

# Worthing Deanery Prayer

The theme of this week 27<sup>th</sup> February 2017.



## Reflection

This Wednesday, the 1<sup>st</sup> March is **Ash Wednesday** and we will all have the opportunity to receive ashes on our foreheads as a sign that we wish to turn away from sin, seek forgiveness and mercy for our mistakes and turn back to God. Lent is a period of 40 days which Christians spend in preparation for the celebration of Easter. According to the Gospels of Mathew, Mark and Luke, Jesus went into the desert for 40 days after he was baptized by John in the River Jordan. He went there to fast, pray and prepare for his three year ministry of spreading the Gospel message of **LOVE**. **Ash Wednesday** is the start of our Lenten journey. We are marked on the forehead with the sign of the cross of Jesus. The ashes used to mark us symbolize and remind us that we will one day turn to ash and Lent is a time for us to focus on our Christian duty **to fast, pray and give money(time)** to charity. We are asked to have a change of heart and to turn away from sin and wrong choices and to be faithful to the Gospel. In our **Deanery schools** this Lent let us try to go out of our way in **helping others in small kindnesses or even in spending more time with those we do not see very often.**

## Prayer

For the times we are too keen to show we are better than others; for the times we are too busy to care; for the times we are too tired to bother; for the times we don't really listen; for the times we are too quick to act from motives other than love - we ask for your mercy and forgiveness. We ask this through Christ our Lord. Amen.

## From the bible

**“Repent and believe in the Gospel.”**