



*Devote yourselves to prayer, being watchful and thankful.
Colossians 4:2*

As we begin the season of Lent, we desire to draw closer to the Lord in a daily quiet time. This prayer guide is intended to help us unite in prayer, as a congregation, for the 40 days of Lent. Let it help you center your thoughts and be a part of your journey.

Day 1

Lord, help me to honor this day with the ashes on my forehead.

They help me remember where I have come from and where I am going.

May I acknowledge to you my sins and my deep need for your loving forgiveness and grace.

I pray that this Lenten season will make me so much more aware of how much I need your healing in my life.

Day 2

Lord, I lift up my heart in grateful praise for both the time I spend wandering in Lent and for the glorious morning of Easter. Help me to be the person you created me to be. Help me to hear your voice guiding me; The voice that keeps telling me that you love me, that I can trust you, and that I should not be afraid.

Day 3

Father, remind us daily that we are the church. Send your Spirit to nudge us to take action in the way that Jesus did. Help us to respond when we see a need, instead of looking the other way.

Day 4

Merciful Savior, thank you for making a way for us to be restored and renewed in spirit, to overcome sin and to live freely and boldly. As we consider the cost of the gift you are giving us in your death and resurrection, put in our hearts the name of a neighbor, friend, or co-worker that we should invite to share the good news and to worship with us. Take away our fear and help us to be bold in blessing the person you put on our heart by inviting them to worship with us.

Day 5

Lord, help me today to give up to you in sacrifice, for at least one day, the thing that grieves you most about my spirit or my behavior. If it is a habit or an addiction, gossip or criticism, greed or an unforgiven hurt, open up for me an awareness of the one thing I need to give up to you, then give me the strength and wisdom to succeed.

Day 6

Lord, today help me to understand that I am but dust, but through your great love for me, which started before the beginning of time, I was given a chance to live and flourish because of my redemption through the blood of Christ. Lead me to live differently today because of that understanding.

Day 7

Lord of life, let my mouth proclaim praises to you today. Let my words reflect the love that overflows from my heart and the gratitude I have for the gift of grace and mercy, received through the sacrifice of Jesus. Help me be joyous no matter the circumstances so that a hurting world sees the endless hope I have as your child.

Day 8

Mighty God, create in us, your children at First Presbyterian, a determination to seek Christ and serve others until all things are made new. We thank you especially for Pastor Jeff who teaches us ways to do this, more and more. We pray that you will give him strength and wisdom, and that you will fill his heart with peace. Give us insight today in ways that we can bless him.

Day 9

Father God, help us truly appreciate our spiritual leaders and staff at FPC. Let our words be encouraging. Help us seek to find ways to use our time and talents as partners with them. Stir our hearts to daily lift them up in prayer. Bless their families for the sacrificial service required in ministry.

Day 10

In today's world, we need to keep the thoughts of St. Francis of Assisi with us: Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

Day 11

Lord, I find so many times that it is easy to be caught up in the world and the busyness of daily life. Help me to find the stillness that is necessary to feel your presence and the discipline necessary to seek your Word, to open myself to your presence every day.

Day 12

As I look around I see the beauty of your creation and am awed by its complex majesty. Help me to remember to look for this beauty in EVERYONE I see. It is too easy to be blinded by differences and much more difficult to find your image in others who are different from us. Help me with discernment so that I might live and act more nearly in the image of your son Jesus Christ.

Day 13

Dear Lord, your Word speaks of healing and restoration. We thank you for the miracles you still do today. Please bring your healing presence to those among us who are suffering, both in body and in spirit. Help us to know your word and to begin our healing from within. To those of us who will not experience healing of body, give us strength. Thank you.

Day 14

Lord we thank you for the many blessings that you bring to us. Too often we are caught up in our daily stresses and are blind to your loving presence. Help us to know you more deeply and to share our concerns with you more fully that we may be aware of the many ways that you walk with us.

Day 15

All-Knowing God, help me today to listen for your call and to follow where you lead. Help me to trust that your way is the best way.

Day 16

Abba, Father, give me moments this week to "Be still, and know that (you are) God." (Psalm 46:10)

Day 17

Almighty God, I pray today for all people who are hurting from the loss of a loved one. We know that, thanks to Jesus' sacrifice, death is not the end. And yet, we miss our friends and family members that are gone from this world. Comfort those who mourn.

Day 18

In you, Lord, I have taken refuge;
let me never be put to shame;
deliver me in your righteousness.

Turn your ear to me,
come quickly to my rescue;
be my rock of refuge,
a strong fortress to save me.

Since you are my rock and my fortress,
for the sake of your name lead and guide me.

Keep me free from the trap that is set for me,
for you are my refuge.

Into your hands I commit my spirit;
deliver me, Lord, my faithful God. (Psalm 31:1-5)

Day 19

Make of us your hands and your feet; make of us your heart and your mind; make of us your new creation for your glory and your great delight as well as for the sake of those we love and even for those who no one loves.

Day 20

Heavenly Lord, I know you imperfectly, pray to you imperfectly, live imperfectly, and read your Word imperfectly. Let me not be separated from my brothers and sisters by their imperfection, or my own; for your grace is made perfect only in weakness. Let me be bold in the proclamation of your Gospel, but humble in the realization of my own imperfection, so that I do not create barriers between myself and others through the sins of anger, pride and self-righteousness.

Day 21

Today we pray for discernment. Lord, help us discern your will. Help us develop spiritual tools and sensitivity so that we hear your voice in the midst the world's noise. Help us first seek to please you, as we move forward in ministry.

Day 22

We pray for acceptance of change. We ask, Lord, that you prepare our hearts for change. We know that with growth, comes change, so help us to see change as opportunity. Show us the ways you would have us go and the people you would have us serve to grow your Kingdom.

Day 23

Lord, may nothing separate me from you today. Teach me how to choose only Your way today so each step will lead me closer to You. Help me walk by the Word and not my feelings. Help me keep my heart pure and undivided. Protect me from my own careless thoughts, words, and actions. And keep me from being distracted by MY wants, My desires, MY thoughts on how things should be. Help me to embrace what comes my way as an opportunity...rather than a personal inconvenience. And finally, help me to rest in the truth of Psalm 86:13 "Great is your love toward me".
-Lysa Terkeurst

Day 24

Father, let us be sensitive to the needs within our community. There are hungry people in our midst in a nation of abundance. Help us know how and where to serve these families and individuals. Do not let our hearts be hardened to the needs of others. Let us give joyfully and be known as a church that deeply cares for all people.

Day 25

For our nation, Lord, we pray for wisdom and unity of leaders. We think that we can't make a difference, but with your power, miracles are possible. May it be so...

From L.R. Knost:

Do not be dismayed by the brokenness of the world.

All things break. And all things can be mended.

Not with time, as they say but with intention.

So go. Love intentionally, extravagantly, unconditionally.

The broken world awaits in darkness for the light that is you.

Day 26

Today, we pray for spiritual renewal. Lord, please give me a work to do which has real value, without which the world would feel poorer. Give me an understanding heart, a sense of humor, time for quiet meditation, and the patience to wait on the Lord. I seek to feel your presence, God, guiding my spirit to renewal.

Day 27

Psalms 118:24 says "This is the day that the Lord has made. Let us rejoice and be glad in it!" Give us a joyful heart, Lord, that those we come in contact with today are drawn to You. We are so grateful that we can have joy no matter our circumstances and that the joy You give is complete. Our cup overflows!

Day 28

Father, we pray for diversity. We have so much to learn from each other so help us attract a diverse group of people to be part of your family. Your love and grace is for all people, so open our eyes to the diverse people and opportunities which abound for mission work in our community. Let our church home have a welcoming presence and stir our hearts to reach out to others with your love.

Day 29

Prayer for children and youth. Lord, we are so grateful for our kids and all who serve in nurturing, teaching and empowering them. Help us draw from this strength in our congregation to reach others and grow. As we participate in the spiritual transformation of our kids, let us also be open to being transformed by them.

Day 30

Heavenly Father, let prayer be my first response to every situation that occurs in life. Instead of worrying or complaining, teach me to come to You. What a comfort to never be in a place that You're not already there to hear me and help me. Help me understand the great power of prayer and truly abide with You each day.

Day 31

Father, remind us daily that we are the church. Send your Spirit to nudge us to take action in the way that Jesus did. Help us to respond when we see a need, instead of looking the other way.

Day 32

Merciful Savior, thank you for making a way for us to be restored and renewed in spirit, to overcome sin and to live freely and boldly. As we consider the cost of the gift you are giving us in your death and resurrection, put in our hearts the name of a neighbor, friend, or co-worker that we should invite to share the good news and to worship with us. Take away our fear and help us to be bold in blessing the person you put on our heart by inviting them to worship with us.

Day 33

Please, Lord, guide my mind with your truth.

Strengthen my life by the example of Jesus.

Help me to be with Jesus in this week

as he demonstrates again his total love for me.

He died so that I would no longer

be separated from you.

Help me to feel how close you are

and to live in union with you.

Day 34

God of infinite love,
I thank you for this reminder of your love
and your call that we be more patient,
gentle and compassionate with others.
Here in the midst of Lent,
I turn to you to beg for your help.
Please soften my heart.
Help me to let go of judging others.
I ask you this, in Jesus' name.

Day 35

Loving Creator of mine,
I feel the pace quicken, the time draw near.
I am filled with joy as I move toward Easter
and the promised reconciliation with you.
Teach me to follow the example of your Son,
to be worthy of being called one of his people:
a Christian.
Help me to live each day as he did
turning hatred to love and conflict to peace.
I await the new life with eagerness, faith
and a deep gratitude.

Day 36

I praise you Father, that you have made a way for me to be "Anxious for Nothing." Through the power of prayer I can experience Your peace, which passes understanding and has no end. This is such a wonderful gift from you and You knew how much I would need this gift! Help me share this with others today.

Day 37

Matthew 7:7 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.
We humbly praise you, Lord, for hearing our prayers and for allowing us to seek You more deeply. We trust your Sovereignty and perfect will. Help us rest in You each day.

Day 38

God of such unwavering love,
how do I "celebrate"
the passion and death of Jesus?
I often want to look the other way
and not watch,
not stay with Jesus in his suffering.
Give me the strength
to see his love with honesty and compassion
and to feel deep gratitude for so great a sacrifice,
your own forgiveness and mercy for me.

Day 39

Father, you gather me in this upper room with your son,
to be fed by your love.
At that supper, Jesus told us to "love one another"
and I know that is the heart of his gift,
his sacrifice for me.
I ask that I might find the source of my own heart,
the meaning for my own life,
in the sacrament of communion.
Guide me to the fullness of your love and life.

Day 40

My Lord,
your son has suffered so much, shed so much blood.
I was born with so many faults
and my nature is so full of weakness,
and yet your son Jesus has died on the cross.
For *me*.
I know your grace has the power
to cleanse me of my many sins
and to make me more like your Son.
Thank you for your goodness and love for me.
I ask you, Father, to watch over me - always.