

## OTHER LENTEN RESOURCES

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- ◆ *Sensing the Passion: Reflections During Lent*, by Kevin Scully
- ◆ *The Rising: Living the Mysteries of Lent, Easter, and Pentecost*, by Wendy M. Wright
- ◆ *Passion for Pilgrimage: Notes for the Journey Home, Meditations on the Easter Mystery*, by Alan Jones
- ◆ *The Easter Mysteries*, by Beatrice Bruteau
- ◆ *Wondrous Encounters: Scripture for Lent*, by Richard Rohr

*I came that they may have life,  
and have it abundantly.*

*John 10:10*

*When you call me, and come  
pray to me, I will listen to you.*

*Jeremiah 29:12*

*Return to the Lord, your God, for  
he is gracious and merciful,  
slow to anger, and abounding  
in steadfast love, and relents  
from punishing.*

*Joel 2:13*

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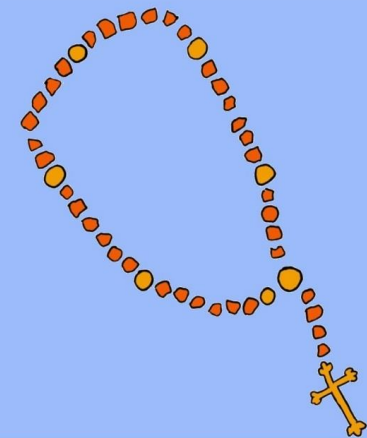
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Grounding Spirit's mission is to offer inspiration and support for the prayer and contemplative lives of Christians, especially Lutherans and other Protestants. Our prayer beads and educational materials are inspired by our direct experience, created with sincere love, and offered in gratitude for our many teachers—past, present, and future.

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# Lutheran Lenten Rosary



INTRODUCTION AND PRACTICE GUIDANCE

**T**he Lenten rosary practice was first published by the Evangelical Lutheran Church in America, but there is no “correct” way to pray the beads. Unlike the Catholic rosary, the Lutheran Lenten rosary is a modern creation. It welcomes your creativity and intuitive engagement! Use this guide as a place to begin your relationship with the rosary, allowing it to support your contemplation and your faith journey.

The practice proceeds from the cross to the three small beads, then to the small bead in the circle. This is the Ash Wednesday bead, followed by three small beads for the first Thursday, Friday, and Saturday in Lent. The first large bead represents the first Sunday. From there, each small bead stands for one of the 40 days of Lent. Sundays (“Little Easters”) are marked by the larger beads. The circle closes with a large bead just above the junction. This is the Easter bead.

Taking a bead between your fingers, hold it lightly. Take a moment to breathe, then say the prayer for that bead aloud or to yourself. You may wish to work day-by-day through the beads, marking the passing of Lent. Alternatively, you may choose to pray the entire rosary every day.

May the rosary nourish you and help you make space for prayer, contemplation, and reflection during this holy season. ✞

## **SUGGESTED PRACTICE FOR USING THE LUTHERAN LENTEN ROSARY**

**CROSS** In the name of the Father, Son, and Holy Spirit. Amen.

**FIRST BEAD** Apostle's Creed

**SECOND BEAD** Lord's Prayer

**THIRD BEAD** Luther's Daily Prayer

### **ASH WEDNESDAY**

Pray for forgiveness and renewal of your heart during this season.

### **DAILY PRAYERS**

For each of the next 36 days of Lent (until Maundy Thursday), use any of the petitionary prayers that express your heart's longing on that day:

- the church universal, its ministry, and the mission of the gospel.
- well-being of creation
- peace and justice in the world, the nations and those in authority, the community
- the poor, oppressed, sick, bereaved, lonely
- all who suffer in body, mind, or spirit
- the congregation, for local and specific concerns
- the faithful departed

### **FIRST SUNDAY**

Give thanks for God's guidance through the wilderness of this world.

### **SECOND SUNDAY**

Give thanks for the gift of faith for one's self and others.

### **THIRD SUNDAY**

Give thanks for the Word of God as printed and proclaimed.

### **FOURTH SUNDAY**

Give thanks for God's healing and forgiveness.

### **FIFTH SUNDAY**

Give thanks for God's love and for all who are able to share that love.

### **SUNDAY OF THE PASSION**

Give thanks for God's greatest gift: the life, death, and resurrection of his Son, Jesus Christ our Lord.

### **MAUNDY THURSDAY**

Pray for the ability to follow Christ's command to love others as He loved us.

### **GOOD FRIDAY**

Pray for the ability to forgive those who crucify others in small ways or large.

### **HOLY SATURDAY**

Pray for the help of God, that we may have good intentions and be able to carry them out.

### **THE RESURRECTION**

Rejoice in the fulfillment of the New Covenant as Christ rose from the dead, and commit to new life in his service. ✞