

The Season of Lent

The word Lent comes from the Anglo-Saxon word for spring, which is derived from a verb meaning to lengthen. Lent comes in the Spring when days are noticeably longer. The Western church has observed fasting, prayer, and penitence in this annual season of Lent since the first century after Christ, although it has not always been forty days long. In more recent times it has been kept forty days considering the example of Moses and Elijah, and to commemorate the forty days of fasting and prayer that Jesus spent in the wilderness prior to commencing his public ministry. Beloved Ministries "Ask In Faith" will observe Lent this year by uniting in a 40-day journey to Love commitment, reading the scriptures and prayer.

The Lenten journey begins 46 days prior to Resurrection Sunday. The first day of Lent is Ash Wednesday, which is the custom of anointing ashes on the foreheads of believers. This is in remembrance, that from ashes we came and to ashes we shall return. There are six Sundays in the Lent season, and they are not considered a part of Lent. In the Western church, Sunday is always a feast day.

The last week of Lent known as Holy Week, specifically commemorates the Passion of Jesus, it includes Palm Sunday, Maundy (Holy) Thursday, and Good Friday. Palm Sunday commemorates Jesus' entrance into Jerusalem when the people strewed palms in His path. Maundy (Holy) Thursday commemorates the events of the Last Supper including Jesus washing the disciples' feet. Good Friday, originally known as God's Friday, commemorates the crucifixion and death of Jesus. Resurrection Sunday commemorates the Resurrection of Jesus. This Sunday is a high celebration day and brings the Season of Lent to a close.

Scriptures About Humility

"For those who exalt themselves will be humbled, and those who humble themselves will be exalted." Luke 14:11 (NLT)

Daily Scriptures

New Living Translation (NLT)

<u>Day 1 - Wed. (2/14)</u> James 4:10	<u>Day 14 - Thurs. (2/29)</u> Luke 1:52	<u>Day 27 - Fri. (3/15)</u> Jeremiah 44:10
<u>Day 2 - Thur. (2/15)</u> Ephesians 4:2	<u>Day 15 - Fri. (3/1)</u> 2 Samuel 7:8	<u>Day 28 - Sat. (3/16)</u> Deuteronomy 8:2
<u>Day 3 - Fri. (2/16)</u> Micah 6:8	<u>Day 16 - Sat. (3/2)</u> 2 Chronicles 7:14	<u>Day 29 - Mon. (3/18)</u> Luke 18:14
<u>Day 4 - Sat. (2/17)</u> 1 Peter 3:8	<u>Day 17 - Mon. (3/4)</u> 1 Peter 5:6	<u>Day 30 - Tues. (3/19)</u> 1 Samuel 2:7
<u>Day 5 - Mon. (2/19)</u> Exodus 10:3	<u>Day 18 - Tues. (3/5)</u> 2 Kings 22:19	<u>Day 31 - Wed. (3/20)</u> Isaiah 2:11
<u>Day 6 - Tues. (2/20)</u> Proverbs 16:19	<u>Day 19 - Wed. (3/6)</u> 2 Chronicles 12:6-7	<u>Day 32 - Thurs. (3/21)</u> Isaiah 13:11
<u>Day 7 - Wed. (2/21)</u> Zephaniah 2:3	<u>Day 20 - Thurs. (3/7)</u> Psalm 25:9	<u>Day 33 - Fri. (3/22)</u> Daniel 4:37
<u>Day 8 - Thurs. (2/22)</u> Luke 14:9-11	<u>Day 21 - Fri. (3/8)</u> Psalm 138:6	<u>Day 34 - Sat. (3/23)</u> Genesis 41:16
<u>Day 9 - Fri. (2/23)</u> Romans 12:3	<u>Day 22 - Sat. (3/9)</u> Proverbs 18:12	<u>Day 35 - Mon. (3/25)</u> Numbers 12:3
<u>Day 10 - Sat. (2/24)</u> Colossians 3:12	<u>Day 23 - Mon. (3/11)</u> James 4:6	<u>Day 36 - Tue. (3/26)</u> 2 Samuel 7:18
<u>Day 11 - Mon. (2/26)</u> Titus 3:2	<u>Day 24 - Tues. (3/12)</u> Proverbs 15:33	<u>Day 37 - Wed. (3/27)</u> Philippians 2:7
<u>Day 12 - Tues. (2/27)</u> James 3:13	<u>Day 25 - Wed. (3/13)</u> Proverbs 22:4	<u>Day 38 - Thurs. (3/28)</u> Proverbs 29:23
<u>Day 13 - Wed. (2/28)</u> 1 Peter 5:5	<u>Day 26 - Thur. (3/14)</u> John 1:27	<u>Day 39 - Fri. (3/29)</u> Matthew 18:4
		<u>Day 40 - Sat. (3/30)</u> John 13:5

Readings are Monday thru Saturday:

No readings on Sundays



Ask In Faith

RevDee - Visionary & Founder
Laura Parker - Prayer Team Lead

40 Day Journey to Humility

"For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

Luke 14:11 (NLT)

2024

February 14th - March 30th



ASK IN FAITH PRAYER CALL
Monday's at 6:30 AM
(520) 525-8310

Send Prayer Requests to:
askinfaithprayers@gmail.com

<https://belovedministriesny.com>

Follow our social media
platforms and stay up to date.



What is Fasting?

Fasting is not only abstention; it is an exchange where we abstain from certain things to “feast” on God’s Word and prayer. It’s a time of bringing the body under control. Whereby, the abundance of God’s face is made more readily available to us.

Commitment Details

While this 40-day Journey to Humility is not about food, please consider how you nourish and love your body during this time.

Drink a least eight glasses of water (8oz) per day. This will enable the body to rid itself of waste.

Dedicate time each day to the Lord through, prayer, meditation, and study.

Resting and sleeping are essential to our health. God is limitless, but humans have limits. Be intentional about how much rest and sleep you get during the Lent season. Set a bedtime and practice a routine that will trigger your body to slow down.

MEDITATE ON THE SCRIPTURE BELOW:

"He leads the humble in doing right, teaching them his way." (Psalm 25:9 NLT)



Humility

Luke 14:10-11, NLT



“Instead, take the lowest place at the foot of the table. Then when your host sees you, he will come and say, ‘Friend, we have a better place for you!’ Then you will be honored in front of all the other guests. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

But Jesus sought to teach them the relationship between humility and exaltation. We are to live with an eternal perspective in mind--not with a desire for notoriety. Followers of Christ are not to exalt themselves by presumptively seeking positions of greatness; rather, they are to assume lower positions of service and allow God to exalt them. Humility is the true path to glory. (Tony Evans)



Prayers



Pray Daily:

(Morning: 6-8 am, Afternoon: 12 noon-2 pm, Evening: 6-8 pm)

During your prayer time, give thanks to God, pray for others, and then pray for yourself. Keep these prayers in your heart throughout the day.

Take 5-10 minutes daily for Silence and Solitude. Keep the same time daily and sit quietly to hear the Holy Spirit (limit distractions).

Father, thank you for last night’s rest. I’m grateful for the peace and restoration of a good night’s sleep. What a blessing to witness a new day in your presence. I welcome the Holy Spirit’s leading today. May all my actions be a witness to the fruit of the Spirit. When challenged, may I ask for your help so the outcome will bring you glory. Today, I will be kind, gentle, compassionate, and humble. If I should forget you today, please do not forget me.

Father, I want to be humble like Jesus. Please help me submit to your ways and follow your instructions. Please help me to have a healthy balance in putting people before me and meeting my needs. I desire to follow your command and prove to the world that I am your disciple.

Father, I pray for RevDee, the Beloved Ministries members, and their families. *Amen.*

Thursdays Prayer Gathering at 7 pm (EST)
on Beloved Ministries Facebook Page



(Know this list is not all inclusive)