

# **P.R.A.Y.**

## **FOR COP 26**

### **WEEK ONE // INTRODUCTION**

#### **INTRO**

This lent, the Caring for Creation group are offering a number of opportunities for prayer, reflection, learning and action on themes which will include the impact that climate change and biodiversity loss are already having in the world; what we can do to lighten our footsteps, and reduce our personal carbon footprint; engaging parishes/local churches with these issues; and taking action with others to build a better world. This first week of lent is an introduction to this theme, why it is important for us as Christians to engage with these issues.

This week's resource includes daily readings to help you enter into this theme for lent, and some practical actions you might like to take this week. Take as much or as little time as you need each day as you enter into this journey of lent.

*On this journey of faith,  
far we have come and far we must go.*

#### **SUGGESTED ACTIONS FOR THE WEEK**

1. Choose a way to show penance for your past excessive carbon expenditure, e.g., donating to an environmental charity, writing to your MP, choosing a carbon offsetting scheme, signing a petition or pledge.
2. Spend 30 mins outside caring for creation and life.

Whichever action you choose - whether one, both, or your own idea - keep it in mind as you work through the daily P.R.A.Y. reflections.

## **P.R.A.Y.**

We are adopting the 'P.R.A.Y' framework from 24-7 Prayer's #lectio365 app to help us pray for COP26: **Pause, Read, Ask, Yield.**

### **MONDAY: RELISH**

#### // PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

#### // READ

Read Mark 1:15 and take a moment to reflect:

*The time has come," he said. "The Kingdom of God has come near. Repent and believe the good news!*

#### // ASK

Before we set out on this journey of lent, take a moment to notice how you are beginning this journey.

In this moment, what are you most grateful for?

In this moment, what are you least grateful for?

Take a moment to talk about these things with God.

#### // YIELD

God our guide, as our eyes strain to see the road ahead,  
help us to notice your love in the here and now,  
and orientate us towards care:  
for others, for ourselves, for your creation.

On the journey of faith,  
far we have come, far we must go.  
Amen.

## TUESDAY: REQUEST

// PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

// READ

Read Psalms 5:3 and take a moment to reflect:

*In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.*

// ASK

What are you expecting from God over lent? What are your requests?

Lay your requests before God, and wait.

// YIELD

Loving God, open our hearts and minds to hear your voice,  
Even in the wilderness of discomfort.  
We want to follow you, but it's hard to leave what we know;  
Help us to trust you, and to set out boldly.

On the journey of faith,  
far we have come, far we must go.  
Amen.

## WEDNESDAY: REJOICE

// PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

// READ

Read Psalm 96:11-12 and take a moment to reflect:

*Let the heavens rejoice, let the earth be glad;  
Let the sea resound, and all that is in it.  
Let the fields be jubilant, and everything in them;  
Let all the trees of the forest sing for joy.*

// ASK

The senses see the forms of life; the soul sees God in everything. To work and pray for the restoration of the earth is also to recognise our interconnectedness with God and creation. Spend some time asking God to renew your sense of wonder at the world that we have been charged with the care of.

You may like to use this breath prayer you help you pray:

As you breathe in, say: *All of creation is a song of praise to God;*  
As you breathe out: *I am part of that creation.*

// YIELD [1 MIN]

God of creation, thank you for the life that fills our earth:  
from that which scurries and burrows deep in the ground  
to the grand and sublime.  
Let the work of climate justice  
be a song of praise to you.

On this journey of faith,  
far we have come and far we must go.  
Amen.

## THURSDAY: REPENT

// PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

// READ

Read Mark 1:15 and take a moment to reflect:

*The time has come," he said. "The Kingdom of God has come near. Repent and believe the good news!*

// ASK [2 MINS]

Repent! Stop! Change your ways! Do something differently! When we forget to care about the world, we can diminish creation but life is resilient and awaits our food. Ask God to challenge and sustain you as you make changes and are changed over and beyond.

You may like to pray: *Father, forgive.*

// YIELD [1 MIN]

Creator God, forgive us our wastefulness and greed,  
and make us bold as we begin the work of both action and prayer  
against the forces that threaten the life of your beautiful creation.

On this journey of faith,  
far we have come, and far we must go.  
Amen.

## FRIDAY: REVIEW

// PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

// READ

Read John 15:4 and take a moment to reflect:

*My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry.*

// ASK [2 MINS]

Think back over the first lent session last night. What stuck out to you? Were you surprised? Concerned? Concoled? Talk with God about these things. And listen!

// YIELD [1 MIN]

Lord our God, who formed beauty from the unseen,  
let us make space to listen and join the groans of creation.  
Help us to respond  
in righteousness and truth.

On this journey of faith,  
far we have come, and far we must go.  
Amen.

## SATURDAY: RESOLVE

// PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

// READ

Read John 15:4 and take a moment to reflect:

*Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.*

// ASK

Look through the list of suggested actions and responses for this week. Resolve to take on one, or more, action. Ask for God's help as you do this.

// YIELD

God, forgive us when our roots are so shallow,  
and our hearts so restless that we miss opportunities to bear fruit.  
Enable us to find our home in you  
and look after the home that you have given us.

On this journey of faith,  
far we have come, and far we must go.  
Amen.

## SUNDAY: RESPOND

// PAUSE

Light a candle. Read this prayer and hold a moment of silence:

*As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.*

// READ

Read James 1:25 and take a moment to reflect:

*Whoever looks intently into the perfect law that gives freedom, and continues in it – not forgetting what they have heard, but doing it – they will be blessed in what they do.*

// ASK

As this week ends, you may like to write down in a journal, respond creatively or simply think about one word or phrase that has stuck with you from your lent reflections this week. What will you be taking with you into the rest of your lent journey as you respond to what you have heard.

// YIELD

Almighty God, you saw everything that you made and called it “good”.  
We celebrate the good gift of your creation  
and lament with its suffering.  
Shake all that deadens our love,  
and give us faith in your Kingdom’s growth.

On this journey of faith,  
far we have come, and far we must go.  
Amen.