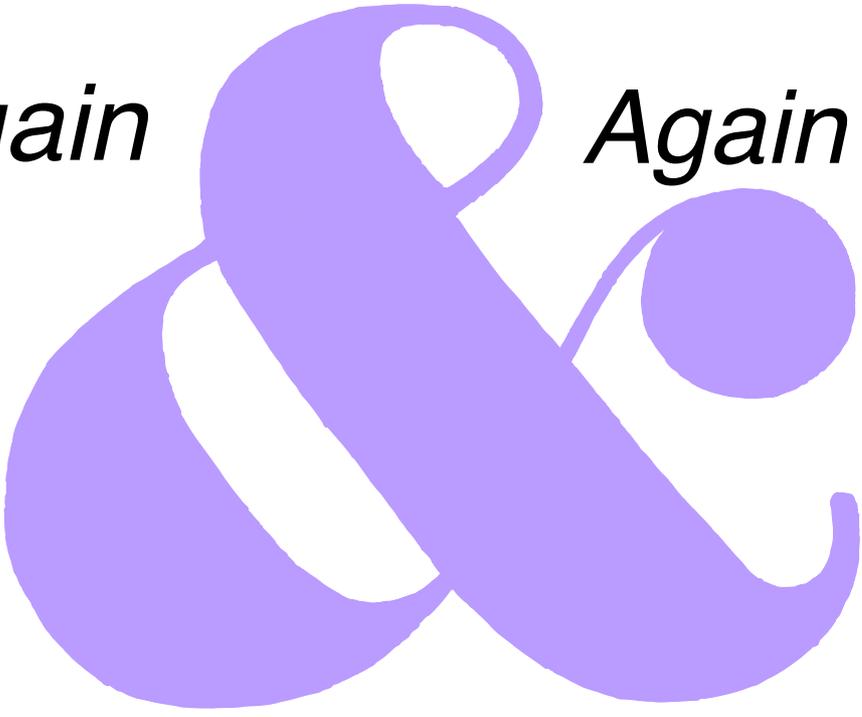


*Again*  *Again*

## *Again and Again: A Lenten Refrain*

At EPC, one of our Lenten traditions is to write prayers on slips of purple paper and nail them to an old wooden cross in the sanctuary during the Ash Wednesday evening service. Since we are unable to gather in-person due to the pandemic, we've come up with an alternative for this sacred practice that we believe will be meaningful to you and your family.

This year, we invite you to create prayers using whatever you have around your home—8 x 11 paper, construction paper, strips of cardboard, napkins, paper towels, ribbons. We've included a few blank strips to get you started. The theme for the 2021 Season of Lent is "Again & Again: A Lenten Refrain," so we encourage you to offer as many prayers as you need, returning to your "prayer wall" as often as possible. Consider one of the types of prayers below that you need at this moment—or offer a prayer of each kind.

On your prayer strip, draw an ampersand, "&"—which is a symbol for "again & again" theme—and write a word or phrase to represent your prayer to God. Then place your prayers on your wall or bulletin board, refrigerator, mirror, door,—wherever you can see them and be reminded of God's presence.

Again and again, God hears your prayers. God hears your cries. God knows you and sees you fully. Thanks be to God.

### ***Types of Prayers***

Prayers of Supplication: earnest petitions to God for healing, peace, wholeness, or hope.

Prayers of Thanksgiving: express gratitude and joy.

Prayers of Lament: offer our grief, weariness, and despair to God—openly and honestly.

Prayers of Confession: name our parts in brokenness and sin.

Prayers of Intercession: express our prayers for the needs of others.

Prayers of Adoration: display our deep reverence for all that is holy.

