

Planning a Lenten Quiet Morning

A guide for creating space for prayer, silence and renewal



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When the world feels like it's falling apart, what does faith invite us to do?

Lent invites the church to pause. In a season marked by urgency, noise and constant demands, a Lenten Quiet Morning offers a countercultural rhythm rooted in Jesus' own practice of withdrawing to listen for God's guidance.

Rather than rushing to respond to the brokenness of the world, Jesus made space for silence, prayer and discernment. A Lenten Quiet Morning follows this pattern by inviting participants into unhurried time with scripture, quiet reflection and shared listening within a faith community.

The outline below is offered as a flexible framework. It is not a program to rush through, but a rhythm to hold gently. Adapt the timing, content and practices to fit the needs and context of your congregation.

Sample Outline for a Lenten Quiet Morning

9:00 a.m.	Gathering for introductions and tea, coffee, juice
9:15 a.m.	Brief opening worship, including scripture and introduction of a prayer song that will be repeated throughout the Quiet Morning. For example, Voices Together #701, "You Are All We Have."
9:30 a.m.	Introduction to the first theme of the Lenten Quiet Morning. This could include reflection on a psalm such as Psalms 130 or 143, which focus on longing for God.
9:45 a.m.	Space for silent reflection
10:15 a.m.	Tea, coffee, juice break
10:30 a.m.	Introduction to the second theme of the Lenten Quiet Morning. This could include reflection on a Gospel passage, such as the story of Jesus stilling the storm.
10:45 a.m.	Space for silent reflection
11:15 a.m.	Gathering for shared reflections, first in small table groups and then in the larger group. Suggested questions include: How has the Spirit spoken in the silence? What guidance have we heard?
11:45 a.m.	Brief closing worship
12 noon	End of Quiet Morning

