

# 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.*

# THE PASSION OF JESUS - READINGS FOR LENT

## MATTHEW - JOHN

### 2025

o March 5 - Matthew 26:1-30

o March 6 - Matthew 26:31-56

o March 7 - Matthew 26:57-74

o March 8 - Matthew 27:1-31

#### **o March 9 - Catch Up**

o March 10 - Matthew 27:32-66

o March 11 - Matthew 28:1-20

o March 12 - Colossians 1:13-23

o March 13 - Mark 14:1-31

o March 14 - Mark 14:32-51

o March 15 - Mark 14:52-72

#### **o March 16 - Catch Up**

o March 17 - Mark 15:1-32

o March 18 - Mark 15:33-47

o March 19 - Mark 16:1-19

o March 20 - Philippians 2:1-17

o March 21 - Luke 22:1-38

o March 22 - Luke 22:39-53

#### **o March 23 - Catch Up**

o March 24 - Luke 22:54-71

o March 25 - Luke 23:1-25

o March 26 - Luke 23:26-55

o March 27 - Luke 24:1-35

o March 28 - Luke 24:36-53

o March 29 - 1 Peter 1:1-21

o **March 30 - Catch Up**

o March 31 - John 13

o April 1 - John 14

o April 2 - John 15

o April 3 - John 16

o April 4 - Romans 8:1-17

o April 5 - Romans 8:18-39

o **April 6 - Catch Up**

o April 7 - John 17

o April 8 - John 18:1-27

o April 9 - John 18:28-40

o April 10 - John 19:1-27

o April 11 - John 19:28-42

o April 12 - John 20:1-18

o **April 13 - Catch Up**

o April 14 - John 20:19-31

o April 15 - 1 Corinthians 1:27-31

o April 16 - John 21:1-14

o April 17 - John 21:15-25

o April 18 - Revelation 21

o April 19 - Revelation 22

o **April 20 - HE IS RISEN!**

