

# 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 Love

*"Be completely humble and gentle; be patient, bearing with one another in love."*

### Daily Scriptures

New International Version (NIV)

<b>Day 1 - Wed. (2/22)</b> 1 Corinthians 13:4-8	<b>Day 14 - Thurs. (3/9)</b> 1 Corinthians 16:14	<b>Day 27 - Fri. (3/24)</b> Romans 8:28
<b>Day 2 - Thur. (2/23)</b> 1 John 4:7-9	<b>Day 15 - Fri. (3/10)</b> 1 Peter 4:8	<b>Day 28 - Sat. (3/25)</b> John 14:21-23
<b>Day 3 - Fri. (2/24)</b> John 3:16	<b>Day 16 - Sat. (3/11)</b> Matthew 22:36-40	<b>Day 29 - Mon. (3/27)</b> Song of Solomon 8:6-7
<b>Day 4 - Sat. (2/25)</b> Romans 5:8	<b>Day 17 - Mon. (3/13)</b> Ephesians 5:25	<b>Day 30 - Tues. (3/28)</b> 1 John 4:20
<b>Day 5 - Mon. (2/27)</b> 1 John 3:1	<b>Day 18 - Tues. (3/14)</b> Romans 12:9-10	<b>Day 31 - Wed. (3/29)</b> Psalms 86:15
<b>Day 6 - Tues. (2/28)</b> Romans 13:8	<b>Day 19 - Wed. (3/15)</b> Galatians 5:19-24	<b>Day 32 - Thurs. (3/30)</b> 1 John 3:16
<b>Day 7 - Wed. (3/1)</b> Ephesians 4:1-4	<b>Day 20 - Thurs. (3/16)</b> Romans 13:10	<b>Day 33 - Fri. (3/31)</b> Philippians 1:9
<b>Day 8 - Thurs. (3/2)</b> Matthew 5:43-48	<b>Day 21 - Fri. (3/17)</b> Romans 8:37-39	<b>Day 34 - Sat. (4/1)</b> 1 John 4:12
<b>Day 9 - Fri. (3/3)</b> Mark 12:28-32	<b>Day 22 - Sat. (3/18)</b> Deuteronomy 7:9	<b>Day 35 - Mon. (4/3)</b> Jeremiah 31:3
<b>Day 10 - Sat. (3/4)</b> 1 John 3:18	<b>Day 23 - Mon. (3/20)</b> Zephaniah 3:17	<b>Day 36 - Tue. (4/4)</b> 1 Peter 1:22
<b>Day 11 - Mon. (3/6)</b> Psalms 63:3	<b>Day 24 - Tues. (3/21)</b> 1 Corinthians 13:1-2	<b>Day 37 - Wed. (4/5)</b> 1 John 4:21
<b>Day 12 - Tues. (3/7)</b> Proverbs 10:12	<b>Day 25 - Wed. (3/22)</b> Proverbs 3:3-4	<b>Day 38 - Thurs. (4/6)</b> John 13:34
<b>Day 13 - Wed. (3/8)</b> John 15:9-17	<b>Day 26 - Thur. (3/23)</b> Ephesians 2:4-5	<b>Day 39 - Fri. (4/7)</b> Leviticus 19:18
		<b>Day 40 - Sat. (4/8)</b> Romans 5:5

**Readings are Monday thru Saturday:**

*No readings on Sundays*



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

**Send Prayer Requests to:**  
askinfaithprayers@gmail.com



## Ask In Faith

RevDee - Visionary & Founder

Rev. Leslie Segars - Prayer Team Lead

## 40 Day Journey to Loving

"Love the Lord your God with all your heart and with all your soul and with all your mind' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself."

**Matthew 22:37-39**

**February 22, 2023 - April 8, 2023**



<https://belovedministriesny.com>

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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 Loving 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:

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." (John 13:34-35 NIV)

# Fasting and Praying

1 Corinthians 13:4-13, NLT

**Love** is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever! Now our knowledge is partial and incomplete, and even the gift of prophecy reveals only part of the whole picture! But when the time of perfection comes, these partial things will become useless.

When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things. Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity. All that I know now is partial and incomplete, but then I will know everything completely, just as God now knows me completely.

Three things will last forever—faith, hope, and love—and the greatest of these is **love**.



# 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 for yourself. Keep these prayers in your heart throughout the day.

Dear Lord, thank you for the night’s rest you gave me. I am grateful for the renewed energy and enthusiasm it has brought. Accept my gratitude for bringing me to the beginning of a new day. I accept it as a precious gift from you. May I use it minute by minute to do your will. Guide me in every problem I face, every decision I make this day. Help me to treat everyone kindly, fairly, and thoughtfully. If I should forget you during this day, please do not forget me. Amen!

God, I want to love as you love. Please teach me how to be more loving. Help me to love those I find unlovable, those who have hurt me, and those who love me back. I desire to follow your command and prove to the world that I am your disciple. Amen!

Pray for RevDee and the Beloved Ministries members and their families.

Pray for an open heart to receive God’s love so you may share His love with others. Learn to LOVE, lead with LOVE, and LIVE LOVINGLY!

Thursdays Prayer Gathering at 7 pm  
on Beloved Ministries Facebook Page



(Know this list is not all inclusive)