

LENT 2025

Prayer and Worship Ideas

To support your times of worship during this Lenten season, this document has been collated with a variety of ideas.

This document includes the following:

- Intergenerational worship demonstrations
- Reflective prayer time ideas
- Songs from both the Salvation Army Song Book and contemporary songs to fit any week
- Links to videos to be played during worship
- Signposting to scripts and spoken word pieces to be performed during gathered worship

In addition to these ideas, we encourage you to explore the Easter Moments of Meditation resource, which will be available at <https://www.salvationist.org.uk/resources/key-dates/easter>.

Intergenerational Worship Demonstrations

Do you have courage for this journey?

This can be done with either volunteers at the front, or chatting with the person next to you. Invite people to go on a journey with you. Along the journey, there will be lots of obstacles. Ask them how they would react to each obstacle, whether they think they could manage it, and how they would find the courage to continue on the journey. You could have physical representations of the obstacles, or images on the screen. Obstacles could include:

- Climbing through a narrow gap or cave
- A dark forest path with twisted trees
- Abseiling down a cliff face
- A scary animal or creature blocking the path
- Diving into the deep sea
- A trip into space on a rocket

Whether they are bold and brave with these things or not, we are all called to be bold disciples for Christ. Thankfully we rely on his strength to equip us rather than our own bravery to face life alone.



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Courage Challenges

Hold a series of challenges to test how brave your volunteers are! One of these could be done each week as a feature, or all together.

- Put some interesting items into a box which is either covered with a towel or hidden. Create a small opening for people to put their hand in and guess what's inside. See who is brave enough to reach in. You may wish to mix up the textures and include jelly, rice pudding, feathers, plastic animals or other unusual things. Will they be brave enough to put their hand into the unknown?
- Have a blindfolded eating challenge. You can have an array of things for people to try, but they are not able to see what they're eating. (Be aware of allergies etc.) Will they be brave enough to try them?
- Try random trust falls. Have a volunteer fall back into the arms of someone else, trusting that they will be caught.

Which path to take?

Have two paths/routes that a volunteer can take. The easy path is straightforward, with no obstacles, and the reward is small (such as a single chocolate). The difficult path, not only has obstacles in, but also has people getting in the way. They may be shouting and trying to distract the volunteer, or physically blocking the route and 'throwing' things at them to stop them getting through. However, the reward for the difficult route is much bigger. Offer the choice again, but with two 'bodyguards' to help protect the volunteer on the difficult path.

Our journey through life, even in the face of opposition and obstacles, is made easier when we know we have someone on our side. That person is Jesus, who is always with us, to help us face whatever is thrown at us.

Which path to take? Super Women

(Recommended for Week Four - Courageous Women)

Encourage people to think about their mum, grandma, auntie or any other woman who has been a positive influence in their life. How have they displayed courage and strength? What would you say is their superpower? Invite people to share, whether that woman is there with them or not.

We invite you to explore the Mother's Day resources available at <https://www.salvationist.org.uk/resources/key-dates/mothers-day>. They include a beautiful A6 postcard which is available to order, and other resources to support gathered worship.



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Prayer Ideas

40 Days of Courage

Take time to pray for courage throughout this Lenten season. No matter what each member of your congregation is facing, they will need to call on the strength and power that God provides. You may find it useful to follow the 40 Days of Courage calendar (available at <https://www.salvationist.org.uk/resources/key-dates/lent>). Challenge everyone to be bold and courageous, to step out in faith and trust God in new ways. Some people may feel comfortable sharing testimonies of a time when God has empowered them.

Step out in faith

Give each person a paper cut-out of a footprint and ask them to write a word, phrase or situation where they need the courage to trust God and take a step of faith. Invite people to bring their footprints forward and hand them over to God.

Pray for Persecuted Christians

Set up a world map and small candles (preferably battery powered LED). Display the map and highlight countries where Christians face persecution. You can find information here - <https://www.opendoorsuk.org/>. Light a candle for each region as you pray for strength, protection and faith for believers there. End by thanking God for the freedom to worship and asking for courage to support the persecuted Church.

Stand Out from the Crowd

Have a selection of items that are bright and bold available at the front of the hall. It could include glow sticks, small candles, fluorescent wrist bands, bright badges, or small cards with a verse of Scripture on. Invite people to take the step to come forward and take something that will encourage them to take a stand and be set apart from the world.

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Responsive Prayer

- Leader: Look at your hands.
All: God made them for a purpose.
- Leader: See the touch and usefulness.
All: We shall use them to do God's work.
- Leader: Look at your feet.
All: God made them for a purpose.
- Leader: See the direction and example.
All: We shall use them to do God's work.
- Leader: Look into your heart.
All: God made it for a purpose.
- Leader: See the love and determination.
All: We shall use it to do God's work.
- Leader: Look at the cross.
All: God made it for a purpose.
- Leader: See God's Son, the Saviour.
All: We shall follow him in God's work.
- Leader: Look at your world.
All: God made it for a purpose,
- Leader: See where God calls you to serve him.
All: We shall go out and do God's work.
- Leader: May the God who loves you endlessly lead you from belief into action.
- All: Amen.**

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Sung Worship

Salvation Army Song Book

These songs could be used in any of the weeks, depending how the theme is taken. A lot of wonderful songs are found in the Salvation Army Song Book, particularly the Devotion and Discipleship sections, found under Our Response to God – Holiness.

SASB 566 – 'All my days and all my hours'

SASB 568 – 'All that I am, all I can be'

SASB 569 – 'All there is of me, Lord'

SASB 570 – 'And is it so?)I have not much to give thee, Lord)'

SASB 588 – 'I bring to thee my heart to fill (Christ is all in all)'

SASB 589 – 'I heard a voice so gently calling (I'll follow thee)'

SASB 649 – 'If crosses come (I'll not turn back)'

Other song book songs include:

SASB 321 – 'I dare to live the life of faith (I dare to be different)'

SASB 711 – 'In heavenly love abiding'

SASB 793 – 'The Lord is near; have no anxiety'

SASB 836 – 'He is able, more than able'

SASB 933 – 'The world for God!'

Contemporary Songs

Check out the Spotify playlist called 'Contemporary Easter Worship' by Salvationist for a collection of Easter worship songs.

Below are some songs that you may wish to include with your congregation.

'Cornerstone' (Hillsong Music) – SoF 2976

'You make me brave' (Bethel Music) – SoF 2900

'O come to the altar' (Elevation Worship)

'Raise a Hallelujah' (Bethel Music)

'Lord, I come, I confess (I need you)' (Matt Maher) – SoF 2422



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The Salvation Army Australia Territory has released a new 'Worship Collaborative Series' designed to meet the needs of various congregational worship situations by catering for a wide range of instrumental ensemble combinations alongside the standard rhythm section. The following songs are available here:

<https://samusicindex.com/contemporary/?series=Worship+Collaborative+Series>

- Praise
- Praise the Name (Anastasis)
- What a Beautiful Name
- I Speak Jesus
- Joy to the World (Unspeakable Joy)
- Holy Forever

See also: <https://samusicindex.com/contemporary?series=Salvation+Worship>

Creative Worship

Worship Videos

'Be bold, be strong (reflective version), resource video from Older Peoples Ministries (2:50) - <https://www.salvationist.org.uk/resources/key-dates/international-day-older-people-2024>

Ash Wednesday and Lent in 60 seconds - with LEGO! (1:14)

<https://www.youtube.com/watch?v=beWSVFNpW0s>

'Now and Forevermore' – Worship Intro video (1:23)

<https://www.youtube.com/watch?v=hywebVdBOXOk>

Kevin Winebarger – 'Courage' (lyric video) (3:16)

<https://www.youtube.com/watch?v=rAVsiU6AiyI>

Scripts and Spoken Word

You may also wish to use a script or spoken word. Some useful websites are listed below:

<https://skitguys.com/scripts/theme/len>

<https://dramashare.org/>

<https://www.ministrytoolkit.org/portals/hyjfwr7q/NationalScriptDatabase>

