

Bishop Tricia's prayer for the beginning of Lent in six daily meditation sections

Holy and Merciful God,

As we step toward this Lenten journey,
we do not pretend we are stronger than we are.
You have met your people in deserts before.
Meet us there too.

(Holy and Merciful God,)

Strip away what is false in us
not to shame us, but to free us.
Quiet the noise that keeps us distracted
from the steady pulse of your love.

(Holy and Merciful God,)

Teach us to hunger for what truly nourishes.
Teach us to release what weighs us down.
Teach us to trust that repentance is not punishment but return.

(Holy and Merciful God,)

Knit us together in courage and compassion.
Let this season be honest.
Let it be gentle.
Let it be transformative.

(Holy and Merciful God,)

(And) when Easter light breaks in,
may we recognize it because we have learned how to wait in the dark.

(Holy and Merciful God,)

In the name of Christ,
who walked the wilderness before us
and walks it still with us.

Amen.