

Midday Prayers 2021: Rebuilding hope and confidence
March
Fasting and feasting in Lent

Monday: Hope

Fast from discouragements;
feast on hope.

W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

Hope in the One
who has endured all things
that we might know freedom.
Hope in the One
who has given us his Spirit
that we might have power.

Hope in the One
who has loved us beyond death
that we might have life.
Hope in the One
who prepares a place for us
that we might share eternity with him.

**For hope that endures,
we thank you Lord.**

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Hope does not disappoint us, because God has poured out his love
into our hearts by the Holy Spirit, whom he has given us.

Romans 5:5 (NRSV)

Tuesday: Prayer

Fast from problems that overwhelm;
feast on prayer that undergirds.
W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

**With faith and hope
we bring our prayers to God;
we draw near to him with joy.**

Let us be swift to approach our Lord.
His ear is open to our prayers.
His mercy draws us close;
his grace is all we need.

May we cherish these times:
precious moments with God
to pour out our hearts
and listen for his reply.

**With joy and praise
we bring our prayers to God;
we draw near to him with faith.
Amen**

The Lord is close to everyone who prays to him,
to all who truly pray to him.
Psalm 145:18 (NCV)

Wednesday: Truth

Fast from personal anxiety;
feast on eternal truth.

W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

When we are troubled by life's concerns
we seek the Lord for answers;
to deliver us from our fears.

As we taste and see that the Lord is good
we are blessed by his protection
and provision for our needs.

As we gaze upon our Saviour
and embrace the truth of his eternal love,
may our lives reflect the glory of Christ.

**For earth and sky will pass away
but the word of God endures forever.**

Amen

Based on Psalm 34

His lovingkindness is great toward us,
and the truth of the Lord is everlasting.

Praise the Lord!

Psalm 117:2 (NASB 1995)

Thursday: Forgiveness

Fast from bitterness;
feast on forgiveness.

W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

*Jesus said, Father, forgive them,
for they do not know what they are doing.
Luke 23:34*

Loving Saviour,
your words to me of total forgiveness
stop my appetite for bitterness
over others' hurtful words and deeds,
and drive me to prayer.

The glory of your compassion
overshadows my craving for justice
and drives me to worship.

**Loving Saviour
forgive me when I deny others
that which you freely bestow.
How can I not forgive
when I have received such mercy?
Amen**

Be kind and compassionate to one another,
forgiving each other, just as in Christ God forgave you.
Ephesians 4:32

Friday: Gratitude

Fast from discontent;
feast on gratitude.
W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

Give thanks to the Lord, for he is good!
His love is everlasting
and extends to all creation.

**Give thanks to the Lord, for he is good!
Bringing wholeness,
and peace beyond understanding.**

Give thanks to the Lord, for he is good!
His arms open wide
welcoming home the prodigals.

**Give thanks to the Lord, for he is good!
His promises are sure
His kingdom shall last forever.
Give thanks to the Lord, for he is good!**
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Let the peace of Christ rule in your hearts,
since as members of one body you were called to peace.
And be thankful.
Colossians 3:15

Saturday: Promises

Fast from thoughts that weaken;
feast on promises that inspire.
W.A. Ward, 1921-1994

**In this season of Lent
we fast from all which harms our soul
and gladly feast on the blessings of God.**

Gracious God, we praise you for your promises:
for your steadfast love which is ever new
yet unchanging through the ages.

When we founder in our weakness,
your steadfast promises inspire us
as a rock upon which we depend.

You keep your unfailing word
to a thousand generations.
Your mercies never cease.

**How gracious is our God!
We feast on your promises
with thankful hearts.**

I know the plans I have for you, promises the Lord,
plans to prosper you and not to harm you,
plans to give you hope and a future.
Jeremiah 29:11

Wave of Prayer for Mothers' Union

Lord, we pray for Mothers' Union worldwide.

- 1 Mothers' Union worldwide**
- 2 – 4** Yei in South Sudan; Luweero in Uganda; On the Lake in Nigeria; Grafton in Australia; Armagh in All Ireland and South Kerala in India
- 5 – 7** Bujumbura in Burundi; Maseno South in Kenya; Ihiala in Nigeria; Cameroon; Calgary in Canada and Ysabel in Solomon Islands
- 8 Mothers' Union worldwide**
- 9 – 11** Awerial in South Sudan; Mityana in Uganda; Uyo & Ajayi Crowther in Nigeria; Rupert's Land in Canada and Patna in India
- 12 – 14** Port Elizabeth in South Africa; West Ankole in Uganda; Nomadic Mission & Ekiti-Kwara in Nigeria; Worcester in England and the Episcopal Church of the Philippines
- 15 Mothers' Union worldwide**
- 16 – 18** Kajo-Keji in South Sudan; Tarime in Tanzania; Dutse & Akoko-Edo in Nigeria and Canterbury in England
- 19 – 21** Antsiranana in Madagascar; Busoga in Uganda; Yola & Oke-Ogun in Nigeria; Algoma in Canada and Jabalpur in India
- 22 Mothers' Union worldwide**
- 23 – 25** Rokon in South Sudan; Kampala in Uganda; Kaduna in Nigeria; Koforidua in Ghana; Brisbane in Australia and Peru
- 26 – 28** Central Zambia in Zambia; Southern Highlands in Tanzania; Ogbaru & Badagry in Nigeria; Bermuda and Chandigarh in India
- 29 Mothers' Union worldwide**
- 30 – 31** Toamasina in Madagascar; Mukono in Uganda; Ikwerre & Ife East in Nigeria; Down & Dromore in All Ireland and Delhi in India

Final Blessing

**As we feast on the blessings of God
may we grow in the grace and knowledge of Christ.
To him be glory both now and for ever!
Amen**