



# LENT

## A 40-Day Spiritual Journey

Repentance

Forgiveness

Hope

ACTS 2:37 - 40

Park Road Community Church  
1019 Park Road N.W.  
Washington D.C. 20011  
Rev. Dr. Seretha Renee Pearsall, Pastor  
Deacon Marion Bright, Superintendent of Church  
School

Park Road Community Church Lenten Season

**Lent Season** is a season of fasting and prayer. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.

Park Road Community Church will host Lenten Services on Wednesdays between February 21—March 27, 2024 at Noon. The reference text this year will be *ICCC Standing on the Promises: A Devotion and Prayer Booklet*

<b>Date</b>	<b>Chapter</b>	<b>Facilitator</b>	<b>Special Notes</b>
Week One: February 21			
Week Two: February 29			
Week Three: March 6			
Week Four: March 13			
Week Five: March 20			
Week Six: March 27			

**NOTES:**

**6:00 a.m. Prayer Monday – Friday**

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
February 19	Deacon Bright	<i>Wright</i>		<i>Wright</i>	
February 26		<i>Wright</i>	Rev. D. Burton	<i>Wright</i>	
March 04		<i>Wright</i>		<i>Wright</i>	
March 11	Deacon Bright	<i>Wright</i>		<i>Wright</i>	
March 18		<i>Wright</i>		<i>Wright</i>	

**6:00 p.m. Prayer Monday – Saturday**

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
February 19					
February 26					Lauryn Pearsall
March 04					
March 11					
March 18			Rev. D. Burton		Lauryn Pearsall

## **Fasting**

*"Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."*

*Matthew 6:16-18*

Fasting is a temporary refusal of something that is in itself good, like food, in order to intensify our expression of need for something greater — namely, a closer relationship with God or a clearer understanding of our purpose and Ministry in the world.

Fasting and prayer are often linked together (Luke 2:37; 5:33). Too often, the focus of fasting is on the lack of food. However, the purpose of fasting is to take our eyes off the things of this world and instead focus on God. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything you can temporarily give up in order to better focus on God can be considered a fast (1 Corinthians 7:1-5).

Christian fasting is more than denying ourselves food or something else of the flesh - it's a sacrifice before God.

Christian fasting isn't the same thing as dieting, or going on a hunger strike, or punishing our bodies, or fasting for a medical procedure.

Christian fasting is **not**:

- A way to suffer for God
- A spiritual practice that demonstrates a pious act
- Righteousness (i.e. it doesn't equal holiness or sanctification)
- An act of repenting of sin (to repent from sin: we confess it, receive forgiveness, and turn from it)
- Equivalent to an addiction treatment program

If you've never practiced fasting before, try a practical fast. Here are some possibilities:

- Fast from foods associated with "feasting": chocolate, desserts, sodas, coffee/caffeine, alcohol, etc.
- Fast from media or entertainment: cell phone, TV, streaming videos, listening to radio
- Fast from habits and comforts: shopping, online games, social media, following/playing sports, etc.

During this season of Lent, may we take steps toward greater spiritual discipline, spiritual simplicity, spiritual renewal & spiritual growth.

**Reflections and Prayer**

**Week One: Repentance**

1 John 1:9—10 “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.

Prayer

Oh, God, we need your grace continually and we praise you for it. We are ever so thankful for forgiveness and cleaning us from all unrighteousness. So help us to be a people of honest confession on a continual basis, and in this, a people who experience deep grace and walk in your gracious forgiveness and cleansing, as a moment by moment, day-by-day reality. In Jesus Name, Amen.

**Week Two: Forgiveness**

Mark 11: 25 “And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.

Prayer

Forgiving Father please grant me a heart of forgiveness. Lord God, please forgive me for the wrongs I have done to others and grant me greater compassion and a willingness to forgive those who have hurt me. Let my forgiveness be as real as Your forgiveness. In Jesus Name, Amen.

**Week Three: Hope**

1 Peter 1:3—4 “Blessed be the God and Father of our Lord Jesus Christ! By His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, reserved in heaven for you,”

Prayer

I am forever grateful because of Jesus’ death and resurrection, I now have a *living hope*! Teach us to live with great expectation and remember this priceless inheritance in Christ — an inheritance that is pure and undefiled. In Jesus Name, Amen.

### **Week Four: Repentance**

Matthew 4:17 ...*“Repent of your sins and turn to God, for the Kingdom of Heaven is near.”*

#### Prayer

Lord God, we confess my sins and repent with sorrow, please forgive me. Allow us to receive a fresh awareness of the severe penalty of sin and how it separates us from You. Our prayer is that Your mighty name is exalted in and through our lives. In Jesus Name, Amen.

### **Week Five: Forgiveness**

Colossians 3:13 *“Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.”*

#### Prayer

Forgiving Father please grant me a heart of forgiveness. Lord God, please forgive me for the wrongs I have done to others and grant me greater compassion and a willingness to forgive those who have hurt me. Let my forgiveness be as real as Your forgiveness. In Jesus Name, Amen.

### **Week Six: Hope**

Romans 15:13 *“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”*

#### Prayer

Lord, thank YOU for being our source of hope. This hope brings joy and peace as we learn to trust YOU completely. May Holy Spirit continue to filter our hearts and minds hope indescribable. In Jesus name I pray, AMEN.

### **Ponderings:**

What secret sin do I need to repent of?

Who do I need to forgive?

How can I remain hopeful with some many hopeless events in the world today?

Park Road Community Church Lenten Season

Godly Characteristics	Scripture References	Your Thoughts
Forgiving	Colossians 3:13, Ephesians 4:32,	
Hopeful	Zep 3:17, 1 Peter 1:13, Hebrews	
Longsuffering	Ephesians 4:2, Galatians 5:22,	
Patience	Philippians 4:6, Ecclesiastes 7:8,	
Humility	Proverbs 22:4, Philippians 2:2-4,	
Fear of the Lord	Proverbs 19:23, Job 28:28, Psalm 111:10	
Discipline	Proverbs 12:1, 1 Corinthians	
Integrity	Job 4:6, Proverbs 28:6, Titus 2:7 -	
Peacemaker	Matthew 5:9, Proverbs 12:20,	
Wisdom	Proverbs 2:6, James 1:5, Colos-	

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**Official Roster**

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Sis Benita Kiah	Treasurer	202-215-2460
Deacon Marion Bright	Superintendent, Church School	202-829-1950
Sis Mary Hatch	Financial Secretary	301-442-5524
Sister Marlene Jones- Kinney	Church Clerk	301-568-9266

**Order of Service**

Church School.....	Sunday 9:30AM
Praise Service.....	Sunday 10:45 AM
Worship Service.....	Sunday 11:00 AM
Holy Communion.....	First Sunday
Hour of Power .....	Wednesday 7:00PM*
Bible Study.....	Saturday 10:00 AM*

**MISSION STATEMENT**

To be leaders in community-based Christian education by teaching the word of God and by spreading God's love among Park Road Community Church's membership, the community and among others we encounter.

Please submit items for inclusion in the bulletin to Louise Thames NLT Wednesday at work 240-857-7704 or home at 202-723-7893 or via [louise.thames@navy.mil](mailto:louise.thames@navy.mil) and [loothames2@verizon.net](mailto:loothames2@verizon.net). Announcements not included in the weekly bulletin should be given to the church clerk, Marlene Jones-Kinney prior to the beginning of service.

\* Worship Services are in-person and virtual via Zoom  
<https://us02web.zoom.us/j/6265834827>