



# Lent at Home Devotional

Week Two (Feb. 28 - March 6)

Gather a Bible, a Cross, a candle, pen/pencil, blank paper, lighter/matches and find a quiet place & time.

Place your gathered items in such a way that you have easy access to them.

Begin by Lighting the Candle.

Take 3 Big Deep Breathes and then say:

"Hear my prayer, O Lord, incline thy ear to me."

Listen: "Motherless Chil'" by Sweet Honey in the Rock  
(<https://www.youtube.com/watch?v=cP5VjytCyzk>)

Lyrics:

Sometime I feel like a motherless chil'  
Sometime I feel like a motherless chil'  
Sometime I feel like a motherless chil'  
A long way from home

Read Psalm 39

Focus:

Hear my prayer, Lord!  
Listen closely to my cry for help!  
Please don't ignore my tears!

## **Share Your Lament**

On your piece of paper write a prayer of Lament, using the following structure:

1. An introductory address to God, naming God's relation to you (Loving God, Creator, Spirit, Father, Mother, Savior, etc.) and recalling God's promises or past deeds on your behalf.
2. A heartfelt complaint that describes the suffering you are seeing or experiencing in honest and vivid terms.
3. An affirmation of trust in God, even if you don't fully feel it.
4. A prayer for deliverance and a statement of why God must do this for you. Appeal to God's mercy, and steadfast love.
5. An expression of thanks that God has heard and will answer your prayer.
6. Take a moment after you are done writing your lament and read it out loud - not silently - even if it's just a whisper.

Remember that Lament is an act of spiritual agency in the face of loss. Lament opens the heart once again to the possibility of a recovered sense of wholeness. To lament is to express the depths of one's pain before God and to call upon God for help. The practice of lament is how we join our suffering to Christ's.

Offer the Daily Prayer and extinguish your candle.

Daily Prayer (For use during the second week of Lent Feb. 28 - March 6)

O God of Transformation,  
be with me in my loss and grief,  
my brooding, and my hope.

O Christ,  
may I linger in faithfulness as you did,  
not denying pain but naming it,  
not cutting short my brooding  
but wrestling with it.

O Spirit,  
may I wait patiently for you,  
may I rest in your advocacy for me,  
and remain always in your abiding hope.

Amen.