

# Lenten 40 Days of Prayer

**L**ENT is a solemn and reflective season of the church year between Ash Wednesday and Easter in which we prepare to celebrate Jesus' resurrection at Easter. The best preparation includes time to reflect on your own sinfulness and your need for Jesus to do what He did on Easter—conquer sin, death and the devil on your behalf. Use these prayers and bible verses to help direct your reflection and preparation. They can be used individually, with a friend or with all those in your home during a meal or a drive in the car. The most effective preparation usually includes setting aside a specific time each day for this reflection and starting each time asking:

*"Holy Spirit, help me focus;  
I welcome You to guide me".*

WEEK 1

**3.6 - For self-improvement** - *Dear God, help me to focus and fix my flaws rather than judging others.*

Luke 6:42 - How can you say to your brother, ‘Brother, let me take the speck out of your eye,’ when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother’s eye.

**3.7 - To carry my cross** - *Dear God, I do not pray for deliverance from burdens, but for the strength and patience to bear them.*

Matthew 16:24 - Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

**3.8 - To help carry another person’s cross** - *Dear God, let me be like Simon who helped Jesus carry His cross. When I see someone struggle with a burden may I be the one who helps lift it.*

Mark 15:21 - A certain man from Cyrene, Simon, the father of Alexander and Rufus, was passing by on his way in from the country, and they forced him to carry the cross.

**3.9 - Grace Day-** Use this day to catch up on your prayer & rest in the presence of the Lord.

**3.10 - To cultivate silence** - *Dear God, let me discipline myself to make time for silent meditation. Help me to be still and thereby come to know deeper thoughts.*

1 Kings 19:12 - After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

**3.11 - To do the will of God** - *Dear God, my sincere prayer today is “Thy will be done.”*

Luke 22:42 - “Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

**3.12 - For deeper joy** - Dear God, let me find joy & happiness daily, even in the most unpromising of circumstances.

Psalm 118:24 - The Lord has done it this very day; let us rejoice today and be glad.

**3.13 - For a softer heart** - Dear God, soften my heart so that others around me would see You.

Ezekiel 36:26 - I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

**3.14 - For a simpler life** - Dear God, I resolve to clean out my home, giving away what is unused, unneeded and unnecessary so that I may be unfettered from material things.

Matthew 19:24 - “Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.”

**3.15 - To serve others** - Dear God, I want to be Your hands and feet in serving & helping others.

Matthew 23:11 - The greatest among you will be your servant.

**3.16 - Grace Day**- Use this day to catch up on your prayer & rest in the presence of the Lord.

**3.17 - To reduce arrogance** - Dear God, let me clearly see and overcome arrogance and pride when they appear in my person.

Proverbs 16:18 - Pride goes before destruction, a haughty spirit before a fall.

**3.18 - For a deeper desire of God** - Dear God, increase within me the very desire to know You more clearly and more deeply.

Psalm 119:18 - Open my eyes that I may see wonderful things in your law.

**3.19 - To be kinder** - Dear God, enlarge and expand kindness within me so that I am kinder than is necessary.

2 Kings 25:28 - He spoke kindly to him and gave him a seat of honor higher than those of the other kings who were with him in Babylon.

**3.20 - For a humble spirit** - Dear God, no matter how many virtues I may have, let me retain a spirit of humility and modesty.

Matthew 6:3 - But when you give to the needy, do not let your left hand know what your right hand is doing.

**3.21- To drop judgement** - Dear God, let me put an end to being judgmental.

Matthew 7:1 - Do not judge, or you too will be judged.

**3.22 - To forgive** - Dear God, help me become a great forgiver so that I am not waiting in ambush for revenge.

Acts 7:60 - Then he fell on his knees and cried out, “Lord, do not hold this sin against them.” When he had said this, he fell asleep.

**3.23 - Grace Day**- Use this day to catch up on your prayer & rest in the presence of the Lord.

**3.24 - For self-forgiveness** - Dear God, I do not wish to live with the burden of guilt. Help me to accept Your forgiveness, let go of the past and embrace the future.

Isaiah 43:25 - I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.

**3.25 - To bless an enemy** - Dear God, rather than retaliate against an enemy, help me find ways to bless and possibly transform an enemy into a friend.

Romans 12:20 - "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."

**3.26 - To overcome** - Dear God, let me triumph over every tragedy.

1 John 4:4 - You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

**3.27 - To care for our world** - Dear God, help me to care for Your creation and to seek to correct whatever threatens harm to it.

Psalm 89:11 - The heavens are yours, and yours also the earth; you founded the world and all that is in it.

**3.28 - To grow in understanding** - Dear God, let me grow in my understanding of the great mercies in Your word.

Proverbs 3:5-6 - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight

**3.29 - For right speech** - Dear God, may my words inspire, not injure; heal not hurt.

Proverbs 16:24 - Gracious words are a honeycomb, sweet to the soul and healing to the bones.

**3.30 - Grace Day**- Use this day to catch up on your prayer & rest in the presence of the Lord.

**3.31 - For hope** - Dear God, may I always hope for the best, believe in the best and work for the best in all circumstances.

Zephaniah 3:17 - The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."

**4.1 - To learn from pain** - Dear God, I don't want my pain to be wasted. Let me learn from it and unite it to Christ's pain.

Genesis 50:20 - You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

**4.2 - To believe that God is good** - Dear God, open my eyes to see Your unconditional love for me.

Numbers 14:18 - 'The Lord is slow to anger, abounding in love and forgiving sin and rebellion. Yet he does not leave the guilty unpunished; he punishes the children for the sin of the parents to the third and fourth generation.'

**4.3 - To affirm faith in myself** - Dear God, help me believe that, with Your help, I have the inner strength to change.

2 Corinthians 5:17 - Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

**4.4 - To count blessings** - Dear God, let me count my blessings, not my burdens.

1 Thessalonians 5:18 - Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

**4.5 - To be an encourager** - Dear God, I know that more people give up and give in due to lack of encouragement, so let me be an encourager.

Hebrews 10:24 - And let us consider how we may spur one another on toward love and good deeds.

**4.6 - Grace Day**- Use this day to catch up on your prayer & rest in the presence of the Lord.

**4.7 - To be far more loving** - Dear God, help me to love everyone and show that all are included in Your love.

1 Peter 4:8 - Above all, love each other deeply, because love covers over a multitude of sins.

**4.8 - For patience in suffering** - Dear God, let me bear troubles & traumas with patience & with trust in You.

Proverbs 3:5 - Trust in the Lord with all your heart and lean not on your own understanding.

**4.9 - To resist temptation** - Dear God, grant me the grace to resist the worldly temptations of materialism, commercialism, and greed.

James 1:14 - But each person is tempted when they are dragged away by their own evil desire and enticed.

**4.10 - For perseverance in good works** - Dear God, protect me from discouragement as I serve others in Your name.

Galatians 6:9 - Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

**4.11 - To be a mirror** - Dear God, may I reflect back to people their own essential desire to love, to care and to be kind.

1 Thessalonians 5:11 - Therefore encourage one another and build each other up, just as in fact you are doing.

**4.12 - For an open heart** - Dear God, let me have an open, receptive heart.

Ephesians 1:18 - I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people.

**4.13 - Grace Day**- Use this day to catch up on your prayer & rest in the presence of the Lord.

**4.14 - To put love into action** - Dear God, let me put love into action moment by moment, hour by hour, day by day.

John 13:34 - A new command I give you: Love one another. As I have loved you, so you must love one another.

**4.15 - To bring light** - Dear God, allow me to be a beacon of light for all who are discouraged and despairing, weary and worn out so that they will not curse the darkness.

Matthew 5:14 - You are the light of the world. A town built on a hill cannot be hidden.

**4.16 - For more careful study of the Gospel** - Dear God, create in me a desire to set aside time to study and reflect on Scripture, especially the Gospels.

Psalm 119:47 - For I delight in your commands because I love them.

**4.17 - To overlook faults** - *Dear God, let me be ignorant of the faults of others.*

Luke 6:37 - Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

**4.18 - For greater inner peace** - *Dear God, help me cultivate Your peace which surpasses all understanding.*

Philippians 4:7 - And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**4.19 - To continue advancing spiritually** - *Dear God, may my Lenten practices help to make great advances in my spiritual life, and may those continue throughout the year.*

Luke 2:52 - And Jesus grew in wisdom and stature, and in favor with God and man.

**4.20 - Grace Day**- Use this day to catch up on your prayer & rest in the presence of the Lord.

# HAPPY EASTER!

# HE IS RISEN INDEED, ALLELUIA!