

Loose the bonds
of injustice

Create in me

I thank my
God for you

A watered garden

Tempted

Mighty waters

READ
PSALM 51:10

CREATE IN ME

PRAYER

Gracious God, make me a blank slate. Wipe away my sin. Wipe away my pride and my low self-esteem. Fill my heart with your love. Create in me a clean heart. Amen.



READ
ISAIAH 58:6-8A

LOOSE THE BONDS
OF INJUSTICE

PRAYER

Gracious God, give me the strength to recognize injustice when I see it, and to do something about it. Build a fire in my heart that burns for this world. Amen.



READ
ISAIAH 58:11

A WATERED
GARDEN

PRAYER

Creator God, you are water in the desert. So today I pray that you will flood the parched places of my life. I offer them up to you—my dusty dreams, sandy memories, and barren hopes. Revive me as only you can. Amen.



READ
ROMANS 1:8

I THANK MY
GOD FOR YOU

PRAYER

Gracious God, I am not alone in this journey of faith. Remind me of the people who walk alongside me. Remind me that they are my family—they are my church. Help me to love them as you do. Amen.



READ
PSALM 32:6-7

MIGHTY
WATERS

PRAYER

Creator God, you call us out of our comfort zones every day, challenging us to love bigger than our world is used to. However, your love is not just a push or a challenge. Your love is also a resting place, and sometimes I forget that. So today, I give you thanks for the moments when you hold my heart. Thank you for being my resting place. Amen.



READ
MATTHEW 4:1

TEMPTED

PRAYER

Jesus, you know the wilderness just as much as I do. You know temptation. You know suffering. You know loneliness. You know hunger. Remind me in my hardest moments that you have been there too. I am not alone. Amen.



My sibling's
keeper

Gone astray

Sincere faith

Into the depths
of the sea

Healed

Do not be afraid

READ

MATTHEW 18:12-14

GONE ASTRAY

PRAYER

Gracious God, I have a wandering heart. I am so easily distracted by the ways of this world that I forget what path I am following. I don't deserve your celebratory love—a love that throws open doors and runs to meet me everytime I come home. I don't deserve it, and yet I don't know what I'd do without it. Thank you. Amen.

 *A Sanctified Art*

READ

GENESIS 4:8-10

MY SIBLING'S
KEEPER

PRAYER

God of Love, too often there is blood crying out from the ground—the blood of wars and abuse, of gun violence and mass shootings. The list goes on. So when I tell myself that I am not my sibling's keeper, remind me otherwise. Where there is violence, give me the strength to sow peace. Amen.

 *A Sanctified Art*

READ

MICAH 7:19

INTO THE DEPTHS
OF THE SEA

PRAYER

Dear God, sometimes sin seems to cling to me like a magnet. However, you promise to cast my sin into the depths of the sea. In other words, you pull my sin as far away as possible. There is nothing I could do to earn that, which is how I know you are a God of grace. Thank you for your undeserved love. It changes me. Amen.

 *A Sanctified Art*

READ

2 TIMOTHY 1:5

SINCERE FAITH

PRAYER

Creator God, faith has always been personal. It has always come with a name. Today I am particularly grateful for those who have gone before me—those who have taught me how to love and how to pray. Thank you for their presence in my life. Thank you for their gift of faith. Amen.

 *A Sanctified Art*

READ

MATTHEW 17:5-7

DO NOT BE
AFRAID

PRAYER

God, I hate to admit that I know fear like the back of my hand. It comes too easily in this complicated world. So when I am in the wilderness of my own fear, drawn near to me. Give me the courage to be where my feet are. Give me the courage to be where you are. Amen.

 *A Sanctified Art*

READ

LUKE 7:7

HEALED

PRAYER

Gracious God, sometimes the wilderness looks like hospitals and feels like depression. Sometimes it sounds like anxiety and moves like grief. And in those moments, I so desperately need you. So speak as only you can, for we could all use a little healing. Amen.

 *A Sanctified Art*



The builder

New

Heart

Grumble

filled

look up

READ

ISAIAH 65:17,20

NEW

PRAYER

Gracious God, you often dream dreams bigger than I can imagine, painting pictures of that which feels impossible. Challenge me to dream like you dream. Make me new. Make me like you. Amen.



READ

HEBREWS 3:4

THE BUILDER

PRAYER

Creator God, you build relationships and memories. You build moments and seasons. You build hope and love. So today I pray that you build hope and love in me. Build me up to be the person you call me to be. Build me up to be the person you need me to be. Amen.



READ

EXODUS 16:1-3

GRUMBLE

PRAYER

God of the wilderness, sometimes I feel like it's the fifteenth day of the second month in the wilderness, and I don't know where to go from here. Guide my feet. Calm my anxious heart. Teach me to replace the fear that grumbles within me with a song of gratitude. Amen.



READ

EZEKIEL 36:26-28

HEART

PRAYER

God, what I would give to have your Spirit within me. I long to be more like you—to love without abandon, to sing without fear, to live without greed. Soften me and open me up so that I may live, create, speak and walk from your source of love. Amen.



READ

PSALM 121:1-2

LOOK UP

PRAYER

Creator God, you are with me in the valley and on the mountain top. When I am stuck at the bottom, give me the strength to look up. Give me the strength to look for you. Amen.



READ

EXODUS 16:11-12

FILLED

PRAYER

God of bread and cup, I am quick to grumble, for the world often tries to convince me that I do not have enough. Turn my fear of scarcity into an attitude of abundance. Help me see that there is enough and that I am enough. Help me to see that even in the wilderness, we do not walk alone. Amen.



Water will come

Complete

All

Land

You are with me

The light

READ

2 JOHN 1:12

COMPLETE

PRAYER

God of community, grant me the strength to reach out to those who mean much to me, for it is safe to say that we all find ourselves in the wilderness in some way or another. Clear my heart of that which keeps me from connection. Make my joy complete. Amen.

 *A Sanctified Art*

READ

EXODUS 17:5-6

WATER WILL
COME

PRAYER

God, at times my soul is parched. I wear myself thin with work and the need to be productive, with technology and expectations. So I ask you today, will you stand in front of me as you did at Horeb? Bring water. Saturate my soul and fill me back up, for I know I will be thirsty until I drink from you. Amen.

 *A Sanctified Art*

READ

JEREMIAH 2:7

LAND

PRAYER

Creator God, sometimes wilderness finds us, but in other situations, we create barren, toxic wilderness spaces for ourselves. We have done that with your earth—cutting down the rainforest, polluting the oceans, and stripping the world of her resources at an unnecessary rate. Teach me what to do next. Set my heart on fire for your justice. Amen.

 *A Sanctified Art*

READ

1 CORINTHIANS 10:1-4

ALL

PRAYER

Creator God, your history is one that includes everyone. All were together. All were fed. All were known. Remind me of that truth when I feel invisible in this big world. Your narrative includes all of us. Amen.

 *A Sanctified Art*

READ

EPHESIANS 5:8-9

THE LIGHT

PRAYER

Gracious God, I know the shadows well—the corners of my heart consumed by greed, envy, and fear. Today I pray, draw me into the sun. Warm my bones. Let me breathe in the light, and fill my lungs with star dust. I need your warmth, so teach me to stay in the light. Amen.

 *A Sanctified Art*

READ

PSALM 23:1-4

YOU ARE
WITH ME

PRAYER

God, I long for your scripture to become the song in my head—the words I say on repeat. Give me the wisdom to remind myself that you are with me no matter where I go. Amen.

 *A Sanctified Art*



Overcome

I believe

The cause

A promise

Multiplied

Waiting

READ

JOHN 9:35-38

PRAYER

God, I long for a faith of conviction. Instead, I seem to know you in fleeting moments like a roller coaster of faith and doubt, shaped by the world I live in. I pray, strengthen my belief and help my unbelief. Open my eyes to you. Amen.

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READ

JOHN 1:5

PRAYER

God of light, my prayer is to be overcome. Overcome the parts of me that doubt myself and deny you. Shine light into the corners of my heart and remind me that no matter how dark the day might seem, a light shines in the darkness. Amen.

 A Sanctified Art

READ

ISAIAH 42:16B

PRAYER

Holy God, you know my heart. It is flawed, fearful, and so easily lost. I am certain that I do not deserve a love that never gives up, and yet, that is exactly what you offer. That is exactly what you promise. Thanks be to God for a love like that. Amen.

 A Sanctified Art

READ

PSALM 146:7-8

PRAYER

God of the oppressed, I am confident that you are with the poor and the sick, the afflicted and the oppressed. I am confident that you stand by victims of racism, sexism, homophobia, and prejudice. Their cause is your cause. Help it to be my cause too. Amen.

 A Sanctified Art

READ

PSALM 130:5-6

PRAYER

Patient God, I have never been good at waiting. I long for a clear answer and a fast decision. Not knowing is painful and discernment uncomfortable; and yet, I am hopeful. I know you hear me, so I pray: walk with me through the seasons of waiting. And in time, grant me peace. Amen.

 A Sanctified Art

READ

PSALM 40:5

PRAYER

Creator God, with every full moon and trip to the mountains, I am amazed by you. I am enchanted by every change of season and the gift of new life. I see your fingerprints everywhere. There truly is not enough time for me to list out all the good you have done. Remind me of that on the hard days. You have multiplied beauty, love, and hope in this world. They will have the last word. Amen.

 A Sanctified Art



forgive

Blessed

Mortal

Morning

Grace

Mine

READ

LUKE 24:50-53

BLESSED

PRAYER

God, I wish I was there that day—the day you laid hands on the crowd and blessed them. I wish I was there that day so that my faith was rooted in touch and contact as opposed to hope alone. However, I wasn't there, so in the meantime, open my eyes to see every hug, handshake, and interaction as a blessing. Open my eyes. Amen.

 A Sanatified Art

READ

PSALM 130:1-4

FORGIVE

PRAYER

God, I am blinded by my own sin. There are some sins that I am aware of that I long to change, and other sin that I am not even aware I commit. It amazes me that despite my ignorance and stubbornness, you still forgive. Today I pray—eliminate the space between me and you. Hear my apology and teach me to be more like you. Amen.

 A Sanatified Art

READ

PSALM 143:8

MORNING

PRAYER

God, at times I wonder if you created the sunrise to remind me that life can start over—life can have new beginnings. Today, I pray that you would warm my bones with your morning light so that I might feel you again. Let today be a new day, for as surely as the sun will rise, I will always need you. Amen.

 A Sanatified Art

READ

EZEKIEL 37:3

MORTAL

PRAYER

God of the Wilderness, at times I feel like I am standing in a desert, like dry bones worn out by prejudice, grief, and the hurt of the world. Yet even in the desert wilderness, flowers bloom. Stir up hope in me. Bring new life my way, as only you can; for even in the desert, I know I am not alone. Amen.

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READ

JEREMIAH 32:38

MINE

PRAYER

God, you call us into relationship. You claim us. You see us. You desire to be with us. Such love is too big for me to comprehend, so today I pray that you might open my heart to the relationship you offer. Remind me that I am yours, and you are mine. Amen.

 A Sanatified Art

READ

EPHESIANS 2:8-9

GRACE

PRAYER

God of grace, if salvation depended on me and my good works, I would be a lost cause, for I am too prone to sin. Today I thank you for your grace. I don't deserve it. I can't earn it, and still you offer it. There are simply not enough ways to say thank you. Amen.

 A Sanatified Art



Remember



Steadfast



Jerusalem



Inhale



Anointed



Shadow's

READ

PSALM 31:14-16

PRAYER

God, you never promised that a life of faith would be an easy life. There are days and moments that threaten to tear me apart. In those moments, remind me that I am not alone. You are steadfast. You are always with me. Warm me like the sun, and surround me with your presence. Amen.

 *A Sanctified Art*

STEADFAST

READ

PHILIPPIANS 1:3

PRAYER

Gracious God, you have placed people in my life that I could not imagine living without—people that taught me the depths of my heart and my capacity to love. Remind me that these relationships are a gift and empower me to love these people as you would have me love. Amen.

 *A Sanctified Art*

REMEMBER

READ

PSALM 118:28

PRAYER

Redeeming God, as I inhale, may my prayer be, “You are my God.” And as I exhale, may my prayer be, “I will give thanks.” May my faith be as constant as that—a deep breath in, and a deep breath out. And may your presence be as close as the air in my lungs. Amen.

 *A Sanctified Art*

INHALE

READ

MARK 10:33-34

PRAYER

Holy God, you knew all along. You knew that your love was too radical for our human reality. You knew that we would rebel. You knew that you would be killed, and still, you walked into Jerusalem. It is hard for me to fathom the pain of that reality. Forgive me when I am like the priests and scribes. Forgive me for all the moments I turn away from you. Amen.

 *A Sanctified Art*

JERUSALEM

READ

JOHN 12:35

PRAYER

God of the light, I often have no idea just how much I need you. I’ve grown accustomed to walking in my own shadows. Today I pray, turn the light on. Flood my reality with your radical love and guide me to a new path. Amen.

 *A Sanctified Art*

SHADOWS

READ

JOHN 12:3

PRAYER

God, your love for humanity is like Mary and her perfume—extravagant and surprising. I long to love you with that same passion, so teach me to be bold. Remind me to take risks, and strip away any pride or greed in me. Amen.

 *A Sanctified Art*

ANOINTED

Surrounded

To the end

Who?

Boldly

Peace

WORDS
FOR THE

Wilderness

SUSTENANCE FOR THE WILDERNESS OF LENT
PRAYERS WRITTEN BY SARAH ARE

READ

JOHN 13:1



TO THE END

PRAYER

Gracious God, at the end of this life, I long for my reputation to be that I loved until the end, that I gave until the end, that I followed you to the end. So with every step along my path, create space in my heart for love to grow. Make me more like you. Amen.



READ

HEBREWS 12:1



SURROUNDED

PRAYER

Gracious God, I am not alone. I know that when I run, I run with you. I run the path that loved ones paved before me. In my loneliest moments, open my eyes to the cloud of love around me. Keep me surrounded. Amen.



READ

JOHN 19:38-40



BOLDLY

PRAYER

Holy God, what I would give to have faith like Joseph, a faith that defied fear to do what is right. Fill my heart with your holy conviction so that I may live like Joseph and Nicodemus—intentionally and boldly, living for love and living for you. Amen.



READ

JOHN 18:7-8



WHO?

PRAYER

Gracious God, even at the end, you were living for others. Even in the end, you were working to protect your disciples—those who had betrayed you. That type of love is a radical love, so if you will, teach me to love like that. Teach me to pay attention to those around me. Amen.



READ

LUKE 24:36-40



PEACE

PRAYER

God of the impossible, you showed up in the upper room to offer peace to your disciples. It was personal and specific, not corporate or rote. I know that you offer that same peace for me, so open my eyes to see you in my midst, for I will never stop wanting to be closer to you. Amen.

