



Book of Faith Lenten Journey: 40 Days with the Lord's Prayer

These worship helps are for congregations shaping their Lenten Wednesday worship services around the Lenten Resource—*Book of Faith Lenten Journey: 40 Days with the Lord's Prayer*. This resource focuses on one petition of the Lord's Prayer for each of the seven weeks in Lent. In these Worship Helps you will find bullet points highlighting each week's key themes from *Book of Faith Lenten Journey*, a Prayer of the Day, scripture readings, hymn suggestions, and several ideas and images to build the worship experience around. Worship planners are encouraged to pick and choose from these worship helps—and even to go beyond them—in planning Lenten worship that speaks to the context of your congregation. Each week in Lent, the worship planner should have read each of the six daily readings from *Book of Faith Lenten Journey* in order to plan worship and prepare a sermon that speaks to the experience of congregational members who are working through this resource as a personal or small group Lenten discipline.

The following types of material is available in each set of Worship Helps.

Introduction to the Day

Sets a thematic course for the day's worship that is aligned with the scripture readings and theme of the course session

Prayer of the Day and Prayer Prompts

A Prayer of the Day and creative prayer prompts connect to the day's theme

Scripture Readings

Support themes of the course sessions and help set the direction for the worship service. (1 Old Testament reading, 1 psalm, 1 epistle, 1 gospel reading)

Hymns for Worship

Nine hymn suggestions for each worship service

Ideas and Images for the Day

Compelling ideas from a wide variety of categories that support and interpret the day's theme in creative, engaging, and interactive ways



Worship Helps for the Fourth Wednesday in Lent

■ Introduction to the Day

To be used as a sermon starter and springboard into the worship service

The theme for the Third Wednesday in Lent is “Give us today our daily bread.” There is much for the preacher and worship planner to feast upon in the symbol of the “bread” for which we pray. On the one hand, “bread” is a metaphor for the material necessities of life. What are they? How do we distinguish necessities from wants? How do the words “*our* daily bread” temper greed and self-indulgence in the acquisition of “things”? Bread is also a metaphor for those things and concerns that draw our attention from God—“One does not live by bread alone, but by every word that comes from the mouth of God” (Matthew 4:4). And, daily bread has become a powerful sacramental metaphor pointing to the spiritual nourishment that comes from the bread of Christ’s presence in Holy Communion. The preacher might focus on:

- “Daily bread” as a metaphor for the material necessities of life, and our reliance upon God’s providential grace for “daily bread.”
- How the word “our” in “our daily bread” is a call for human solidarity and justice in the distribution of “bread.”
- How we can make too much of “bread” and fail to see that we cannot live by “bread” alone.
- Jesus as the “bread of life,” and our true hunger as a hunger for God that Jesus satisfies.
- How in this prayer we pray both for ordinary bread to strengthen our bodies and for the bread of Christ’s presence to sustain our spirits.

■ Prayer of the Day

Use this prayer as the Prayer of the Day.

Compassionate God, we come to you with our hands outstretched seeking daily bread to sustain our bodies and nourish our spirits. We give you thanks for your great generosity in providing all that is necessary to sustain all life, and we pray that we would mirror your generosity in seeing to it that your gift of daily bread is shared with all, through Jesus Christ, the bread of life. Amen.

Use these prayer prompts during the Prayers of Intercession portion of the worship service.

- For those whose obsession with “bread” deafens them to God’s word, that their ears might be opened to hear the promises and demands of God.
- For those who do not have enough to eat, that we who have more than enough might share with them.



- For the poor, for the homeless—especially children—for the unemployed, for those sick without healthcare, for those whose hope has turned to hopelessness, that your people might raise their voices in a chorus of complaint and work to turn their hopelessness back to hope.
- For those who grow the food we need, build the houses we live in, provide the medical care we need, protect our communities, teach our children, care for our seniors, work with the disabled, and labor to make life rich and meaningful for all, that they might discover you in their compassion and caring.

Scripture Readings

Use these readings and reading introductions as the day's lectionary texts.

DEUTERONOMY 30:11-20

God declares that God's people have been given a choice—the choice between life and death, between prosperity and adversity. To live out of God's word is the key to choosing life and prosperity. As Jesus said, we do not live by bread alone, but by every word that comes from the mouth of God. This word is not far away, it is in our mouths and hearts for us to observe.

PSALM 104:10-15

The psalmist reminds us that God has provided all that is necessary for a rich and meaningful life. In response to God's great generosity in sustaining life, awe, praise, and thanksgiving are appropriate responses.

2 CORINTHIANS 9:6-15

Paul reminds us that, for those who have, sharing with those who have not is both an act of gratitude to God and an act of faithfulness to the calling of God.

MATTHEW 4:1-4

When Jesus was hungry after days without food, he was tempted in the wilderness to turn stone into bread. While affirming the importance of “bread” for human life, he resisted the temptation by affirming the necessity of God's word for human life as well.

Hymns for Worship

Become familiar with the selections in your hymnal's Word section. Consider having your congregation learn a new hymn or song celebrating the gift of the Bible that can be sung each week during the time your congregation is engaged in the “Opening the Book of Faith” study. Consider trying a hymn or song that is different in style from what your congregation is most familiar with.

GATHERING

All Are Welcome ELW 641
All Who Hunger, Gather Gladly ELW 461
Father Eternal, Ruler of Creation LBW 413

HYMN OF THE DAY

You Satisfy the Hungry Heart ELW 484, WOV 711
Break Now the Bread of Life ELW 515, LBW 235



OFFERING

Let the Vineyards Be Fruitful ELW 181-184

Accept, O Lord, the Gifts We Bring ELW 691, WOV 759 (only verses 1 & 3 if no Communion)

SENDING

Almighty God, Your Word Is Cast ELW 516, LBW 234

For the Fruit of All Creation ELW 679, LBW 563, WOV 760

Ideas and Images for the Day

Use one or more of these ideas to interpret the day's theme in creative, engaging, interactive, and surprising ways during worship.

PARAPHRASE OF THE LORD'S PRAYER BY ST. FRANCIS OF ASSISI

GIVE US THIS DAY OUR DAILY BREAD,

your beloved Son, our Lord Jesus Christ,

so that we may remember and appreciate

how much He loved us,

and everything he said and did and suffered.

A way of symbolizing God's providential care through ordinary things during the worship service:

As a way of illustrating the reading of Psalm 104, before the psalm is read, place a small table in the chancel area in front of the altar where it is clearly visible. Have three people approach the table, one carrying a cruet of oil, one carrying a carafe of wine, and one carrying a loaf of un-sliced bread. Have them arrange these items on the table, and you will have a visible symbol of God's providential care in the provision of ordinary things for the remainder of the service, a symbol which could be worked into the sermon on "daily bread."

ESSAY

An essay from *Word and World* by Karl Jacobson, "A Word in Season: Preaching the Lord's Prayer":

http://www.luthersem.edu/word%26world/Archives/22-1_Lord's_Prayer/22-1_Jacobson.pdf

ARTWORK IF YOU USE A PROJECTION SCREEN

[A contemporary depiction of the temptation to turn stone into bread.](#) A good illustration for a sermon on the temptation of "bread" in the "wilderness" of contemporary culture.

[William Blake's presentation of the temptation to turn stone into bread.](#) The tempter is an "ordinary" man.

[Painting of a woman making bread.](#)

VIDEO

A YouTube slide show with the The Lord's Prayer sung by Sister Janet Mead—a contemporary version:

<http://www.youtube.com/watch?v=gGpnkPjudM>

A YouTube video of a praise rendition of the Lord's Prayer by Fred Hammond—Lyrics scroll on the screen for a congregational sing-along: <http://www.youtube.com/watch?v=tS6mzI5OvuQ&feature=related>

