



Keeping a Holy
Lent #3
Prayer



Recap

- Fasting—something good, something noticeable, something that will pinch.
- Almsgiving—a specific form of fasting targeting wealth.

Prayer

- A third traditional Lenten observance.
- Freeing time.



What is Prayer?

A wooden cross is centered in the image. At the top of the vertical post is a crown of thorns. A piece of purple fabric is draped over the horizontal bar of the cross, with the ends hanging down. The background is a clear blue sky with some light clouds.

- Prayer is not. . . .
- A shopping list or monologue
- Sending vibes to the universe

What is Almsgiving?

A wooden cross is centered in the image. At the top of the vertical post is a crown of thorns. A piece of purple fabric is draped over the horizontal arm of the cross, with the fabric hanging down on both sides. The background is a clear blue sky with some light, wispy clouds.

- Almsgiving is . . .
- A focused, intentional conversation with God.



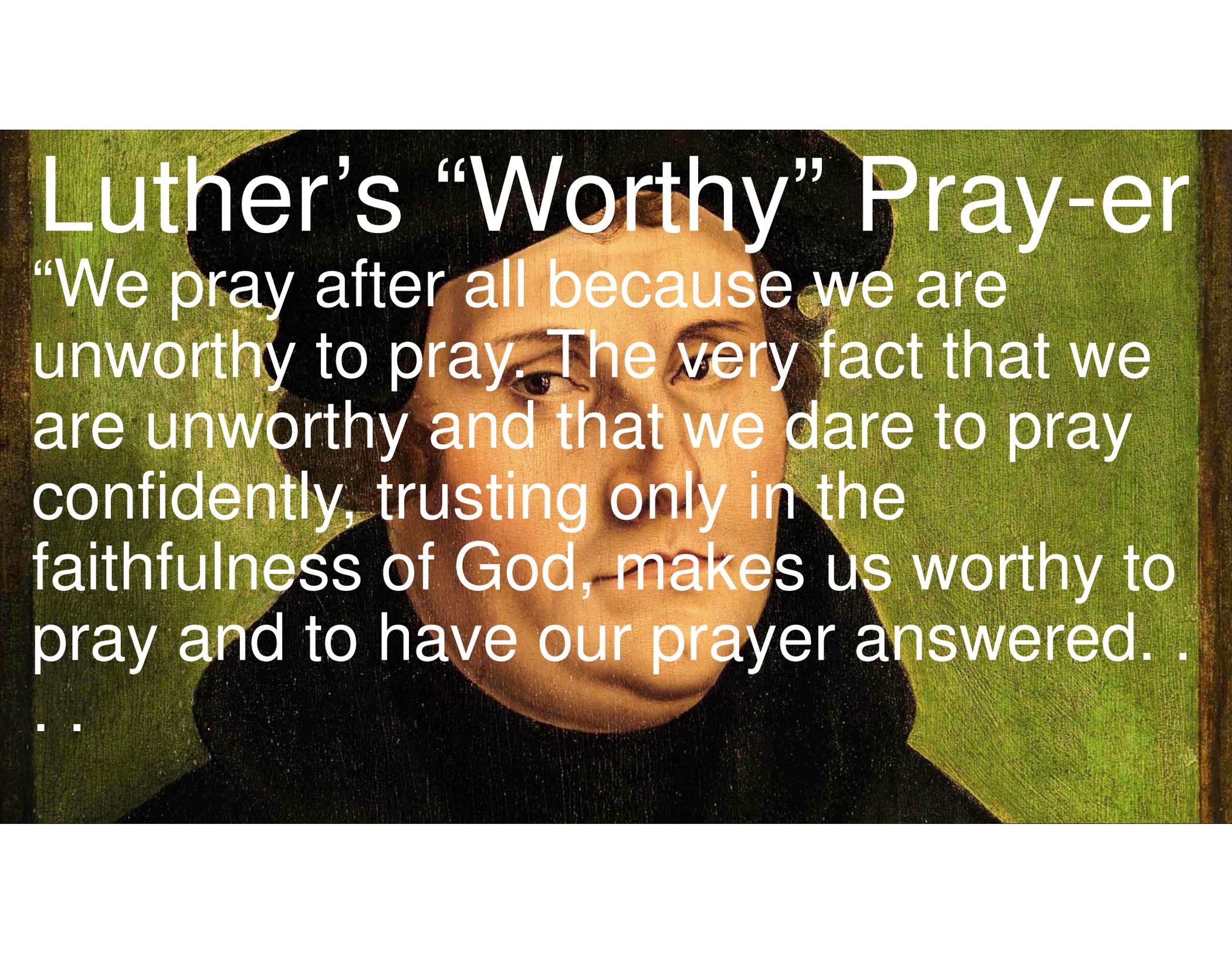
What is the Point?

- Fasting and Almsgiving are about emptying.
- Prayer is about filling.

What is the Point?

A wooden cross is centered in the image. At the top of the vertical beam is a crown of thorns. A piece of purple fabric is draped over the horizontal beam, with two large, flowing loops hanging down from the center. The background is a clear blue sky with some light, wispy clouds.

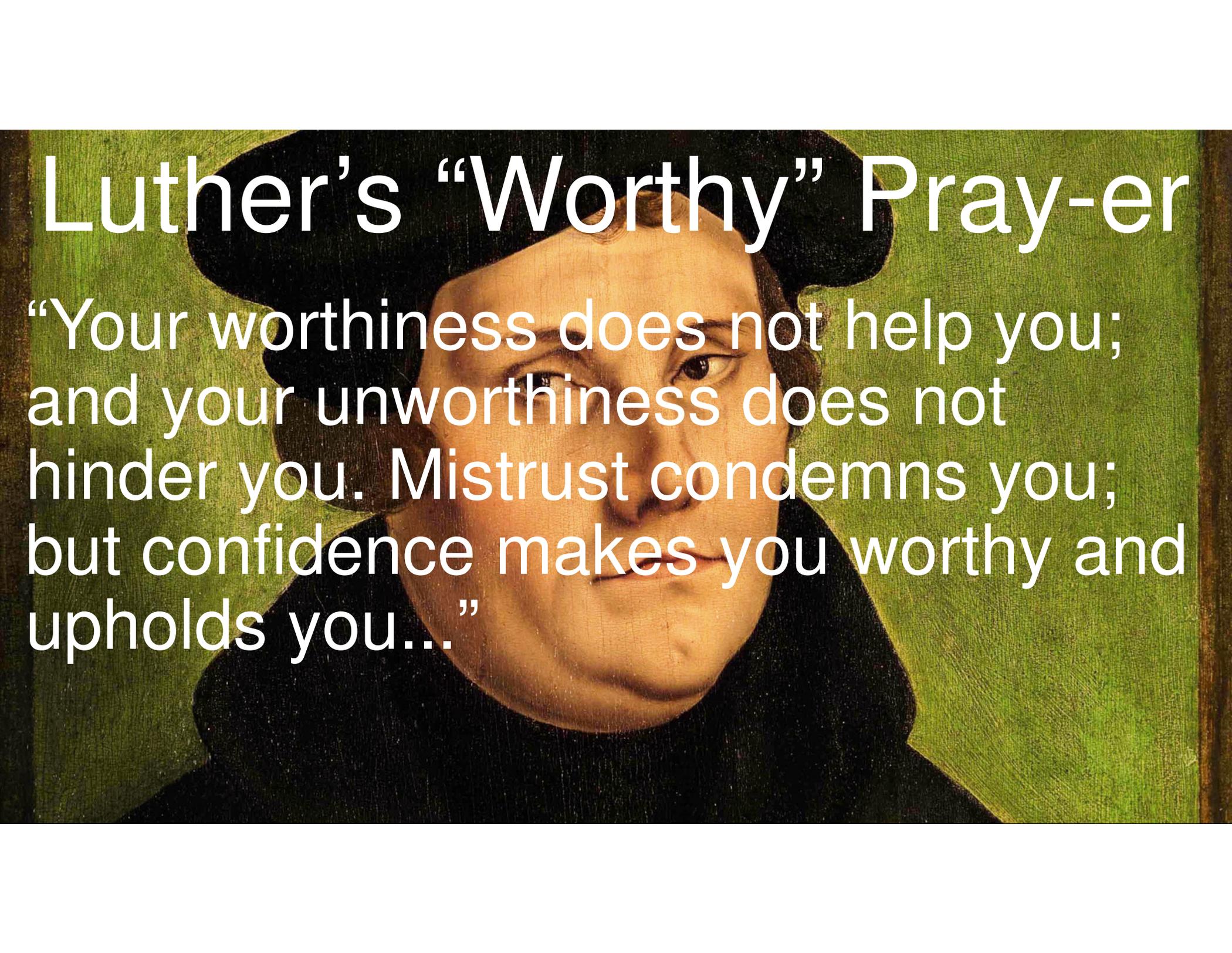
- Detaching and (Re-)Attaching
- Friendship with God

A portrait of Martin Luther, a German theologian, shown from the chest up. He is wearing a black cap and a black garment. The background is a textured green. The text is overlaid on the image in white.

Luther's "Worthy" Prayer

"We pray after all because we are unworthy to pray. The very fact that we are unworthy and that we dare to pray confidently, trusting only in the faithfulness of God, makes us worthy to pray and to have our prayer answered. .

. .

A portrait of Martin Luther, a German theologian, philosopher, and reformer. He is depicted from the chest up, wearing a black cap and a dark, high-collared garment. The background is a textured green. The text is overlaid on the image in white.

Luther's "Worthy" Prayer

"Your worthiness does not help you;
and your unworthiness does not
hinder you. Mistrust condemns you;
but confidence makes you worthy and
upholds you..."

How to Pray

A wooden cross is centered in the image. At the top of the vertical post is a crown of thorns. A purple cloth is draped over the horizontal bar of the cross, with the ends hanging down. The background is a bright blue sky with light, wispy white clouds.

- Pray formally in the community of faith.
- Pray formally as *families*.
- Pray informally in secret.

How to Pray



- Pray God's own words.
- Pray the words of the saints.
- Pray your own words!
- In all of this, LISTEN.