



Lent

[a prayer guide]

The Season of Lent

Lent is a season for us to slow down to reflect and remember what Jesus has done for us. Our hope is that we would use this season to seek God more intentionally. Life is full of distractions and messages that draw us away from pursuing Jesus wholeheartedly. Through this time in Scripture, prayer, and fasting, we ask that our hearts would deepen the roots of faith and surrender to God. Through these practices, our character is often refined and transformed to know who God is more.

Would you join us in this time of prayer and fasting? This guide will help you through the process. Choose the type of fast best suited for you and dedicate time each day to prayer. We will also have prayer every Wednesday at 7 pm in the Sanctuary throughout Lent to seek God together.

John Wesley once said, “God does nothing except in response to believing prayer.” Let’s believe God for a deeper hunger for him and to move in our midst.

How Do I Do This?

There are two decisions you need to make at the beginning.

1. How do I structure my daily prayers?
2. What kind of fast do I do?

How Should I Structure My Daily Prayer?

Our hope is that this fast would be an opportunity to build a rhythm of prayer and intentionality of connecting with God throughout our day.

Find 2 times for prayer each day: *morning* and *evening*. One of the times can be shorter (5 min) to simply acknowledge God’s presence throughout the day. Suggestion: Set an alarm to remind yourself of your prayer times.

One of your times will be extended (15-30 minutes or more) and guided by the daily reading and prayer focus. If you’re a morning person, make

the morning your extended time. If you're a night person, make the evening prayer time your extended time. If you are fasting a meal, pray during that mealtime. You do not need to be stringent about it. If you are including kids into your prayer times, consider times of day that you naturally gather as a family - in the car, during a meal, at bedtime, etc. Whatever fits your daily schedule is best.

For Your Shorter Prayer Time:

One of the prayer times would just be 5 minutes each. Meditate on the verses, Jeremiah 17:7-8:

“Blessed is the one who trusts in the Lord,
whose confidence is in him.
They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit.”

Make it an engaging experience to meditate as a family by:

- Coming up with motions to go along with the words.
- Drawing pictures or creating sculptures of the tree described in the verses.
- Reading these verses while standing under a tree outside.

For Your Extended Prayer Time (15-30 minutes):

Each day includes a guide for the extended prayer time. It is important to take a moment to quiet yourself before entering into God's presence. This can be listening to a worship song or starting with thanksgiving.

Each day includes a prayer focus, Scripture passage, and prayer to guide the prayer time. Read the Scripture passage to set your heart and mind on truth and to guide your prayers.

Use the blank space at the bottom of each page to write out your prayers if you would like. Leave space in your prayer time to listen and respond to God in prayer.

What Kind of Fast?

If you are experienced at fasting and have found another type that works for you, use it. If not, here are three options available to choose from.

First, remember that a fast is more than just abstaining from something.

"Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God's word, seeking to align our lives with God's will. Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God's word instead of with food, social media, or entertainment. It is finding satisfaction and enjoyment in God and God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives," said Gary Rohrmayer

Here are some fasting options:

Fast Food/Drink Item: Abstain from eating a food or drink item every day except Sundays. Some common examples are chocolate, coffee, or all sweets. The purpose is to choose an item that is a go-to snack, food, or drink. Identifying the item that we often crave is a good place to begin a practice of fasting.

Supper Fast: Abstain from eating supper every day except Sundays. The time spent eating supper would be replaced with extended prayer time. It is essential to drink plenty of water while you are fasting.

Daniel Fast: This fast focuses on eating the foods that Daniel and his friends ate while training in the royal court. Abstain from particular types of foods such as meat, bread, and sweets. Eat only vegetables, fruit, water, and juice (minimal carbohydrates). Eat the standard three meals each day.

Activity/Media Fast: Forego a time-consuming activity such as entertainment, hobbies, television, internet, sports, social media, secular music, Netflix/Hulu/Prime, etc. If you wish, you may break your fast on Sunday, however, don't binge on Netflix on Sunday to get your

"fix." If you need to binge on Sunday, this may be a sign that you've become overly dependent on media or entertainment. These habits can be addicting and have an impact on our souls. Fasting in this area will re-focus our attention on what God is speaking to us.

Fasting as a Family: Fasting with kids is different from fasting as an adult, but that doesn't mean you can't do it. Keep in mind that, when teaching kids how to fast, it's wise to start small. Start out fasting one day each week, then perhaps build up to longer stretches over time.

Here are some practical options for fasting with kids:

- **Make different choices.** Talk about what those different choices might be for your family - something that you usually do that you'll replace with extra time with God. Perhaps you'll choose to spend time with God instead of going to the park. Maybe you'll choose not to watch a movie on family night. The best "different choice" will look different for each family.
- **Try a digital fast.** Giving up Youtube videos or video games might be a meaningful option for your family.
- **Consider what foods you might give up.** Perhaps you like to have granola bars during your snack time. You could choose to replace granola bars with some kind of fruit or vegetable and use that time to ask God to help your family grow in relationship with Him, just like fruits and vegetables grow.

Remember to be intentional and consistent in helping kids understand the purpose of fasting.

- Fasting is about God and taking time to focus on Him.
- Fasting reminds us to pray. When you give something up, you feel the pain of missing it and are reminded of your fast.
- Fasting is a soul training exercise, not a punishment.

We enter into this season trusting God and expectantly for His Spirit to move mightily in our midst and our lives as we surrender to Him.

Wednesday, February 17th:

Prayer Focus: Repentance for the Church

Scripture Reading: 2 Chronicles 7:11-15

So Solomon finished the Temple of the LORD, as well as the royal palace. He completed everything he had planned to do in the construction of the Temple and the palace. Then one night the LORD appeared to Solomon and said, "I have heard your prayer and have chosen this Temple as the place for making sacrifices. At times I might shut up the heavens so that no rain falls, or command grasshoppers to devour your crops or send plagues among you. Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. My eyes will be open and my ears attentive to every prayer made in this place.

Prayer:

Father, we humble ourselves before you. We seek your face, your presence. We turn from our sin of knowing wrong – and doing it; of knowing right – and not doing it; of compromise. We do not want to be lukewarm. We want to be on fire for you. Cleanse us and purify us, Father. Open our eyes and ears to hear your voice. Teach us how to pass on a vibrant faith in You to the next generation. And we pray this because of and in Jesus' powerful name, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Thursday, February 18th:

Prayer Focus: Repentance for the Nation

Scripture Reading: 2 Chronicles 7:11-15

So Solomon finished the Temple of the LORD, as well as the royal palace. He completed everything he had planned to do in the construction of the Temple and the palace. Then one night the LORD appeared to Solomon and said, "I have heard your prayer and have chosen this Temple as the place for making sacrifices. At times I might shut up the heavens so that no rain falls, or command grasshoppers to devour your crops or send plagues among you. Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. My eyes will be open and my ears attentive to every prayer made in this place.

Prayer:

Father, as we humble ourselves before you, we bring our nation to you. We ask for wisdom for our leaders. We ask for new ears to hear you and new eyes to see you. We ask for the oil of your Holy Spirit to foster respect and honor between groups of people that have treated each other badly. We want to be your instruments and your tools for you to use as you see fit. And we pray, together, asking for forgiveness for our nation, in the Name of Jesus, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Friday, February 19th:

Prayer Focus: Prayers for the Church

Scripture Reading: Colossians 4:12

Epaphras, a member of your own fellowship and a servant of Christ Jesus, sends you his greetings. He always prays earnestly for you, asking God to make you strong and perfect, fully confident that you are following the whole will of God.

Prayer:

Just as Epaphras was always wrestling in prayer for the Colossian church that they would “stand firm in all the will of God and that they would be mature and fully assured,” so we come before you today, Father God, and we pray these very words over each person worshipping with or in some way connected to the ministry of Waite Park Church. Expand your view of what you want to do in us and through us. We pray too for the kids and families of our church. Continue to draw them deeper into a relationship with you and help us to support them well in the process. We pray this for your honor and your glory. And we pray this in Jesus' powerful name, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Use the “Five Finger Prayer” structure over the next two days. Starting with your thumb, pray for your friends and family (including your church family!). Continuing with your pointer finger, pray for the leaders in your life, like teachers and pastors, who point the way.

Saturday, February 20th:

Prayer Focus: Prayers for the Nation

Scripture Reading: Romans 13:1 & Proverbs 31:8-9

Everyone must submit to governing authorities. For all authority comes from God, and those in positions of authority have been placed there by God. [Rom 13:1]

Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless, and see that they get justice. [Pro 31:8-9]

Prayer:

We do not deserve your mercy or your grace. As Nehemiah prayed for the people and confessed their individual and collective sin, so we ask for you to do a new work in and across our nation. We want to be a people called by your Name. While this is our desire today, we know that this is not shared across our land – and so we pray for a new hunger and thirst for you ... and that we will be your people standing in the gap to live and speak for you. Today, we pray in the powerful name of Jesus, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Continue using the “Five Finger Prayer” structure. Review the thumb and pointer finger prayers from yesterday, then continue with your tall finger, praying for the “big” people in authority in our country, like our government leaders. Moving on to your ring finger, pray for the weak in our country, like those who are sick, poor, or mistreated. Lastly, when you get to your little finger, pray for some of your own needs.

Sunday, February 21st:

Worship Service

Sabbath: Sunday is a day of rest and celebration. No fasting today.

The Lord appeared to us in the past, saying: 'I have loved you with an everlasting love; I have drawn you with unfailing kindness.'

Jeremiah 31:3

Monday, February 22nd:

Prayer Focus: Africa

Scriptural Prayer: Philippians 1:4-6, 9-11

In all my prayers for all of you, I always pray with joy because of our partnership in the gospel from the first day until now, being confident of this, that he who began a good work in us will carry it on to completion until the day of Christ Jesus.

And this is my prayer: that our love may abound more and more in knowledge and depth of insight, so that we may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Prayer:

Pray for God to build strong processes around discipleship and follow up. This structure would support more people to live in freedom in their relationship with Christ. For the Pacific, pray for God to unite the church to come together with one heart and passion to see God move in their part of the world.

Missionaries our Church Supports:

Geoff, Carrie Jo, and Rebecca Cain – Sierra Leone

Chris & Steph Klay – North Africa

Kevin & Michelle Klay – North Africa

Caleb & Michelle Klay – South Africa

Spend some time covering our missionaries and this region in prayer.

Family Tip:

More than 80% of people who make a decision to follow Jesus do so between the ages of 4 and 14. Pray together that kids just like yours in Africa would have the opportunity to hear the good news about Jesus! To explore more ways to pray for our world, check out the kids' activities available at <http://wycliffe.org/resources/kids/activities>.

Tuesday, February 23rd:

Prayer Focus: Humility

Scripture Reading: Philippians 2:6-11

Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross. Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Prayer:

Heavenly Father, show us who you are. We surrender to you, our Lord Jesus Christ. The realization of what You gave up becoming a man who humbled Himself to the point of death even death on the cross for our sake is staggering. Thank you for Your amazing grace and thank You for Your incredible love. We pray that we would humble ourselves under Your mighty hand and learn to say in whatever situation we find ourselves - Your will not mine be done. In the name of Jesus, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Wednesday, February 24th:

Prayer Focus: Weakness

Scripture Reading: 2 Corinthians 12:5-10

That experience is worth boasting about, but I'm not going to do it. I will boast only about my weaknesses. If I wanted to boast, I would be no fool in doing so, because I would be telling the truth. But I won't do it, because I don't want anyone to give me credit beyond what they can see in my life or hear in my message, even though I have received such wonderful revelations from God. So to keep me from becoming proud, I was given a thorn in my flesh, a messenger from Satan to torment me and keep me from becoming proud. Three different times I begged the Lord to take it away. Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.

Prayer:

Heavenly Father, thank You that Your grace is sufficient for all my needs. Help me recognize and rejoice in the knowledge that Your power is made perfect in my weakness. I pray that I may learn to be content in all things for Christ's sake. Help me to be increasingly conscious of my weaknesses and your work despite my weaknesses. Use my life to be a demonstration of Your strength and power. Be glorified in my life. In the Name of Jesus, Amen

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Thursday, February 25th:

Prayer Focus: Sin

Scripture Reading: Romans 3:9-23

Well then, should we conclude that we Jews are better than others? No, not at all, for we have already shown that all people, whether Jews or Gentiles, are under the power of sin. As the Scriptures say, "No one is righteous--not even one. No one is truly wise; no one is seeking God. All have turned away; all have become useless. No one does good, not a single one." "Their talk is foul, like the stench from an open grave. Their tongues are filled with lies." "Snake venom drips from their lips." "Their mouths are full of cursing and bitterness." "They rush to commit murder. Destruction and misery always follow them. They don't know where to find peace." "They have no fear of God at all." The law applies to those to whom it was given, for its purpose is to keep people from having excuses and to show that the entire world is guilty before God. For no one can ever be made right with God by doing what the law commands. The law simply shows us how sinful we are. But now God has shown us a way to be made right with him without keeping the requirements of the law, as was promised in the writings of Moses and the prophets long ago. We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are. For everyone has sinned; we all fall short of God's glorious standard.

Prayer:

Heavenly Father, for too long I have striven to earn righteousness and trying to keep the commandments in my strength. But I recognize that there is nothing I can do to make myself pleasing in your sight, except in and through our Lord Jesus Christ dwelling in me. Break the power and patterns of sin in and over our lives. Help me live in total dependence upon You and not in myself. Thank You that in Christ Jesus, I am justified, redeemed, and clothed in His righteousness. Help me to live in utter dependence on You and not on myself. In the name of Jesus, Amen.

Friday, February 26th:

Prayer Focus: Confession

Scripture Reading: 1 John 1:8-10

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

Prayer:

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life. [Psalm 139:23-24]

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Fill a cookie sheet with sand (or another similar substance like flour), then write or draw in the sand something you'd like to tell God you are sorry for. Remind your kids that God loves to forgive and rejoices when we choose to turn our hearts away from sin and toward Him! After each person has finished, smooth the sand so the picture or words disappear and imagine God taking away the sin. Remember, there's power in you as a parent going first in this, so don't hesitate to show your kids how this prayer activity works by doing it yourself first.

Saturday, February 27th:

Prayer Focus: Repentance

Scripture Reading: Acts 3:16-20

Through faith in the name of Jesus, this man was healed--and you know how crippled he was before. Faith in Jesus' name has healed him before your very eyes. Friends, I realize that what you and your leaders did to Jesus was done in ignorance. But God was fulfilling what all the prophets had foretold about the Messiah--that he must suffer these things. Now repent of your sins and turn to God, so that your sins may be wiped away. Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah.

Repentance is where want to know God better and we realize how broken and messed up our lives become in our own hands. We determine to turn away from living our own way to follow after God.

Prayer:

Write a prayer of repentance to God.

Sunday, February 28th:

Worship Service

Sabbath: Sunday is a day of rest and celebration. No fasting today.

Let them praise the LORD for his great love and for the wonderful things he has done for them. Let them offer sacrifices of thanksgiving and sing joyfully about his glorious acts.

Psalms 107:21-22

Monday, March 1st:

Prayer Focus: Asia

Scriptural Prayer: Psalm 63:1-5

You, God, are our God, earnestly we seek you; we thirst for you, our whole being longs for you, in a dry and parched land where there is no water. We have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, our lips will glorify you. We will praise you as long as I live, and in your name, we will lift up my hands. We will be fully satisfied as with the richest of foods; with singing lips, my mouth will praise you.

Prayer:

Pray for an increased hunger for God. The Christians would have a sensitivity to the people around them while sharing their faith. Pray against the fear of the church growing with this region.

Missionaries our Church Supports:

Andrea Swarthout – Japan

Spend some time covering our missionary and this region in prayer.

Family Tip:

More than 80% of people who make a decision to follow Jesus do so between the ages of 4 and 14. Pray together that kids just like yours in Asia would have the opportunity to hear the good news about Jesus! To explore more ways to pray for our world, check out the kids' activities available at <http://wycliffe.org/resources/kids/activities>.

Tuesday, March 2nd:

Prayer Focus: Revelation of God

Scripture Reading: Exodus 3:1-8, Matthew 22:32

One day Moses was tending the flock of his father-in-law, Jethro, the priest of Midian. He led the flock far into the wilderness and came to Sinai, the mountain of God. There the angel of the LORD appeared to him in a blazing fire from the middle of a bush. Moses stared in amazement. Though the bush was engulfed in flames, it didn't burn up. "This is amazing," Moses said to himself. "Why isn't that bush burning up? I must go see it." When the LORD saw Moses coming to take a closer look, God called to him from the middle of the bush, "Moses! Moses!" "Here I am!" Moses replied. "Do not come any closer," the LORD warned. "Take off your sandals, for you are standing on holy ground. I am the God of your father--the God of Abraham, the God of Isaac, and the God of Jacob." When Moses heard this, he covered his face because he was afraid to look at God. Then the LORD told him, "I have certainly seen the oppression of my people in Egypt. I have heard their cries of distress because of their harsh slave drivers. Yes, I am aware of their suffering. So I have come down to rescue them from the power of the Egyptians and lead them out of Egypt into their own fertile and spacious land. It is a land flowing with milk and honey--the land where the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites now live. [Exo 3:1-8]

'I am the God of Abraham, the God of Isaac, and the God of Jacob.' So he is the God of the living, not the dead." [Mat 22:32]

Prayer:

Lord, you are a God that desires intimacy with Your people. You are also greater than our minds can comprehend. Reveal who you are to us. Make us sensitive to your voice. Expand our heart and hunger for you. Draw us into a deeper relationship and dependence on you.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Wednesday, March 3rd:

Prayer Focus: God is Holy

Scripture Reading: Psalm 99

The LORD is king! Let the nations tremble! He sits on his throne between the cherubim. Let the whole earthquake! The LORD sits in majesty in Jerusalem, exalted above all the nations. Let them praise your great and awesome name. Your name is holy! Mighty King, lover of justice, you have established fairness. You have acted with justice and righteousness throughout Israel. Exalt the LORD our God! Bow low before his feet, for he is holy! Moses and Aaron were among his priests; Samuel also called on his name. They cried to the LORD for help, and he answered them. He spoke to Israel from the pillar of cloud, and they followed the laws and decrees he gave them. O LORD our God, you answered them. You were a forgiving God to them, but you punished them when they went wrong. Exalt the LORD our God, and worship at his holy mountain in Jerusalem, for the LORD our God is holy!

Prayer:

Almighty God, let us praise you great and awesome name for you are holy! Thank You that I have been born into Your family, united together with Christ and am one with Him, and I pray that increasingly, His nature and character may be developed in me, until I say as Paul did, "my old self has died and been crucified with Christ, and it is no longer I live, but Christ that lives in me." I pray that You would increasingly transform me into the image and likeness of the Lord Jesus, day by day.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Set out a Scrabble board and use the tiles to write a word to describe God - like "almighty" or "amazing" - in the middle. Use the remaining tiles to add other words on the board that describe God.

Thursday, March 4th:

Prayer Focus: God is Trustworthy

Scripture Reading: Psalm 145

I will exalt you, my God and King, and praise your name forever and ever. I will praise you every day; yes, I will praise you forever. Great is the LORD! He is most worthy of praise! No one can measure his greatness. Let each generation tell its children of your mighty acts; let them proclaim your power. I will meditate on your majestic, glorious splendor and your wonderful miracles. Your awe-inspiring deeds will be on every tongue; I will proclaim your greatness. Everyone will share the story of your wonderful goodness; they will sing with joy about your righteousness. The LORD is merciful and compassionate, slow to get angry and filled with unfailing love. The LORD is good to everyone. He showers compassion on all his creation. All of your works will thank you, LORD, and your faithful followers will praise you. They will speak of the glory of your kingdom; they will give examples of your power. They will tell about your mighty deeds and the majesty and glory of your reign. For your kingdom is an everlasting kingdom. You rule throughout all generations. The LORD always keeps his promises; he is gracious in all he does. The LORD helps the fallen and lifts those bent beneath their loads. The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. The LORD is righteous in everything he does; he is filled with kindness. The LORD is close to all who call on him, yes, to all who call on him in truth. He grants the desires of those who fear him; he hears their cries for help and rescues them. The LORD protects all those who love him, but he destroys the wicked. I will praise the LORD, and may everyone on earth bless his holy name forever and ever.

Prayer:

Prayerfully read through Psalm 145 multiple times. Spend time asking God to reveal any areas of distrust to surrender to Him.

Friday, March 5th:

Prayer Focus: God is Just

Scripture Reading: Psalm 33

Let the godly sing for joy to the LORD; it is fitting for the pure to praise him. Praise the LORD with melodies on the lyre; make music for him on the ten-stringed harp. Sing a new song of praise to him; play skillfully on the harp, and sing with joy. For the word of the LORD holds true, and we can trust everything he does. He loves whatever is just and good; the unfailing love of the LORD fills the earth. The LORD merely spoke, and the heavens were created. He breathed the word, and all the stars were born. He assigned the sea its boundaries and locked the oceans in vast reservoirs. Let the whole world fear the LORD, and let everyone stand in awe of him. For when he spoke, the world began! It appeared at his command. The LORD frustrates the plans of the nations and thwarts all their schemes. But the LORD's plans stand firm forever; his intentions can never be shaken. What joy for the nation whose God is the LORD, whose people he has chosen as his inheritance. The LORD looks down from heaven and sees the whole human race. From his throne, he observes all who live on the earth. He made their hearts, so he understands everything they do. The best-equipped army cannot save a king, nor is great strength enough to save a warrior. Don't count on your warhorse to give you victory--for all its strength, it cannot save you. But the LORD watches over those who fear him, those who rely on his unfailing love. He rescues them from death and keeps them alive in times of famine. We put our hope in the LORD. He is our help and our shield. In him our hearts rejoice, for we trust in his holy name. Let your unfailing love surround us, LORD, for our hope is in you alone.

Prayer:

Jesus, you are known by your acts of justice and righteousness. You desire your people to act justly. Stir in us to care about the causes and people that need our voice. Lead us to advocate against injustices.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Saturday, March 6th:

Prayer Focus: God is Love

Scripture Reading: 1 John 4:7-18

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love. God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love--not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. Dear friends, since God loved us that much, we surely ought to love each other. No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us. And God has given us his Spirit as proof that we live in him and he in us. Furthermore, we have seen with our own eyes and now testify that the Father sent his Son to be the Savior of the world. All who confess that Jesus is the Son of God have God living in them, and they live in God. We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

Prayer:

Write a love letter or poem to God.

Sunday, March 7th:

Worship Service

Sabbath: Sunday is a day of rest and celebration. No fasting today.

For the LORD your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.

Zephaniah 3:17

Monday, March 8th:

Prayer Focus: Europe

Scriptural Prayer: Colossians 1:9-14

We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins.

Prayer:

Pray for God to raise leaders to bridge cultural differences into a unified body that brings honor to Jesus and invites people into a relationship with him.

Missionaries our Church Supports:

Josh and Kristina Carter – Eastern Europe

Matthew Blake – Czech Republic

Spend some time covering our missionaries and this region in prayer.

Family Tip:

More than 80% of people who make a decision to follow Jesus do so between the ages of 4 and 14. Pray together that kids just like yours in Europe would have the opportunity to hear the good news about Jesus! To explore more ways to pray for our world, check out the kids' activities available at <http://wycliffe.org/resources/kids/activities>.

Tuesday, March 9th:

Prayer Focus: God is Powerful

Scripture Reading: Romans 1:16 & 15:13

For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes--the Jew first and also the Gentile. [Rom 1:16]

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. [Rom 15:13]

Prayer:

Heavenly Father, my heart rejoices as I realize the depth of love You have for me. Show me the power that is at work in Your saving grace. Constantly remind me of the peace and hope you provide through your power. Enable me to live in and share this truth with those with whom I come in contact today. And I pray also that the kids in our congregation would come to know Your power in a real and transformative way. I praise and glorify You, In the name of Jesus, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Wednesday, March 10th:

Prayer Focus: God is Unity

Scripture Reading: Ephesians 4:3-7

Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. For there is one body and one Spirit, just as you have been called to one glorious hope for the future. There is one Lord, one faith, one baptism, and one God and Father, who is over all and in all and living through all. However, he has given each one of us a special gift through the generosity of Christ.

Prayer:

Heavenly Father, thank You that Jesus is the Word made flesh and that in Him is eternal life. Thank You for the indwelling Spirit, who is building us into a holy habitation for our God and Father. Bind us together in unity as your church. Strengthen us to live at peace with one another. Through your Holy Spirit, we are one body held together for your glory and honor. We pray this not just for our own sake, but for the sake of the kids you have entrusted to our church family. May our unity be an example to them. Thank You for the Word of life and the truths that it contains and thank You that by faith in Christ Jesus, I have the right to call You Abba -my Father, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Find items that zipper in your house. Something like a jacket would work well. Unzip the item and, as you hold each side, think about all the many different kinds of people there are in our world. As you then zip the item, pray that God would bring people together in the church in unity so that we can help people around the world, no matter how similar or different they are, become closer to God too.

Thursday, March 11th:

Prayer Focus: Faith

Scripture Reading: Romans 4:18-25

Even when there was no reason for hope, Abraham kept hoping--believing that he would become the father of many nations. For God had said to him, "That's how many descendants you will have!" And Abraham's faith did not weaken, even though, at about 100 years of age, he figured his body was as good as dead--and so was Sarah's womb. Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this, he brought glory to God. He was fully convinced that God is able to do whatever he promises. And because of Abraham's faith, God counted him as righteous. And when God counted him as righteous, it wasn't just for Abraham's benefit. It was recorded for our benefit, too, assuring us that God will also count us as righteous if we believe in him, the one who raised Jesus our Lord from the dead. He was handed over to die because of our sins, and he was raised to life to make us right with God.

Prayer:

God, you are faithful to your people. Abraham never wavered in believing your promise. Strengthen and encourage us to believe you and your promises no matter how we feel or external circumstances. Keep our eyes fixed on you to see how you are moving and working in our midst. Teach us how to tell the story of Your faithfulness so the kids in our church can see You in our stories and their own. We pray in Jesus's name, Amen.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Friday, March 12th:

Prayer Focus: Hope

Scripture Reading: Hebrews 6:13-20

For example, there was God's promise to Abraham. Since there was no one greater to swear by, God took an oath in his own name, saying: "I will certainly bless you, and I will multiply your descendants beyond number." Then Abraham waited patiently, and he received what God had promised. Now when people take an oath, they call on someone greater than themselves to hold them to it. And without any question that oath is binding. God also bound himself with an oath, so that those who received the promise could be perfectly sure that he would never change his mind. So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. Jesus has already gone in there for us. He has become our eternal High Priest in the order of Melchizedek.

Prayer:

Lord, you are a refuge where we can gain confidence that anchors us in hope to you. What a beautiful gift! Fill us with this hope and bring strength to live lives that see you more clearly. Deepen our worship of who you are. And I pray also that the kids in our congregation would find their hope in You and come to trust You in a real and transformative way. Let your hope overflow from us.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Saturday, March 13th:

Prayer Focus: Love

Scripture Reading: Romans 8:33-39

Who dares accuse us whom God has chosen for his own? No one--for God himself has given us right standing with himself. Who then will condemn us? No one--for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us. Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? (As the Scriptures say, "For your sake, we are killed every day; we are being slaughtered like sheep.") No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow--not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below--indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Prayer:

Jesus, what an incredible promise. We have security in our pursuit of you because you pursued us first. When we seek you, we will find you. Help us to be still and rest in your love. Stir in us a fresh passion to love you and others with our whole self. Use us to demonstrate your love to those around us, including the kids at our church. May our testimony of Your love draw them toward You.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Sunday, March 14th:

Worship Service

Sabbath: Sunday is a day of rest and celebration. No fasting today.

He alone is my rock and my salvation, my fortress where I will not be shaken. My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

Psalms 62:6-8

Monday, March 15th:

Prayer Focus: Americas

Scriptural Prayer: Psalm 1

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night.

That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away.

Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.

Prayer:

Pray for a willingness to confront social injustices with humility towards reconciliation. The Christians would be examples of forgiveness to repair areas of brokenness in communities.

Missionaries our Church Supports:

Perry Hubbard – Panama

Malin Beckering – George Mason University Cru Staff

Spend some time covering our missionaries and this region in prayer.

Family Tip:

More than 80% of people who make a decision to follow Jesus do so between the ages of 4 and 14. Pray together that kids just like yours in the Americas would have the opportunity to hear the good news about Jesus! To explore more ways to pray for our world, check out the kids' activities available at <http://wycliffe.org/resources/kids/activities>.

Tuesday, March 16th:

Prayer Focus: Reverence for God

Scripture Reading: Hebrews 5:7-9

While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears, to the one who could rescue him from death. And God heard his prayers because of his deep reverence for God. Even though Jesus was God's Son, he learned obedience from the things he suffered. In this way, God qualified him as a perfect High Priest, and he became the source of eternal salvation for all those who obey him.

Prayer:

Jesus, thank you for your example here on earth. I am in awe of who you are. Help us follow you in this example of bringing our prayers and pleadings to you out of a deep reverence for understanding who you are. May our example inspire the next generation toward coming to know You better. You are the source of salvation and life. Be glorified and praised in our midst.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Wednesday, March 17th:

Prayer Focus: Trust in God

Scripture Reading: Proverbs 3:1-6

My child, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Prayer:

I trust you, God. Deepen my trust in your character and goodness and show me how I can invite the next generation toward trusting You all the more. I stand firm in confidence knowing your compassion, grace, and lovingkindness.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Talk about how we can trust God to “stick” with us no matter what. You can create a collage with stickers or play Blob Tag as a family have some fun with your prayer time!

Thursday, March 18th:

Prayer Focus: Light of Life

Scripture Reading: John 1:4-5, 9-18

The Word gave life to everything that was created, and his life brought light to everyone. The light shines in the darkness, and the darkness can never extinguish it. ... The one who is the true light, who gives light to everyone, was coming into the world. He came into the very world he created, but the world didn't recognize him. He came to his own people, and even they rejected him. But to all who believed him and accepted him, he gave the right to become children of God. They are reborn--not with a physical birth resulting from human passion or plan, but a birth that comes from God. So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son. John testified about him when he shouted to the crowds, "This is the one I was talking about when I said, 'Someone is coming after me who is far greater than I am, for he existed long before me.'" From his abundance, we have all received one gracious blessing after another. For the law was given through Moses, but God's unfailing love and faithfulness came through Jesus Christ. No one has ever seen God. But the unique One, who is himself, God, is near to the Father's heart. He has revealed God to us.

Prayer:

Lord, your life brought light and life into the darkness of our world. We need you to illuminate our lives to follow you before everything else. You came to reveal yourself to all people. Remind us of who you are. Use our light to shine and declare to the world who you are.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Friday, March 19th:

Prayer Focus: Surrender Desires

Scripture Reading: Psalm 37:3-7

Trust in the LORD and do good. Then you will live safely in the land and prosper. Take delight in the LORD, and he will give you your heart's desires. Commit everything you do to the LORD. Trust him, and he will help you. He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun. Be still in the presence of the LORD and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

Prayer:

God, strengthen my delight in you and what delights you. You are the one who truly satisfies. I desire you. My life is not my own. I lay down all that I am and desire to be.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Sit together on a couch or in a circle on the floor and spread a quilt over your laps. Homemade quilts are ideal, but any blanket with visible stitching can work. Trace the stitching with your fingers and talk about how intentionally someone made the patterns and chose the shapes to make the quilt fit together. In the same way, God has put a lot of thought and care into our lives. Sometimes it can be hard to see what the pattern of the "quilt" of our life looks like because we can only see one day (or one "stitch") at a time, but we can trust that when we are following God, He can create something beautiful out of our lives no matter what. Tell God you trust Him with the story of your lives.

Saturday, March 20th:

Prayer Focus: Surrendering Possessions

Scripture Reading: Phil 4:10-20

How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength. Even so, you have done well to share with me my present difficulty. As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News and then traveled on from Macedonia. No other church did this. Even when I was in Thessalonica you sent help more than once. I don't say this because I want a gift from you. Rather, I want you to receive a reward for your kindness. At the moment I have all I need--and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. Now all glory to God our Father forever and ever! Amen.

Prayer:

Father, teach us to be content in every situation. We acknowledge that you give us the strength to walk through whatever comes our way. You, Father, alone can satisfy us. We surrender everything that you have given to be used for your purposes and your kingdom. And, as we surrender, help us show the next generation the joy of following You.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Sunday, March 21st:

Worship Service

Sabbath: Sunday is a day of rest and celebration. No fasting today.

*May the words of my mouth and the meditation of my heart be pleasing
to you, O LORD, my rock and my redeemer.*

Psalm 19:14

Monday, March 22nd:

Prayer Focus: Minneapolis

Scriptural Prayer: Ephesians 1:16-23

I have not stopped thanking God for you. I pray for you constantly, asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called--his holy people who are his rich and glorious inheritance. I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. Now he is far above any ruler or authority or power or leader or anything else--not only in this world but also in the world to come. God has put all things under the authority of Christ and has made him head over all things for the benefit of the church. And the church is his body; it is made full and complete by Christ, who fills all things everywhere with himself.

Prayer:

Pray for Jesus to shine through Christian ministry to improve the living conditions for many throughout the city. These ministries would be effective in drawing people into the kingdom of God and training them to become disciples.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Take a walk through your neighborhood and pray sentence prayers for the people, businesses, schools, and other places you see.

Tuesday, March 23rd:

Prayer Focus: Refine

Scripture Reading: 1 Peter 1:6-9

So be truly glad. There is wonderful joy ahead, even though you have to endure many trials for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold--though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world. You love him even though you have never seen him. Though you do not see him now, you trust him; and you rejoice with glorious, inexpressible joy. The reward for trusting him will be the salvation of your souls.

Prayer:

And yet, O LORD, you are our Father. We are the clay, and you are the potter. We all are formed by your hand. Don't be so angry with us, LORD. Please don't remember our sins forever. Look at us, we pray, and see that we are all your people. [Isa 64:8-9]

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Wednesday, March 24th:

Prayer Focus: Discipline

Scripture Reading: Hebrews 12:5-11

And have you forgotten the encouraging words God spoke to you as his children? He said, "My child, don't make light of the LORD's discipline, and don't give up when he corrects you. For the LORD disciplines those he loves, and he punishes each one he accepts as his child." As you endure this divine discipline, remember that God is treating you as his own children. Whoever heard of a child who is never disciplined by its father? If God doesn't discipline you as he does all of his children, it means that you are illegitimate and are not really his children at all. Since we respected our earthly fathers who disciplined us, shouldn't we submit even more to the discipline of the Father of our spirits, and live forever? For our earthly fathers disciplined us for a few years, doing the best they knew how. But God's discipline is always good for us so that we might share in his holiness. No discipline is enjoyable while it is happening--it's painful! But afterward, there will be a peaceful harvest of right living for those who are trained in this way.

Prayer:

God, you are good and faithful. The challenges in life are opportunities for you to draw us closer to you and transform our hearts and minds to align with you and your Word. We know that when you discipline us it is always for our good. The discipline will produce fruit in us, and we trust this will be used to comfort and grow our compassion for those around us as well.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Thursday, March 25th:

Prayer Focus: Gratitude

Scripture Reading: Philippians 4:4-9

Always be full of joy in the Lord. I say it again--rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me--everything you heard from me and saw me doing. Then the God of peace will be with you.

Prayer:

Spend time creating a list of what you are grateful from God. Praise God for all He has done and given to you.

Family Tip:

Take a portion of play dough. Think of something you're thankful for - whether a person, a place, an object, or something altogether different - then sculpt it. When you've finished, hold your sculpture in your hand and thank God for the blessing He has given you.

Friday, March 26th:

Prayer Focus: Listening

Scripture Reading: 1 Samuel 3:4-10

Suddenly the LORD called out, "Samuel!" "Yes?" Samuel replied. "What is it?" He got up and ran to Eli. "Here I am. Did you call me?" "I didn't call you," Eli replied. "Go back to bed." So he did. Then the LORD called out again, "Samuel!" Again Samuel got up and went to Eli. "Here I am. Did you call me?" "I didn't call you, my son," Eli said. "Go back to bed." Samuel did not yet know the LORD because he had never had a message from the LORD before. So the LORD called a third time, and once more Samuel got up and went to Eli. "Here I am. Did you call me?" Then Eli realized it was the LORD who was calling the boy. So he said to Samuel, "Go and lie down again, and if someone calls again, say, 'Speak, LORD, your servant is listening.'" So Samuel went back to bed. And the LORD came and called as before, "Samuel! Samuel!" And Samuel replied, "Speak, your servant is listening."

Prayer:

Prayerfully read Proverbs 1:1-7.

Their purpose is to teach people wisdom and discipline, to help them understand the insights of the wise. Their purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair. These proverbs will give insight to the simple, knowledge and discernment to the young. Let the wise listen to these proverbs and become even wiser. Let those with understanding receive guidance by exploring the meaning in these proverbs and parables, the words of the wise and their riddles. Fear of the LORD is the foundation of true knowledge, but fools despise wisdom and discipline.

Quiet your heart before the Lord. Ask God to speak, you are listening.

Saturday, March 27th:

Prayer Focus: Obedience

Scripture Reading: 1 Peter 1:13-23

So think clearly and exercise self-control. Look forward to the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy." And remember that the heavenly Father to whom you pray has no favorites. He will judge or reward you according to what you do. So you must live in reverent fear of him during your time as "foreigners in the land." For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And the ransom he paid was not mere gold or silver. It was the precious blood of Christ, the sinless, spotless Lamb of God. God chose him as your ransom long before the world began, but he has now revealed him to you in these last days. Through Christ, you have come to trust in God. And you have placed your faith and hope in God because he raised Christ from the dead and gave him great glory. You were cleansed from your sins when you obeyed the truth, so now you must show sincere love to each other as brothers and sisters. Love each other deeply with all your heart. For you have been born again, but not to a life that will quickly end. Your new life will last forever because it comes from the eternal, living word of God.

Prayer:

Lord, this passage reminds me of your holiness. You are the sinless, spotless Lamb of God. I am amazed at the depth of your love for your people. Strengthen us with the discipline to walk in your presence each day. Reveal your power and mercy through our obedience for your glory so the next generation can see You all the more clearly.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Sunday, March 28th:

Worship Service

Sabbath: Sunday is a day of rest and celebration. No fasting today.

A single day in your courts is better than a thousand anywhere else! I would rather be a gatekeeper in the house of my God than live the good life in the homes of the wicked. For the LORD God is our sun and our shield. He gives us grace and glory. The LORD will withhold no good thing from those who do what is right.

Psalm 84:10-11

Monday, March 29th:

Prayer Focus: Northeast

Scriptural Prayer: Ephesians 3:16-21

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.

Prayer:

Pray for God to move within our neighborhood. He would stir discontent in people's hearts bringing them to a place of acknowledging their need that only God can fill. People would find healing amid their brokenness.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Family Tip:

Take a walk through your neighborhood and pray sentence prayers for the people, businesses, schools, and other places you see.

Tuesday, March 30th:

Prayer Focus: Jesus's Prayer

Scripture Reading: John 17:9-26

"My prayer is not for the world, but for those you have given me, because they belong to you. All who are mine belong to you, and you have given them to me, so they bring me glory. Now I am departing from the world; they are staying in this world, but I am coming to you. Holy Father, you have given me your name; now protect them by the power of your name so that they will be united just as we are. During my time here, I protected them by the power of the name you gave me. I guarded them so that not one was lost, except the one headed for destruction, as the Scriptures foretold. "Now I am coming to you. I told them many things while I was with them in this world so they would be filled with my joy. I have given them your word. And the world hates them because they do not belong to the world, just as I do not belong to the world. I'm not asking you to take them out of the world, but to keep them safe from the evil one. They do not belong to this world any more than I do. Make them holy by your truth; teach them your word, which is truth. Just as you sent me into the world, I am sending them into the world. And I give myself as a holy sacrifice for them so they can be made holy by your truth.

"I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one--as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me. "I have given them the glory you gave me, so they may be one as we are one. I am in them and you are in me. May they experience such perfect unity that the world will know that you sent me and that you love them as much as you love me. Father, I want these whom you have given me to be with me where I am. Then they can see all the glory you gave me because you loved me even before the world began! "O righteous Father, the world doesn't know you, but I do; and these disciples know you sent me. I have revealed you to them, and I will continue to do so. Then your love for me will be in them, and I will be in them."

Wednesday, March 31st:

Prayer Focus: Garden of Gethsemane

Scripture Reading: Matthew 26:36-46

Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!" Then Jesus left them a second time and prayed, "My Father! If this cup cannot be taken away unless I drink it, your will be done." When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. So he went to pray a third time, saying the same things again. Then he came to the disciples and said, "Go ahead and sleep. Have your rest. But look--the time has come. The Son of Man is betrayed into the hands of sinners. Up, let's be going. Look, my betrayer is here!"

Prayer:

Lord, you took on the weight of all our sin and my sin. The pain and weight must have been excruciating. Strengthen us to keep watch and pray to avoid temptation. Thank you for your sacrifice to bring us life. Help us to be faithful and humble in our service to you. My life is yours to mold and in use for your purposes.

Spend some time in silence and listen for God speaking to you. Write any thoughts that come to your mind.

Thursday, April 1st:

Prayer Focus: Jesus Arrest

Scripture Reading: John 18

After saying these things, Jesus crossed the Kidron Valley with his disciples and entered a grove of olive trees. Judas, the betrayer, knew this place because Jesus had often gone there with his disciples. The leading priests and Pharisees had given Judas a contingent of Roman soldiers and Temple guards to accompany him. Now with blazing torches, lanterns, and weapons, they arrived at the olive grove. Jesus fully realized all that was going to happen to him, so he stepped forward to meet them. "Who are you looking for?" he asked. "Jesus the Nazarene," they replied. "I AM he," Jesus said. (Judas, who betrayed him, was standing with them.) As Jesus said "I AM he," they all drew back and fell to the ground! Once more he asked them, "Who are you looking for?" And again they replied, "Jesus the Nazarene." "I told you that I AM he," Jesus said. "And since I am the one you want, let these others go." He did this to fulfill his own statement: "I did not lose a single one of those you have given me." Then Simon Peter drew a sword and slashed off the right ear of Malchus, the high priest's slave. But Jesus said to Peter, "Put your sword back into its sheath. Shall I not drink from the cup of suffering the Father has given me?" So the soldiers, their commanding officer, and the Temple guards arrested Jesus and tied him up. [John 18:1-12]

Prayer:

Read the whole chapter of John 18. Attend the Maundy Thursday service.

Family Tip:

Prepare your kids for communion by checking out the discipleship resource on communion at <https://waiteparkchurch.org/parents>.

Friday, April 2nd:

Prayer Focus: Death of Jesus

Scripture Reading: John 19

Jesus knew that his mission was now finished, and to fulfill Scripture he said, "I am thirsty." A jar of sour wine was sitting there, so they soaked a sponge in it, put it on a hyssop branch, and held it up to his lips. When Jesus had tasted it, he said, "It is finished!" Then he bowed his head and released his spirit. It was the day of preparation, and the Jewish leaders didn't want the bodies hanging there the next day, which was the Sabbath (and a very special Sabbath, because it was the Passover). So they asked Pilate to hasten their deaths by ordering that their legs be broken. Then their bodies could be taken down. So the soldiers came and broke the legs of the two men crucified with Jesus. But when they came to Jesus, they saw that he was already dead, so they didn't break his legs. One of the soldiers, however, pierced his side with a spear, and immediately blood and water flowed out. (This report is from an eyewitness giving an accurate account. He speaks the truth so that you also can believe.) These things happened in fulfillment of the Scriptures that say, "Not one of his bones will be broken," and "They will look on the one they pierced." [John 19:28-37]

Prayer:

Read the whole chapter of John 19. Attend the Good Friday service.

Saturday, April 3rd:

Prayer Focus: Holy Saturday

Scripture Reading: Matthew 27:57-66

As evening approached, Joseph, a rich man from Arimathea who had become a follower of Jesus, went to Pilate and asked for Jesus' body. And Pilate issued an order to release it to him. Joseph took the body and wrapped it in a long sheet of clean linen cloth. He placed it in his own new tomb, which had been carved out of the rock. Then he rolled a great stone across the entrance and left. Both Mary Magdalene and the other Mary were sitting across from the tomb and watching. The next day, on the Sabbath, the leading priests and Pharisees went to see Pilate. They told him, "Sir, we remember what that deceiver once said while he was still alive: 'After three days I will rise from the dead.' So we request that you seal the tomb until the third day. This will prevent his disciples from coming and stealing his body and then telling everyone he was raised from the dead! If that happens, we'll be worse off than we were at first." Pilate replied, "Take guards and secure it the best you can." So they sealed the tomb and posted guards to protect it.

Prayer:

Write a prayer to God putting yourself opposite the tomb in verse 61, "Both Mary Magdalene and the other Mary were sitting across from the tomb and watching."

Family Tip:

Make Resurrection Cookies (like the ones found at <https://www.allrecipes.com/recipe/11317/easter-story-cookies/>). There are a scripture and description for each element of the cookies. They stay sealed in the oven overnight making for an Easter morning surprise!

Sunday, April 4th:

Worship Service: Easter

Jesus is risen. Celebrate who God is and all that He has done!

Each of these living beings had six wings, and their wings were covered all over with eyes, inside and out. Day after day and night after night they keep on saying, "Holy, holy, holy is the Lord God, the Almighty--the one who always was, who is, and who is still to come." Whenever the living beings give glory and honor and thanks to the one sitting on the throne (the one who lives forever and ever), the twenty-four elders fall down and worship the one sitting on the throne (the one who lives forever and ever). And they lay their crowns before the throne and say, "You are worthy, O Lord our God, to receive glory and honor and power. For you created all things, and they exist because you created what you pleased."

Revelation 4:8-11