

Lent:

A Season of Reflection and Repentance



The Passion of Jesus - Readings for the 40 Days of Lent

DEFINITION OF LENT

Lent is a season of the Christian year that lasts for 40 days, beginning on Ash Wednesday and ending on Holy Saturday which is the day before Easter Sunday. During this time, Christians prepare for Easter by reflecting on their spiritual lives, repenting of their sins, and traditionally, performing acts of charity. This is a period of time to focus on Christ's sacrifice.

THE PURPOSE OF LENT

The purpose of Lent is to provide Christians with an opportunity to draw closer to God through prayer, and fasting. It is a time to reflect on one's own spiritual life and to seek forgiveness and reconciliation with God and others.

Fasting

- Self-discipline
- Breaking unhelpful habits
- Free up more time prayer
- Focus on forgiveness

Prayer

- Set aside a dedicated time
- Meditation or journaling
- Pray with others
- Use this prayer guide

Lent has also been a time of practicing increased acts of kindness and charity. The assumption is that as believers you are already doing this.

LENT - 40 DAYS OF PRAYER & FASTING

WEEK #1

A time of prayer and self-denial in imitation of our Lord's sacrifices for us, leading to His joyful victory in resurrection!

Confession: I acknowledge my sinful heart and sinful ways.

Proverbs 28:13 - Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

My Praises to the Lord: Praise the Lord with Psalm 145

Psalm 145:1-3 I exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever. Great is the LORD and most worthy of praise: his greatness no one can fathom.

I am Thankful: Recount His wonderful blessings.

Psalm 100:4-5 Enter His gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the LORD is good; His steadfast love endures forever, and his faithfulness to all generations.

My Prayer Requests: Ask Him for help, provision, guidance and wisdom.

Psalm 62:8 Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

This Week's Prayer Focus: Our Children and Grandchildren

- For fathers and mothers to stay committed to the Lord, His teaching and ways.
- For children to grow in faith and make a commitment to Christ.
- For the return to the Lord of our adult children who have moved away from the faith.
- For foster and adoptive ministries, children and families.

Psalm 78:3-4 things that we have heard and known, that our fathers have told us. We will not hide them from their children but tell to the coming generation the glorious deeds of the LORD, and his might, and the wonders that he has done.

LENT - 40 DAYS OF PRAYER & FASTING

WEEK #2

A time of prayer, sacrifice and self-denial in imitation of our Lord's sacrifices for us, leading to His joyful victory in resurrection!

Confession: I acknowledge my sinful heart and sinful ways.

Psalm 32:5 ~ Then I acknowledged my sin to You and did not conceal my iniquity. I said, "I will confess my transgressions to the Lord," and You took away the guilt of my sin.

My Praises to the Lord: Praise the Lord with Psalm 103

Psalm 103:1-2 My soul, praise Yahweh, and all that is within me, praise His holy name. My soul, praise the Lord, and do not forget all His benefits.

I am Thankful: Recount His wonderful blessings.

*Psalm 136:1-3 ~ Give thanks to the Lord, for He is good. His love is eternal.
2 Give thanks to the God of gods. His love is eternal.
3 Give thanks to the Lord of lords. His love is eternal.*

My Prayer Requests: Ask Him for help, provision, guidance and wisdom.

Psalm 5:2 ~ Pay attention to the sound of my cry, my King and my God, for I pray to You.

This Week's Prayer Focus: Revival

- For a renewed devotion and passion for the Word of God.
- For a renewed devotion to prayer and an abiding relationship with Christ.
- For a renewed devotion for a loving and righteous lifestyle.
- For a renewed devotion to missions and sharing Christ's love to a dying world.

Romans 12:1-2 ~ Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. 2 Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

LENT - 40 DAYS OF PRAYER & FASTING
WEEK #3

A time of prayer, sacrifice and self-denial in imitation of our Lord's sacrifices for us, leading to His joyful victory in resurrection!

Confession: I acknowledge my sinful heart and sinful ways.

Isaiah 55:7 ~ Let the wicked one abandon his way and the sinful one his thoughts; let him return to the Lord, so He may have compassion on him, and to our God, for He will freely forgive.

My Praises to the Lord: Praise the Lord with Ephesians 1:1-14

Ephesians 1:7-8 ~ We have redemption in Him through His blood, the forgiveness of our trespasses, according to the riches of His grace & that He lavished on us with all wisdom and understanding.

I am Thankful: Recount His wonderful blessings, seen and unseen.

Psalms 107:8 ~ Let them give thanks to the Lord for His faithful love and His wonderful works for all humanity.

My Prayer Requests: I humbly ask for Him to touch _____ and I ask for His help, provision, guidance and wisdom.

Matthew 7:7 ~ "Keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you.

This Week's Prayer Focus: Outreach

- For love for those who don't know Him.
- For new workers to the harvest fields and perseverance for those already there.
- For connections to the unreached in our own community.
- For boldness to proclaim the gospel of Jesus Christ.

Luke 19:10 ~ For the Son of Man came to seek and save the lost.

LENT - 40 DAYS OF PRAYER & FASTING
WEEK # 4

A time of prayer, sacrifice and self-denial in imitation of our Lord's sacrifices for us, leading to His joyful victory in resurrection!

Confession: I acknowledge my sinful heart and sinful ways.

1 John 1:8-9 ~ If we say, "We have no sin," we are deceiving ourselves, and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

My Praises to the Lord: Praise the Lord with 1 Peter 1:3-9

1 Peter 1:3 ~ Praise the God and Father of our Lord Jesus Christ. According to His great mercy, He has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead

I am Thankful: Recount His wonderful blessings, seen and unseen.

Philippians 4:19 ~ "And my God will supply every need of yours according to his riches in glory in Christ Jesus."

My Prayer Requests: I humbly ask for Him to touch _____ and I ask for His help, provision, guidance and wisdom.

Matthew 7:7 ~ "Keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you."

This Week's Prayer Focus: Praying Scripture Prayers for One Another

Read Ephesians 1:1-17

- *For the Lord to give us wisdom and revelation to know Jesus better.*
- *For our eyes to be open to know the hope we have been called in Christ.*
- *For our eyes to be open to know the great power we have in Christ.*

LENT - 40 DAYS OF PRAYER & FASTING
WEEK #5

A time of prayer, sacrifice and self-denial in imitation of our Lord's sacrifices for us, leading to His joyful victory in resurrection!

Confession: I acknowledge my sinful heart and sinful ways.

Daniel 9:9 ~ Compassion and forgiveness belong to the Lord our God, though we have rebelled against Him

My Praises to the Lord: Praise the Lord with Psalm 150

Psalm 150:1-2 ~ Compassion and forgiveness belong to the Lord our God, though we have rebelled against Him

I am Thankful: Recount His wonderful blessings, seen and unseen.

Philippians 4:19 ~ And my God will supply all your needs according to His riches in glory in Christ Jesus.

My Prayer Requests: I humbly ask for Him to touch _____ and I ask for His help, provision, guidance and wisdom.

Colossians 4:2 ~ Continue steadfastly in prayer, being watchful in it with thanksgiving

This Week's Prayer Focus: Protection from the Attacks of the Enemy

Read Ephesians 6:10-18

- *For the Lord to give us a spirit of discernment and wisdom.*
- *That we will put on the full armor of God and take a stand.*
- *That we wouldn't give way to fear when under spiritual attack.*
- *That we would remember our battle isn't against flesh and blood, but against the schemes of the evil one.*

LENT - 40 DAYS OF PRAYER & FASTING 6 WEEK # 6

A time of prayer, sacrifice and self-denial in imitation of our Lord's sacrifices for us, leading to His joyful victory in resurrection!

Confession: I acknowledge my sinful heart and sinful ways.

Psalm 32:5 ~ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

My Praises to the Lord: Praise the Lord with Revelation 1:1-8

Revelation 1:5 ~ "...from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood..."

I am Thankful: Recount His wonderful blessings, seen and unseen.

Psalm 69:30 ~ I will praise God's name in song and glorify him with thanksgiving.

My Prayer Requests: I humbly ask for Him to touch _____ and I ask for His help, provision, guidance and wisdom.

Psalm 145:15-16 ~ The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing.

This Week's Prayer Focus: Prayer for our Nation

- *Pray for our government leaders - local, county, state and federal to turn to Christ for salvation. 1 Timothy 2:1-6*
- *Pray that our government leaders will reject falsehood and lead in God's truth. Proverbs 14:34*
- *Pray that God's people would not live in fear of what might happen. 1 John 4:18*
- *Pray that our leaders would have compassion and wisdom as they deal with various issues that affect our city, county, state and country. Proverbs 3:21*

**THE PASSION OF JESUS - READINGS FOR LENT
MATTHEW - JOHN
2026**

o February 18 - Matthew 26:1-30

o February 19 - Matthew 26:31-56

o February 20 - Matthew 26:57-74

o February 21 - Matthew 27:1-31

o February 22 - Catch Up

o February 23 - Matthew 27:32-66

o February 24 - Matthew 28:1-20

o February 25 - Colossians 1:13-23

o February 26 - Mark 14:1-31

o February 27 - Mark 14:32-51

o February 28 - Mark 14:52-72

o March 1 - Catch Up

o March 2 - Mark 15:1-32

o March 3 - Mark 15:33-47

o March 4 - Mark 16:1-19

o March 5 - Philippians 2:1-17

o March 6 - Luke 22:1-38

o March 7 - Luke 22:39-53

o March 8 - Catch Up

o March 9 - Luke 22:54-71

o March 10 - Luke 23:1-25

o March 11 - Luke 23:26-55

o March 12 - Luke 24:1-35

o March 13 - Luke 24:36-53

o March 14 - 1 Peter 1:1-21

o **March 15 - Catch Up**

o March 16 - John 13

o March 17- John 14

o March 18 - John 15

o March 19 - John 16

o March 20 - Romans 8:1-17

o March 21 - Romans 8:18-39

o **March 22 - Catch Up**

o March 23 - John 17

o March 24 - John 18:1-27

o March 25 - John 18:28-40

o March 26 - John 19:1-27

o March 27 - John 19:28-42

o March 28 - John 20:1-18

o March 29 - **Catch Up**

o March 30 - John 20:19-31

o March 31 - 1 Corinthians 1:27-31

o April 1 - John 21:1-14

o April 2 - John 21:15-25

o April 3 - Revelation 21

o April 4 - Revelation 22

o **April 5 - HE IS RISEN!**

