Dear Lord, in this Lenten season we come to you in prayer. You know the deepest prayers of our hearts before we frame them in words. Yet when we force ourselves to find the right phrases to tell you of our need, we realize how much we depend on you. Walk with us so that our lives become a prayer. In Christ's name we pray. Amen.

You have given so much to us, God.
Help us to have the courage and strength we need to give ourselves to you.
Help us to kick out of our lives bad attitudes poor habits selfish ways all the things that separate us from you.
Help us to understand that we do our own thing best when we line up our lives first with you in prayer.
Guide us. Direct us. Show us your way.
Amen.

Make me to know your ways, O Lord;
Teach me your paths.

Psalm 25:4