



LENTEN HOUSEHOLD WORSHIP GUIDE 2025



CITY OF LIGHT
IGLESIA · CHURCH

TABLE OF CONTENTS

A Note from Pastor Trevor — 3
My Lenten Practice — 4
Fasting Practices — 5
Prayer Practices — 7
Scripture Reading Plan — 10
Lent with Children — 11

Visit www.cityofflightaurora.org/lent
for additional articles, books, photos, and other
resources on the season of Lent and the Christian calendar.

A NOTE FROM PASTOR TREVOR

Lent is an opportunity to follow Jesus who was led into the wilderness by the Holy Spirit for 40 days of prayer and fasting. This Lent at City of Light, we are inviting the Spirit to lead us into a deeper prayer relationship with the Lord. Together, we help each other say ‘no’ to all of the things that we consume and that consume us so that we can say ‘yes’ to the Lord.

So many of us have no space for silence, speaking with and listening to the Lord, and receiving love, strength, and guidance from him. We long for a fresh start. We need a spiritual, physical, and emotional detox. Let’s learn again to be with the Lord.

Here are a couple ways you can use this Household Worship Guide through Lent:

- Take time to pray about God’s invitation to you this Lent. What is he asking you to say ‘no’ to? What practices is he asking you to say ‘yes’ to? If you want, write them down on the next page and share them with a prayer partner.
- Together as a congregation on Sundays, in City Kids, Groups, and our Households, we’ll be practicing prayer through ancient pathways. Find one that stretches you and that helps you connect with the Lord.
- God will invite everyone into their own practices. We don’t need to share all of the details of our Lenten devotion with others if you don’t want to and we don’t need to judge others for what they may be doing or not doing.
- There are lots of ideas in this guide and online, but don’t try to take on too much. Pick one or two things that create space and then a simple way to connect with God in prayer.

Remember, praying with Jesus in the wilderness is all about growing our desire and need for the Lord. So let’s clear out space to meet with him, and if it’s harder than we thought it would be, that just means we’re recognizing how much more we need him than we thought.

Peace,
Pastor Trevor

MY LENTEN PRACTICE

Lord, how are you inviting me into a deeper prayer relationship with you?

FASTING PRACTICES

Here are some ideas for fasting. You'll find more resources on each of these on the website. www.cityoflightaurora.org/lent

SABBATH-KEEPING: Sabbath-keeping is a Biblical invitation to set aside one day a week to fast from work in order to connect with God. Maybe this Lent the Lord would invite you to begin keeping the sabbath for the first time or to renew a practice of sabbath-keeping. Decide what day you will hallow (eg: Saturday, Sunday, another day), what you will cease from (eg: work, email, technology), and what you will feast on (eg: good food, creation, the Bible, relationships).

FOOD: Fasting from food in order to pray connects our bodies and spirits in recognizing our hunger and need for God. If you have dietary or health restrictions or are a nursing mother, do not fast from food. If you have never fasted from food before, you could try it for the first time this Lent—perhaps on Ash Wednesday, Good Friday, or our Lenten Day of Prayer and Fasting. Another way to fast is to choose one type of food to fast from for all of Lent, like candy, alcohol, etc.

TECHNOLOGY: Technology and particularly screens and audio can fill up all of the extra space in our lives. Fasting from technology can create space to engage with the Lord. Here are a few ideas. Some of these sound drastic and difficult, so for each one there are different levels of intensity.

—Put your devices to bed before you do and wake up before your devices. Tip: put your charger out of reach; get an old fashioned alarm clock from goodwill; use the bedside prayer card in the back of this guide to make a conversation with God the last and first parts of your day.

- You could try not listening to radio, podcasts, or any other sound in the car. Enjoy the silence and pray. Tip: Remove your phone input, and set your radio to static for the times you habitually turn them on.
- You could try getting off social media. Or only use social media one day a week. Or only use social media one hour a day. Use an app on your phone or computer to setup a block for when you click before you think.
- You could take a break from watching shows. Or only watching a show one night a week. Or one hour a day. Move the screen into a less convenient room.
- You could try no technology after 8pm, or on sabbath day, or only one hour a day with no tech (eg: try dinner and eat by candle light.)

PRAYER PRACTICES

SILENT PRAYER

DESCRIPTION: Psalm 46:10 says “Be still and know that I am God.” Practicing silence helps free ourselves from the noise and distractions of this world so that we can be present with God and learn to hear his voice. Silence rarely produces fruit in the moments of practicing silence. Benefits are usually noticed at other times of your day such as being more present and patient with yourself and others.

INSTRUCTIONS: Practice silence yourself first before leading your group. Decide how long the silence will be for and set a timer with a gentle alarm. Let your group know how long the silence will be and that you will be setting a timer. Around 2 minutes for young children, 5 for a group, and 10 alone could be good starting points, but try different amounts of time. By yourself, you could keep silence during your commute or while going for a walk. Or you can spend a half day or more in a silent retreat.

PRACTICE:

- Settle into a comfortable position in a quiet place. Be still and quiet. Take deep breaths.
- Remember that you are with God, the Father, the Son, and the Holy Spirit. Rest in God’s love.
- As your mind wanders, simply bring it back to focusing on God’s presence and love for you. Imagine letting go of distracting thoughts as if you were letting go of a balloon.

AFTER:

- Allow group members to process out loud or silently how they experienced the practice.
- Journal what you experienced or any Scriptures, prayers, or images that came to your mind.

THE DAILY EXAMEN

DESCRIPTION: It's easy to go through our daily rhythms in a kind of blur, with each moment seeming mundane and forgettable. We are often not attentive to the details of our day or the presence of God at work in our lives. When we are in a period of discernment, it can be hard to know what the Lord is doing. The Daily Examen is a practice introduced by St. Ignatius. It consists of looking back over our day in the presence of the Holy Spirit, to see where and how the Lord was present to you, and to discern how he is leading you.

INSTRUCTIONS: This is a great prayer for the end of your day. Try praying it in a quiet place before bed. If leading group, let your group know approximately how long you will spend on each of the prayers and then gently read the prompt for the next session aloud to guide through the prayer. For children, focus on just one of the questions to enter into.

PRACTICE:

- Become aware of God's presence. Ask God to bring clarity to the events of the day
- Review the day with gratitude. Think back on the events of your day, big and small. What brought you joy, brought comfort, or made you feel grateful.
- Pay attention to your emotions. We often feel God's presence through the changes in our emotions. What emotions did you experience at different times? What is God saying through these feelings?
- Choose one feature of the day and pray from it. What moment, feeling or event is the Holy Spirit focusing on? Pray about that. Try to allow the prayer to come freely from your heart.
- Look toward tomorrow. How are you feeling about tomorrow? As you name your hopes, fears, and other feelings, offer them as prayers, trusting that God holds the future in his hands.

AFTER:

- Allow group members to process out loud or silently how they experienced the practice.
- Journal what you experienced or any Scriptures, prayers, or images that came to your mind.

LECTIO DIVINA

DESCRIPTION: A lectio divina prayer is allowing God to speak to you through a passage of scripture by using your imagination. This is a great prayer practice to do with children since they do it without being told. Our imaginations are a gift from God and allow us to enter into prayer not only in our minds, but in our bodies and spirits. Don't worry if you don't feel like you've got a great imagination, God is always more ready to listen than we are to pray and to give us more than we desire or deserve (collect from Book of Common Prayer).

INSTRUCTIONS: Some time before you plan to pray imaginatively, read the passage of scripture you are going to pray with (some suggestions below). When you're ready, go to a quiet place alone, or do your best to calm any distractions. For groups, read the description together and then gently guide through each question by reading them aloud and then leaving silence. For children, use questions like "I wonder what it felt like when..."

PRACTICE:

- Read the passage aloud once or several times. You may keep silence between.
- Close your eyes and step into the story by asking yourself questions like this: What do you know about time and place this event happened in history? What does it sound like there? What does it smell like?
- Imagine you are a character in the story. Where are you standing? Who do you see/hear? Who else is with you? Where is Jesus or God? What is he doing? What does his face look like? Is he saying anything? Does he say anything to you?
- End in silence and listen to anything the Holy Spirit might be whispering to you.

AFTER:

- Take as long as you need in the story. When you're ready, it might be helpful to write down a few things you felt or heard. How do you feel afterwards? (There is no right answer!) Tell the Lord how you feel after this experience.
- In a group, share your experience with others. Begin the discussion with one of the questions from the practice.

SUGGESTED SCRIPTURES:

Matthew 3, Matthew 4:1-11, Exodus 3:1-15, Luke 15:11-31, John 12:1-8.

SCRIPTURE READING PLAN

Before you read, invite the Lord to speak to you and help you listen by praying something like: *Jesus, help me encounter you in this passage. Jesus, what are you saying and doing in this passage? Jesus, what are you saying to me and doing in me?*

3/5 Ash wednesday

Joel 2:1-2, 12-17
Psalm 103
1 Corinthians 5:20-6:10
Matthew 6:1-6, 16-21

3/9 Lent 1

Deuteronomy 26:1-11
Psalm 91
Rom 10:4-13
Luke 4:1-13

3/16 Lent 2

Genesis 15:1-18
Psalm 27
Philippians 3:17—4:1
Luke 13:22-35

3/23 Lent 3

Exodus 3:1-15
Psalm 103
1 Corinthians 10:1-13
Luke 13:1-17

3/30 Lent 4

Joshua 4:19-5:12
Psalm 34
1 Corinthians 5:17-21
Luke 15:11-32

4/2 Day of Fasting

Isaiah 58:1-12

4/6 Lent 5

Isaiah 43:16-21
Psalm 126
Philippians 3:7-16
Luke 20:9-19

4/2 Palm Sunday

Luke 19:29-40
Psalm 118:19-29
Isaiah 52:13—53:12
Psalm 22:1-21
Philippians 2:5-11
Luke 22:39-23:56

4/6 Maundy Thursday

Exodus 12:1-14
Psalm 78:15-26
1 Corinthians 11:23-34
John 13:1-15
Luke 22:14-30

4/7 Good Friday

Genesis 22:1-18
Isaiah 52:13-53:12
Psalm 22
Hebrews 10:1-25
John 18:1 - 19:1-37

4/8 Holy Saturday

Job 14:1-14
Psalm 130
1 Peter 4:1-8
Matthew 27:57-66

4/9 Easter Sunday

Isaiah 51:9-11
Acts 10:34-43
Psalm 118:14-24
Colossians 3:1-4
Acts 10:34-43
Matthew 28:1-10

LENT WITH CHILDREN

You can invite children into Lent by reading the weekly Scripture passages with them, inviting them into the prayer practices of silence, lectio divina, and the daily examen, or re-engaging with a daily prayer office like Morning Prayer of Compline.

Our City Kids team also puts together a weekly email with Scripture memory verses, wondering questions, and other ways to engage with children. You could set aside a time each week during Lent to talk through those with your kids. Doing this practice together as a family will help you all keep a Lenten practice.

Children should not fast from food for the sake of their development, but they may want to fast from sweets and then celebrate with that item on Easter Sunday. Fasting often works best for children when it is something the family does together, like fasting from screen time after dinner and then watch a movie together on Sunday.

Need some help thinking about Lent for your household? Contact Pastor Brittany at Brittany@cityofflightanglican.org.

LA CUARESMA



LENT

THE PROMISES OF GOD

The season of Lent is a time to refocus our lives on our need for the Lord. Whether we're going through a difficult time of suffering, realizing we're more broken or sinful than we knew, or having trouble believing, the promise of the Lord is that he will restore those who have suffered, forgive those who repent, and be found by those who seek him. The promises of the Lord are rich reminders of what is true, and an encouragement to rely on the Lord. Join us during the season of Lent as we remember the promises of God and return to him as our Savior.

SUNDAYS IN MARCH AND APRIL

- 3/5 Ash Wednesday: I Will Judge You with Mercy (Joel 2:1-2, 12-17) — Pastor Trevor
- 3/9 The First Sunday of Lent: I Will Bless You (Deuteronomy 26:1-11) — Pastor Trevor
- 3/16 The Second Sunday of Lent: I Will Be Your God (Genesis 15:1-18) — Pastor Trevor
- 3/23 The Third Sunday of Lent: I Will Deliver You (Exodus 3:1-15) — Pastor Susan Raedeke
- 3/30 The Fourth Sunday of Lent: I Will Forgive You (Joshua 4:19 - 5:11) — Pastor Trevor
- 4/2 Day of Prayer & Fasting: I Will Repair You (Isaiah 58) — Abby Arnold
- 4/6 The Fifth Sunday of Lent: I Will Make a Way (Isaiah 43:16-21) — Pastor Casey

MORE INFO AT CITYOFLIGHTAURORA.ORG/LENT