

# Pudsey Parish Church

## Lent resources 2021

Please find in this pack some resources to help you engage with God this Lent – please use whatever works for you, picking and choosing what fits you and stretches you best.

Don't forget if you're online we have a service (available through our church website) for Ash Wednesday as well as each Sunday during Lent.

We are recommending the Diocesan Lent Course on the Rhythm of Life which you can find at [leeds.anglican.org](http://leeds.anglican.org) – it runs twice a week during Lent and booking in is essential.

### Lent Bible Study Dwelling in the Word

The Gospel of Mark is the shortest Gospel of the four and has just fifteen chapters. The reading calendar on the next page breaks up the Gospel for reading over the 40 days of Lent and offers an opportunity really walk the whole of Christ's journey, with the disciples, towards the Passion. Colour in each passage as you work your way through.

Read it, simply as you would read any other book, but as you read it each day, you might ask yourself these questions to help reflect on the passage. Who do I most resonate with in this passage? Why? Can I imagine the scene, sight, smell, touch, sound. What do I know that the disciples don't yet know? What troubles me and what consoles me? What is God up to here?!

Date	Passage	Date	Passage
Ash Wed 17/2	Mark 1.1-13	Thu 11th Mar	Mark 9.1-29
Thu 18th Feb	Mark 1.14-28	Fri 12th Mar	Mark 9.30-42
Fri 19th Feb	Mark 1.29-end	Mon 15th Mar	Mk 9. 43-10.12
Mon 22nd Feb	Mark 2. 1-22	Tue 16th Mar	Mark 10.13-34
Tues 23rd Feb	Mark 2.23 -3.6	Wed 17th Mar	Mk 10.35- end
Wed 24th Feb	Mark 3. 7-35	Thu 18th Mar	Mark 11.1-19
Thu 25th Feb	Mark 4. 1-25	Fri 19th Mar	Mk 11.20-end
Fri 26th Feb	Mark 4.26-end	Mon 22nd Mar	Mark 12 whole
Mon 1st Mar	Mark 5 whole	Tues 23rd Mar	Mark 13.1-31
Tue 2nd Mar	Mark 6.1-13	Wed 24th Mar	Mk13.32-14.11
Wed 3rd Mar	Mark 6.14-44	Thu 25th Mar	Mark 14.12-25
Thu 4th Mar	Mark 6.45-end	Fri 26th Mar	Mark 14.26-42
Fri 5th Mar	Mark 7. 1-24	Mon 29th Mar	Mk 14.43-end
Mon 8th Mar	Mark 24-end	Tues 30th Mar	Mark 15.1-32
Tue 9th Mar	Mark 8. 1-21	Wed 31st Mar	Mk 15.33-end
Wed 10th Mar	Mark 8.22-end	<b>WELL DONE!</b>	

## **Ash Wednesday**

### **A short service at home for personal use**

*Light a candle and clear a space to enter into prayer.*

*We spend a moment in silence before saying the following*

In the name of the Father and of the Son and of the Holy Spirit Amen

*A brief period of silence is kept before  
The Collect, is prayed*

Holy God, our lives are laid open before you:  
rescue us from the chaos of sin  
and through the death of your Son  
bring us healing and make us whole in Jesus Christ our Lord.

**Amen**

*We keep a period of silent reflection on our sins,  
calling to mind those things that we have not got right in our lives.*

Make our hearts clean, O God; and renew a right spirit within us.  
Father eternal,  
giver of light and grace,  
we have sinned against you and against our neighbour,  
in what we have thought, in what we have said and done,  
through ignorance, through weakness, through our own deliberate fault.  
We have wounded your love,  
and marred your image in us.  
We are sorry and ashamed, and repent of all our sins.  
For the sake of your Son Jesus Christ, who died for us,  
forgive us all that is past;  
and lead us out from darkness to walk as children of light.  
Amen.

*Using a little ash or dirt with your finger, symbolically make the sign of the cross upon your own forehead,  
saying;*

Remember that you are dust, and to dust you shall return.  
Turn away from sin and be faithful to Christ.

*Spend a moment of quiet with this.*

*We end with*

May the Lord enrich us with his grace,  
and nourish us with his blessing;  
the Lord defend us in trouble and keep us from all evil;  
the Lord accept our prayers, and absolve us from our offences,  
for the sake of Jesus Christ, our Saviour. Amen.

## Poetry and Prayers for Lent

### Christ Has No Body ~ *St Teresa of Avila*

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but yours.



### The Revival ~ *Henry Vaughan*

Unfold! Unfold! Take in His light,  
Who makes thy cares more short than night.  
The joys which with His day-star rise  
He deals to all but drowsy eyes;  
And, what the men of this world miss  
Some drops and dews of future bliss.  
Hark! How His winds have chang'd their note!  
And with warm whispers call thee out;  
The frosts are past, the storms are gone,  
And backward life at last comes on.  
The lofty groves in express joys  
Reply unto the turtle's voice;  
And here in dust and dirt, O here!  
The lilies of His love appear!