



THIRD WEEK IN LENT: EXTEMPORANEOUS & MEMORIZED PRAYER

Extemporaneous Prayer

It is almost cliché to say it, but prayer is just talking, just a conversation. What do you talk to other people about? What parts of those conversations might you want to bring to God? This week try to talk to God throughout the day. If you keep forgetting, set an alarm, see what happens!

Memorized Prayer

Another way to describe memorization is learning "by heart." Imagine keeping something that close to you, inside you even! Memorizing a prayer makes it portable, makes it accessible even in the worst, or best, of times.

Here are three prayers many Christians have found worthwhile to memorize:

The Serenity Prayer: *"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Amen."*

The Prayer attributed to Francis of Assisi: *"Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen."*

Psalms 23: *"The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever."*