

2024 - Lenten Prayer Guide

Lent is a "40-day fast" dating back to the early centuries of the church to prepare our hearts for Easter. It is a season of contemplating the significance of Jesus' death and resurrection through the disciplines of prayer, fasting, and generosity in order to cast off that which leads to death in our own lives and experience resurrection-life which is only found in abiding in Jesus.

Fasting exposes the distance between self-control and our compulsion for self-satisfaction. It offers healing and clarity of the soul by purging what is unnecessary and fixating on what is meaningful. Awareness of who we really are is awakened when "our stuff" is not allowed to smother us. Lent is purposeful stillness, reflection, and self-restraint to sharpen our ability to recognize what is happening in our soul and to reconsider what Jesus means to each of us... and all of us, together.

Pray and decide what you want to fast during this Lenten season. It can be a meal, a type of food, an activity, or something else. It's your choice. Then spend time each day in prayer using this sheet as a guide. Maybe grab a notebook and write out what God shows you in the Scriptures and through the Spirit. If you miss some days, don't worry about it. Just jump in and continue on! For a community experience, join our Facebook group at: facebook.com/groups/avalonchurchprayer.

1. SILENCE

Begin your prayer time with 2 minutes of silence. Allow your soul to be still and prepare to hear from the Lord.

2. INVITATION: Invite the Lord to be present and to speak.

Prayer: God, open my eyes to who you are and what you are doing. Expose my sin and indifference towards you and others. Help me to hear your voice and obey. Your kingdom come and your will be done *in me* as it is in heaven.

3. REPENTANCE

Prayer: Search me, O God, and know my heart. Try me and know my anxious thoughts. See if there be any hurtful way in me, And lead me in your everlasting way. –Psalm 139:23-24

Reflect: What is fasting exposing in me? Write it down.

Reflect: Is there an ongoing attitude or behavior that is not pleasing to the Lord? Confess it.

Reflect: What specifically needs to change in my life to be more like Jesus? Respond.

Pray: My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise (Ps.51:17). Help me live in submission for you.

4. READ from the Psalms, the Gospel of Luke and others. REFLECT on the questions at the bottom (see other side)

5. CLOSING CONFESSION

Thank you, Lord, that my prayers today matter (1Tim 2:1-4). And thank you for my church family as we join together in this season of prayer and fasting. We desire to know you, to live out your resurrection life, and to offer it to others. Give us eyes to see you at work (Eph 2:17-19). We trust you to do abundantly more than we could ask or imagine for your glory (Eph 2:20-21).

Request Prompts

Each day during Lent, read a section from the Psalms, the Gospel of Luke, and other passages.

After each reading, reflect on the questions below.

Sundays and holidays are in bold

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| <input type="checkbox"/> Day 1 – Psalm 51 (Ash Wed) | <input type="checkbox"/> Day 25 – Luke 13 |
| <input type="checkbox"/> Day 2 – Luke 1:1-25 | <input type="checkbox"/> Day 26 – Psalm 32 (Sunday - no fast) |
| <input type="checkbox"/> Day 3 – Luke 1:26-56 | <input type="checkbox"/> Day 27 – Luke 14 |
| <input type="checkbox"/> Day 4 - Luke 1:57-80 | <input type="checkbox"/> Day 28 - Luke 15:1-10 |
| <input type="checkbox"/> Day 5 – Psalm 91 (Sunday - no fast) | <input type="checkbox"/> Day 29 – Luke 15:11-32 |
| <input type="checkbox"/> Day 6 – Luke 2:1-20 | <input type="checkbox"/> Day 30 – Luke 16:1-18 |
| <input type="checkbox"/> Day 7 – Luke 2:21-52 | <input type="checkbox"/> Day 31 – Luke 16:19-31 |
| <input type="checkbox"/> Day 8 – Luke 3 | <input type="checkbox"/> Day 32 – John 12:1-19 |
| <input type="checkbox"/> Day 9 – Luke 4:1-13 | <input type="checkbox"/> Day 33 – Psalm 126 (Sunday - no fast) |
| <input type="checkbox"/> Day 10 – Luke 4:14-44 | <input type="checkbox"/> Day 34 – Luke 17 |
| <input type="checkbox"/> Day 11 – Luke 5 | <input type="checkbox"/> Day 35 – Luke 18 |
| <input type="checkbox"/> Day 12 – Psalm 27 (Sunday - no fast) | <input type="checkbox"/> Day 36 – Luke 19 |
| <input type="checkbox"/> Day 13 – Luke 6 | <input type="checkbox"/> Day 37 – Luke 20 |
| <input type="checkbox"/> Day 14 – Luke 7:1-17 | <input type="checkbox"/> Day 38 – Luke 21 |
| <input type="checkbox"/> Day 15 - Luke 7:18-50 | <input type="checkbox"/> Day 39 – Luke 22:1-13 |
| <input type="checkbox"/> Day 16 – Luke 8:1-39 | <input type="checkbox"/> Day 40 – Ps. 39:9-16 (Sunday - no fast) |
| <input type="checkbox"/> Day 17 – Luke 8:40-56 | <input type="checkbox"/> Day 41 – John 13:1-17 |
| <input type="checkbox"/> Day 18 – Luke 9:1-50 | <input type="checkbox"/> Day 42 - Luke 22:14-36 |
| <input type="checkbox"/> Day 19 – Psalm 63 (Sunday - no fast) | <input type="checkbox"/> Day 43 - Luke 22:39-62 |
| <input type="checkbox"/> Day 20 – Lk 9:51-62, ch.10 | <input type="checkbox"/> Day 44 - Luke 22:63-23:25 |
| <input type="checkbox"/> Day 21 – Luke 11:1-28 | <input type="checkbox"/> Day 45 – Lk 23:26-56 (Good Friday) |
| <input type="checkbox"/> Day 22 – Luke 11:29-54 | <input type="checkbox"/> Day 46 – Psalm 22 |
| <input type="checkbox"/> Day 23 – Luke 12:1-34 | <input type="checkbox"/> Day 47 – Luke 24 (Easter Sunday) |
| <input type="checkbox"/> Day 24 – Luke 12:35-59 | |

Questions for Reflection

1. Retell today's passage in your own words.
2. What stands out to you from today's reading?
3. What does this passage say about God?
4. What does this passage say about people?
5. What is the Lord speaking to you through this passage?
6. How can you specifically live out this passage today?

For a wonderful overview of Luke's Gospel, check out the video provided by the Bible Project at <https://bibleproject.com/explore/video/luke/>.