Lent is a time for quiet, for slowing down and reflecting on what matters most in our lives. In the silence and the calm, we listen for the voice of God. We seek insight into God’s plans for us and express thanks for the gifts we have received.

We encourage you and your family to use this booklet as a guide through the season. Each day, excluding Sundays, suggests a different prayer you and your family can say and act out together. Choose a special time for prayer; before breakfast, at your evening meal, or before bed. Join together, light a candle, and be still. Use this as a moment of fellowship, reflection, and communing with the holy.

As Sundays are not included in the traditional “40 Days” of Lent, use these days as an opportunity to say favorite prayers of your own, or make up a new one!

Blessings for the season and may God be with you!
**Day 1**
**Ash Wednesday**

**Highs and Lows**

Close your eyes and take a deep breath, in and out.

Think of the best thing that happened to you this week. What was it and what made it special? Did you experience God in this moment? Feel free to say it out loud and give thanks to God.

Take a second deep breath.

Think of the worst thing that happened to you this week. What was it and why was it so bad? Where was God in this moment? Feel free to say it out loud and release it to God.

**Day 2**
**First Thursday Of Lent**

**Newspaper Prayer**

Find a newspaper in your home or on the Internet. Scan a few of the pages until you find a headline that speaks to you. Maybe it is a story about your neighborhood, a problem in the world, or a story similar to something you’ve experienced.

Pray for the people involved, that God will give them healing and comfort. Pray for the situation, that it will be resolved and God will bring peace. Ask for God’s guidance in how you can help bring peace to the world.
Day 3
FIRST FRIDAY OF LENT

Technology Prayer

Think of all the ways we use technology in our lives. From televisions to computers, from cars to airplanes, advancements in science have made our lives much easier and safer in many ways. But technology can often be a distraction from the people we love and physical activity that keeps us healthy.

Choose three different items of technology in your house. Have your family place their hands on it and say this prayer over each piece:

Creator God,
You’ve given us electronics and machines
    To make our lives easier and safer.
Help us to use them wisely and for the good of creation.
    We bless this technology now
For your glory and for a better world.
    Amen.

Day 4
FIRST SATURDAY OF LENT

Prayer for Teachers

Education is one of the most important areas of our lives. When we learn new things we become smarter, better people. Learning helps us solve problems in our lives and understand our world better.

One of the best ways to learn is by someone teaching us. You have a lot of teachers in your life. Your teachers at school are very important, and so are your parents, grandparents, family members, music teachers, coaches, church leaders, and community leaders.

Make a list of all the different people who teach you and think of some of the things you have learned from them recently. Then say this prayer:

God of learning,
Thank you for your gift of teachers,
The people who lead us toward knowledge and truth.
    Be with my teachers (speak aloud the list)
As they go about their days.
    Protect them and encourage them as the help me learn and grow.
    Amen.
**Day 5**  
**First Monday Of Lent**

**Hands Prayer**

Use your hands to say a prayer of thanks and praise to God!

**Thumb:** Thank God for your family members

**Index:** Thank God for God’s gifts in nature

**Middle:** Thank God for your health and body

**Ring:** Thank God for your favorite foods and drinks

**Pinky:** Thank God for your best friends

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**Day 6**  
**First Tuesday Of Lent**

**Wipe Out Prayer**

Are there things in your life that are just the worst? Maybe sickness, or sadness, or fear? Are there times when you wish those things would just go away?

One the great things about prayer is it lets us deal with our problems by giving them up to God. Sometimes it can be as easy as saying a prayer for us to see our problems get better.

Take a piece of paper or a marker board and write the words of some of the bad things in your life. Then say:

*God I give my problems up to you!*

And “wipe out” your problems with an eraser.

This doesn't mean that God will always take away your problems, especially not right away. But God will work to give you new ways of dealing with these problems, and the strength to overcome them!
**Day 7**  
**Second Wednesday of Lent**

**Lord’s Prayer**

The Lord’s Prayer is one of the first prayers we learn at First Church. We say it together as a way of praying to God as a community. Say this prayer aloud together, then talk about some of the phrases in it. What does “hallowed” mean? What does it mean to have “daily bread?” What are some “evils” God delivers us from?

Our God,  
Who art in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done, on earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our debts as we forgive our debtors,  
And lead us not into temptation but deliver us from evil,  
For thine is the kingdom, and the power, and the glory forever.  
Amen.

**Day 8**  
**Second Thursday of Lent**

**Transportation Prayer**

Getting around town is very important! We’ve got to go to school, to the store, to church, to the doctor. And walking everywhere usually isn’t an option. Cars, trains, buses, planes, and bikes are just a few ways that we get around to do the things we need to do.

We want to give thanks to God for giving us the transportation we need and also want to ask God’s hand of safety on us as we travel. Say this prayer over your car, your bike, or at your bus stop as a way of remembering the importance of safety in travel and thanking God for blessing us.

God of movement,  
As we go about our day  
Moving from place to place  
Bless our travels and keep us safe.  
Thank you for giving us the ability to travel so quickly  
And keep all your children in your care as they go about their days!  
Amen.
**Day 9**
Second Friday Of Lent

**Silent Prayer**

Our lives can often be very busy and noisy. Loud cars, televisions and radios blaring, people talking all around us. Sometimes we just need to relax in the peace and the quiet.

When things around us are loud and moving all over, it is hard to focus on God’s message for us. Allowing time for silence can help us listen for the voice of God.

This prayer is interactive, but very calm. Find a place that is very still and quiet. It may be in your house, your yard, or a favorite place you like to visit.

Start by closing your eyes and rest your feet on the ground. Put your hands in your lap and take a deep breath. Let all the thoughts in your mind clear away as you take another deep breath, and let it out. Sit in the silence for a few moments, for as long as you can.

When you are done, ask yourself, “How much time has passed? What did I hear? What came to my mind? When I cleared my head, did I hear God’s voice? What was God telling me?”

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**Day 10**
Second Saturday Of Lent

**Weather Prayer**

As we approach Easter, we get to observe the changing of the seasons. The weather gets warmer, the sun shines more, and the snow slowly starts to melt, even though there is often more on the way!

The beauty of the approaching Minnesota spring is being able to experience so many different weather patterns over the weeks of leading up to the new season.

Spend this Saturday in prayer looking at and thinking about the weather. What is the weather like today? What do you notice? A chill in the air? Or is it warming up? Is it cloudy? What do the clouds look like today? Or is it sunny outside?

Give God praise today for the beauty of weather, for the warmth the sun provides us on a winter day, how the rain and snow provide moisture for the earth, and how the wind can bring relief to a hot summer afternoon.
Day 11
Second Monday Of Lent

BEDROOM PRAYER

What makes your bedroom special? Is it all your toys and games? Is your big bed for sleeping? Is it because you get to share it with a sibling? Bedrooms are a special place for kids, a place to call their own where they can do a lot of playing, thinking, and resting.

Say your daily prayer over your bedroom today. Make it a blessing for all the things you do in your own special place and give God thanks for it!

God of rest and play,
Bless this holy room in our house,
Where we sleep and play, a place we can call our own.
Bless our sleep time, that it gives us rest and strength for days ahead
And bless our play time, that we enjoy the fun of life that is so important!
Amen.

Day 12
Second Tuesday Of Lent

PSALM PRAYER

The book of Psalms in the Bible is full of prayers to God. Many famous songs and prayers of Christianity and Judaism are based on these verses. Use this psalm as a prayer for today, then spend some time during Lent finding a favorite psalm to pray.

Psalm 92:

It is good to praise God and make music to God’s name!
O Most High, proclaiming your love in the morning
And your faithfulness at night,
To the music of the ten-stringed lyre and the melody of the harp.
You make me glad by your deeds,
I sing for joy at what your hands have done.
How great are your works O God!

Amen.
Day 13
Third Wednesday Of Lent

Map Prayer

One of the best things about prayer is it helps us understand some of the problems in the world, by giving us time to sit and talk about them with God. These problems can be personal, in our city and state, and even around the world.

Use today’s prayer as an opportunity to ask God for blessings on a different part of our country and a different country in the world. Take out a globe or map or look one up online. Pick another state and another country and pray for them.

Maybe you already know of a state or country that has an issue in need of prayer. Or you could do some research in a newspaper or on the Internet. Ask for God’s blessings and guidance for the people of that place, and for peace and justice to reign.

Day 14
Third Thursday Of Lent

Beatitudes Prayer

Jesus does a lot of praying throughout the gospels. He spends time praying for his loved ones, for his country, and about his own relationship with God. We’ve already used the Lord’s Prayer as an example of a prayer Jesus gave us.

The Beatitudes are another great prayer of blessing for us to use. They tell us about God’s love for those who aren’t treated well by our society. The poor, the sad, the meek; Jesus tells us that these are the people that God has a special love for.

Say the prayer of the Beatitudes and ask yourself, why does Jesus want to point out God’s love for these people? How can we live more like them?

Blessed are the poor, for theirs is the kingdom of heaven,
Blessed are they that mourn, for they will be comforted,
Blessed are the meek, for they shall inherit the earth,
Blessed are they that hunger and thirst for righteousness, for they will be filled!
Day 15
Third Friday Of Lent

Confession

Prayer is more than just thanking God for good things and asking God for help in bad times. It is often a conversation between us and God about the many parts of our lives. This includes not only the good things in our life, but the things we've done wrong.

Use today’s prayer as a time to talk to God about times this past week when you could have been more loving and kind. Is there a person at school that you should be nicer to? Are there ways you could obey your parents better? Do you ever feel like you refuse to do what you know is right, just because it’s easier that way?

The amazing thing about God is, God forgives us for all the things we’ve done wrong. Say a prayer to God telling God about some of the things you shouldn’t have done this last week and ask for God’s love and forgiveness. God will love you and understand no matter what!

Day 16
Third Saturday Of Lent

Health Prayer

Staying healthy can take a lot of work. Eating right, getting exercise, and making sure we stay clean are all part of the routine. But our health is also a blessing from God in many ways. We want to give God praise for giving us healthy bodies and also want to ask for God’s healing when are bodies are sick.

Think of the different ways that you are healthy. What can you do with your body because you are healthy? What does it feel like to be sick and not be able to do these things?

Who are some people you know who need prayers for healing? In what ways can you help them feel better even though they are sick?

Say this prayer of blessing and asking for God’s grace.

God of health and healing,
I give you thanks for my body and mind,
For being healthy and whole, allowing me to experience your world.
Bless me and my family with strength and health,
And give healing to those we know who are sick and in need of care.
Amen.
Day 17
Third Monday Of Lent

Sports/Action Prayer

What is your favorite sport to play? Do you have a special activity you like to do outside? When we use our bodies for play and fun, we are celebrating the gifts of health and community that God has given us.

Find something in your house that you use for sports and play. Maybe it’s a ball or a uniform. Say a prayer of blessing over it for today’s prayer.

God of sports and fun,
Thank you for giving us bodies for movement and fun!
Bless the sports that we play with others and alone,
Give us safety in our play and teach us kindness in our competition.
Let us see your love for us on the field, the court, the rink, and everywhere else we play.
Amen.

Day 18
Third Tuesday Of Lent

Washing Prayer

When we think of prayer as talking with God, asking God for help is definitely part of it. God is our friend and is willing to help us out whenever we need it.

Life can be full of fear, pain, and sadness, many times, and God is here to help us through the tough times. Say this interactive prayer today as a way of remembering how God wants to “wash away” all the hurt and harm in our lives and bring us into joy and happiness.

Lather up your hands with soap and say this prayer as you wash:

Creator God,
Like soap washing my hands clean,
I ask for your blessing on my life.
Take away my fear, confusion, and pain,
And let me live a life that is fruitful and loving.
Amen.
**Psalm Prayer**

One of the most famous psalms is Psalm 23. It talks about God as a shepherd, leading us through life and protecting us every step of the way. Say Psalm 23 as your prayer today. What are your favorite parts? Do you think of God this way? What sticks out?

*Psalm 23:*

*The Lord is my shepherd. I lack nothing.*

*God lets me rest in grassy meadows; and leads me to restful waters;*  
*God keeps me alive and guides me in proper paths for the sake of God’s good name.*

*Even when I walk through the darkest valley, I fear no danger because you are with me. Your rod and your staff—they protect me.*

*You set a table for me right in front of my enemies. You bathe my head in oil; my cup is so full it spills over!*

*Yes, goodness and faithful love will pursue me all the days of my life, and I will live in the Lord’s house as long as I live.*

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**Prayer for the Poor**

We want to make sure to thank God for all the good things in our lives, but we also need to remember there are many in our world who don’t have nearly as much as we do. God created all people as God’s special children, and does not want any of these children to be hungry, without shelter, or without the basics of life.

It is our job to make sure that all people are cared for, with help from God, of course. Say this blessing as your prayer today, reminding yourself that there are so many who live in poverty in our city, state, country, and world, and then talk with your parents about how we as Christians work for change.

*God of all,*

*Pour out your blessings on all the world,*  
*Especially those who do not have enough.*

*We pray for a just world, where everyone has enough to eat,*  
*A place to sleep, and clothes to wear.*  
*Help us in making this world a reality.*

*Amen.*
**Day 21**  
**Fourth Friday Of Lent**

**Dice Prayer**

Have your parents get out a die and have each member of your family roll it a few times. For each number you get, say what is written below.

*One: Something you are thankful for*

*Two: A good thing that happened today*

*Three: A bad or sad thing that happened today*

*Four: A hope for the next few days*

*Five: A friend you want to pray for*

*Six: A problem in the world you want to pray for*

**Day 22**  
**Fourth Saturday Of Lent**

**Food Prayer**

It’s a long process for food to make it to our plates every day. There are farmers who plant it, workers who pick it, drivers that transport it, stores that sell it, and people that make it (usually our parents!). We want to praise God for all the people along the way who make our food possible.

We also want to remember there are many people who don’t have enough to eat, many who live in our own city. The Bible is full of instructions from God about making sure that hungry people have enough to eat. There is a lot we can do to make sure people are fed, whether it is volunteering at CES, giving to a charity, or making sure we don’t waste our own food.

Say this blessing over your meal today, giving thanks and asking for God’s help:

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Holy God of nourishment,
We thank you for the food you’ve given us,
For the hands that plant and pick it, ship it, sell it, and prepare it.
We thank you for the strength it gives us each day.
We ask your blessing on those who don’t have enough food.
We pray for an end to their hungry so there will always be enough
for everyone.
Amen.
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Day 23
Fourth Monday Of Lent

UnPlug Prayer

One type of prayer we are practicing in this booklet deals with silence and concentration. Our lives can get very busy and loud sometimes, and we often need to relax and unwind in order to hear the voice of God.

Try going most of the day without using electronics like TV, computers, and radios. This is what the “unplug” means in the title. If you are doing prayer in the morning, try and last until the night. If you are doing prayers in the evening, try and last until tomorrow evening. Don’t feel like you need to fill up the time with more things to do. Enjoy the silence, read a book, go for a walk, or just spend time together as a family.

Day 24
Fourth Tuesday Of Lent

Music Prayer

The psalms of the Bible are some of the most famous prayers to God. But did you know they were originally songs? And that many of our hymns today are based on them?

What is your favorite song to sing to God? Maybe it is a hymn from church? Or a song from Church School? Maybe it’s just a song you sing as a family that talks about peace and love?

Make today’s prayer a song to God. Pick one or two of your favorite songs and sing them together. Think about God listening to you sing and how happy God is hearing your music!

Then say this blessing:

God of music and sound,
Bless the songs we sing to you,
May they be pleasing to your ears,
And may they inspire us to live out your love and peace.
Amen.
**Day 25**
**Fifth Wednesday Of Lent**

**Breath Prayer**

Pray is more than just the words that we say to God. Sometimes it is as easy as breathing! Use this prayer as a way to open your mind and your heart up to the peace and love that God has in store for you.

Sit or lie down and close your eyes. Take a deep breath in and let it out slowly. Do this three times.

Then say the words three times:

*When I breathe in, I breathe in peace,*
*When I breathe out, I breathe out love.*

**Day 26**
**Fifth Thursday Of Lent**

**Thanksgiving**

Thanksgiving is a lot more than a holiday in November! Even though getting together with family and friends to eat lots of yummy food is important, we always remember why we are gathering: to give thanks to God and one another for the blessings of the year.

Make today’s prayer a special one of thanks. Think of the things God has blessed you with so far this year. Where has God been present in your family’s life? Where has God given you joy and encouragement?

Say a prayer of thanks to God, and think of other people you might thank over the next week who have given you help so far this year.
Day 27
Fifth Friday Of Lent

PRAYER OF ST. FRANCIS

St. Francis was a Catholic priest and teacher who was born over 800 years ago. He is known for many different things, most of all his mission work with the sick and his love of the environment and animals.

He is also remembered as writing a number of prayers that Christians have said for hundreds of years all around the world. His most famous prayer is the "Peace Prayer of St. Francis." Say this prayer aloud, and carry it with you through your weekend.

Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

Day 28
Fifth Saturday Of Lent

FRIENDS PRAYER

Friends come in many different forms in our lives. Most of these friends are our age. We go to school with them or they live in our neighborhood. But we also have friends who may be a lot older or younger than we are. As long as they treat us with kindness, warmth, and respect, we can call anyone our friend!

Think of your best friends from school or church. What are some of their needs right now? What are some reasons you are thankful for them?

Next think of some people that maybe aren’t your age, but you still are very friendly with them. What prayers could you give for them?

End with this blessing:

God of friendship,
Bless the friends in my life,
Those that bring me joy and warmth,
Those that teach me about love and kindness.
Be with them this season and bring them health and peace.
Amen.
**Acrostic Prayer**

Sometimes we need to give thanks to God for making us the way we are! And what better way than to use our names to do it! An acrostic is a creative way to pray and give thanks to God.

Write your name out on a piece of paper, using each letter of your name as the start of a word of praise to God. You can use words that are about you, words that are about God's creation, or whatever you are feeling thankful for that day!

For example:

_God I give you thanks for:_

_B - Beauty in the earth_  
_R - Relationships and Love_  
_E – Ears for hearing good music_  
_N – Nighttime stars_  
_T – Time with my family_

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**Kitchen Prayer**

Of all the rooms in our houses, the kitchen might be the most important. Think of all the cooking, cleaning, and eating that goes on in our kitchens. We come together as a family to make meals, talk about our days, and sometimes just relax with a snack.

Say your daily prayer in the kitchen today. Make it a blessing for the work that goes on in this room and all the loved that is shared.

_God of baking and eating,  
Bless this holy room in our house,  
Where we cook and eat, laugh and talk.  
May the food prepared here be healthy for our bodies,  
And may the love we put into it be felt by all who enter this home._

_Amen._


**Day 31**

*Sixth Wednesday of Lent*

**Pets Prayer**

Pets are just like family. They give us love, play with us, and stick with us even when we aren’t being that likable. Pets are another gift from God that brings joy to our lives and often get us through tough times.

Do you have pets or have you had them in the past? What were their names? What did you like most about them? If you haven’t had pets, what are your favorite animals? Why?

Bring your pets into the room and say this blessing:

*God of the animals,*
*You made the fish in the sea and the mammals on land,*
*The birds of the air and the bugs on the ground.*
*Thank you for your gift of animals in our lives.*
*Bless them with health and happiness*
*And may we work to protect all animals as members of your creation!*
*Amen.*

**Day 32**

*Sixth Thursday Of Lent*

**Money Prayer**

Money is a very important part of our lives. It makes sure we can buy the things we need, like food, housing, and clothes. We need to be sure we are spending our money wisely, on things we need and for the good of others.

It’s ok to spend money on things for ourselves or for fun and games from time to time, but we want to make sure we are spending most of our money wisely. We also want to use that money to give to others, those who don’t have as much as we do.

Find some money in your house and lay it on the table. What are some things you’ve spent money on lately? Was it a good choice?

Say this blessing over the money as your prayer for the day:

*Creator God,*
*Thank you for blessing us with so much,*
*May we use what you have given us in smart and honoring ways.*
*Let us remember you in every dollar we earn,*
*And that we should give back to others as much as we can.*
*Amen.*
Day 33
Sixth Friday Of Lent

Body Parts

Psalm 139 says:

God, you created my innermost parts
You knit me together while I was still in the womb!

God knew us from before we were born, making sure our bodies were beautiful and working just the way God wanted. Let’s praise God for our bodies!

Touch your head:
God, thank you for giving me my brain for thinking, my eyes for seeing, ears for hearing, tongue for tasting and nose for smelling!

Wiggle your fingers:
God, thank you for my hands and arms!
I can write and point, wave and lift,
And raise my hands and say “Hallelujah!”

Shake your belly:
God, thank you for my stomach and lungs!
I can eat and breath, keeping me healthy and happy,
Enjoying the world you’ve made!

Kick up your feet:
God, thanks for giving me feet and legs!
I can walk in your ways and follow in the footsteps of Jesus!

Put your hand on your heart:
And thank you for giving me a heart!
To love the world the way that you love me!

Day 34
Sixth Saturday Of Lent

Prayer Walk

Hopefully by now, the weather is nice and warm enough for you to take a walk outside on this Saturday. Since the world around us is filled with God’s blessings, take some time today walking through your neighborhood, a park, or another part of the city, and notice the things around you.

What are the plants and animals you notice? The houses and buildings? The streets and people?

Say a quick prayer of blessing as you notice each of these and remember how God created and loves them all.

Dear God,
Bless your beautiful works!
Amen.

Or

Dear God,
Thank you for your wonderful creations!
Amen.
School Prayer

School is one of the most important places where we spend our time each day. It's where we learn, grow, and make friends. This makes it extra important that we pray for our school, asking God to bless it and those who work and attend.

Say this prayer of blessing on your school today. If you want, you can say it before you leave on the bus, as your parents drop you off in the car, or even placing your hands on the building before you go inside.

God of brains and bodies,
Thank you for blessing us with the ability to learn and grow.
We ask for your blessing upon this school building,
The people who work here and the students who learn.
Bless the friends I learn with today
And the friends I will make in the future.
And may every child here know they are loved by you.
Amen.

Elected Leaders Prayer

In America, we have the blessing of being able to choose who will lead us in our government. And it is important that we let our leaders know what we'd like them to do, and to prayer that our leaders make good decisions.

Do you know who your leaders are? Your president, governor, senators, mayor, etc.? Who are other people in your life who are leaders? How do they act in ways that accomplish goals and benefit others?

Make a short list of people who are leaders in your life and say this prayer:

Dear God,
Thank you for giving us leaders,
The people who work for good in our world.
We want you to bless (speak aloud the list).
We pray that you would guide them in making upright decisions,
That they would always walk in the light of goodness and truth.
Amen.
**Day 37**  
**Seventh Wednesday of Lent**

**PEACE PRAYER**

A prayer for peace can be a great way to start off a busy day, or end a day that had a lot of problems. It reminds us that God not only wants peace for our own lives, but peace for the whole world.

What are some things in your life where peace would be helpful? School? Family? Friends?

Where are some places on earth where peace is needed? Do your parents know of any?

Say this blessing as your prayer:

> God of peace,  
> Give us rest in you, in your calm and in your justice.  
> Let the storms of our lives become quiet and still.  
> And may the wars and conflicts of the world come to and end.  
> Give the people of your world a safe place to live and grow.  
> And may we work to see it happen.  
> Amen.

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**Day 38**  
**Maundy Thursday**

**PRAYING FOR OUR ENEMIES**

Saying a prayer of thanks and safety for the people we love is one of the best prayers we can give. But what about people we don’t like, or who don’t like us?

Jesus says that we are to love and pray for our enemies, those people who we may not get along with. Who are a few people that you don’t like or have a hard time dealing with? Think of them for a moment.

This is one of the hardest prayers to say many times, but ask God to bless those people whom you don’t like. Say a prayer of hope and healing for their lives, and ask God to repair your relationship with them.
Day 39
Good Friday

Creation Prayer

Take a few minutes to think of your favorites parts of nature. What is your favorite season? Why? What is your favorite outdoor activity? Your favorite place to be in nature?

Give thanks to God for the beauty of creation and its impact on our lives. Pray for the healing of our planet, for an end to pollution and climate change. Ask God for guidance from above in how we can work together for a better planet.

Now that spring is here, spend time over the next few days enjoying the changing of the seasons and give God thanks!

Day 40
Holy Saturday

First Church Prayer

Take a few minutes to think of all the things about First Church that make it so special to you. Who are the people, the ministries, and the moments that make your time a church so special?

Do you have a favorite part of church each Sunday? Do you have a favorite memory about First Church?

Give thanks to God for all that First Church means to you. Pray for health and strength for the members of the congregation and God’s blessings on its service in the world.