years old.

Some years later, God instructs Abraham to sacrifice this son on a hill range called Moriah; God guides him to the hill and Abraham prepares to sacrifice his *yachid* (*an only child*), Isaac . The Angel of the Lord stops him, and a ram replaces Isaac.

2000 years later another miraculously born child from the same family is sacrificed by His Father on the same hills of Moriah - Jesus Christ, Lamb of God, at Passover, outside the city of Jerusalem.

This is an example of God testing Abraham's faith, which is what we have always been taught, but this prophetic work of God illustrates and foretells His plan for His *yachid*, the last sacrifice.

Mike Kimber

Many years ago, a friend brought me back a small piece of stone from Gethsemene. This is what I wrote.

Small, jagged piece of stone,
chalky, white and grey.

How much history has passed you by?

How many people have come your way?

How many times have you been kicked aside
from path to grass and back again?

Older than the olive trees
were you there 2000 years ago?

Did his feet kick you aside, to listen, silently,
as he prayed and wept and sighed?

How I wish I had been there to help him in his pain.

But his friends all slept, would I have stayed awake?

Or did he have to be alone to make that choice?

To realise that his Fathers' will had to be done?

To make that final act of complete surrender?

Before the soldiers came.

Were you a silent witness to the friend, who with the sign of love,
betrayed the Son of God?

2000 years have passed, how many have come to stare,
as pilgrims or with curiosity

at the peaceful garden with its ancient trees?

How many have known that sense of peace
in the cool, simple church?

How many, kneeling there, have, like their Lord,
surrender themselves to God?

Little stone remind me always of the peace in that garden,
remind me always of my commitment to live my life for God.

Paddy Jose

The following words that are widely attributed to Mother Teresa and used to be hung on her wall in her office in Calcutta.

'People are often unreasonable, irrational, and self centered.
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives.
Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies.
Succeed anyway.

If you are honest and sincere, people may deceive you.
Be honest and sincere anyway.

What you spend years creating, others could destroy overnight.
Create anyway.

If you find serenity and happiness, some may be jealous.
Be happy anyway.

The good you do today will often be forgotten.
Do good anyway.

Give the best you have, and it will never be enough.
Give your best anyway.

In the final analysis, it is between you and God.

It was never between you and them anyway'.

Submitted by Trevor Eaves

Answers to LEADER puzzle

F O L L O W

W A Y

G U I D E

R E S C U E

Thank you Jesus that you are MY friend, you are always near me; you listen to me and speak to me; your friends are my friends too.

Thank you Jesus that you are MY leader, you show me the way and lead me out of the wilderness created by people of our world.

Thank you Jesus that you are MY teacher, I can learn from reading my Bible, listening to other Christians, and from your guidance through life.

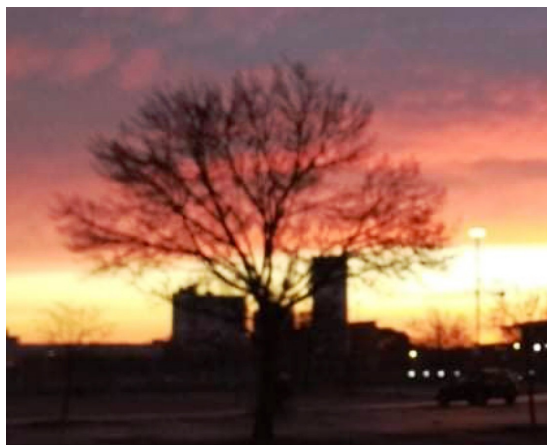
Thank you Jesus that you are MY healer; when the world seems so dark, you bring me through: refreshed & restored.

Thank you Jesus that you are MY Saviour; you died for MY sins, You saved ME.

O happy day, O happy day
When Jesus washed my sins away.
He taught me how to watch and pray
And live rejoicing every day.
Hallelujah

Philip Doddridge (1702-1751)

I am forgiven!



A new day is dawning!