

Lord, may this Lent calm us into prayer.

As you took refuge in the mountains of Galilee, remind us that all prayer is a walk with you, leading us into the depths of our souls.

In that prayer we embrace our fears, and you transform them with the staff of your courage.

Pause us to offer thanks for all our life experiences, even the failures which have saved us from arrogance and pride.

Filter out the noise of our lives, that we may listen, and our soul may hear, the whispers of Your Holy Spirit.

Being together with you and one another in prayer will break through the layers that have hardened our souls.

As we dangle our soul's feet into the pool of your mercy, we shall see the reflection of Your Holy Word, "If your sins be as scarlet, they shall become white as snow."

May our prayers move us into the embrace of Easter with a renewed faith, joy, hope, and love of life in You, Christ our Lord.

Amen.

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