

A SEASON OF PRAYER

from Repentance to the Resurrection



Lent: A Season of Prayer from Repentance to Resurrection

Overview: How This Guide Works

The season of Lent is a time for disciples of Jesus to center their lives on Jesus Christ in a more intentional way, both acknowledging our need for a Savior, and celebrating the redemption we have in Jesus Christ. One essential practice to help us deepen our relationship with the Lord is personal prayer.

This devotional is meant to guide the believer in various types of prayer throughout each week of Lent. Each day of the week focuses on a different type of prayer, with the weekly flow moving us from repentance on Monday to celebration of the resurrection on Sunday:

Monday - Repentance
Tuesday - Supplication
Wednesday - Confession
Thursday - Praise
Friday - Intercession
Saturday - Dedication
Sunday - Thanksgiving

A simple liturgy of prayer is provided for each day. Many of the Scriptures and Psalms used are common readings for Lent:

An Invitation to Prayer
Psalm of the Day
Scripture Reading
A Time of Personal Prayer
Encouragement
Blessing

These prayers are meant to be repeated each week throughout the season of Lent in order to create a rhythm of prayer that will lead us from sorrow on Ash Wednesday to joy on Easter Sunday.

Monday: Prayers of Repentance

Returning to the Lord

Invitation to Prayer: Mark 1:15

The time has come, the Kingdom of God has come near.
Repent and believe the Good News!

Psalm of Repentance: Psalm 51:1-12; 17

Have mercy on me, O God,
 according to your unfailing love;
according to your great compassion
 blot out my transgressions.
Wash away all my iniquity
 and cleanse me from my sin.
For I know my transgressions,
 and my sin is always before me.
Against you, you only, have I sinned
 and done what is evil in your sight;
So you are right in your verdict
 and justified when you judge.
Surely I was sinful at birth,
 sinful from the time my mother conceived me.
Yet you desired faithfulness even in the womb;
 You taught me wisdom in that secret place.
Cleanse me with hyssop,
 and I will be clean;
Wash me,
 and I will be whiter than snow.
Let me hear joy and gladness;
 let the bones you have crushed rejoice.
Hide your face from my sins
 and blot out all my iniquity.
Create in me a pure heart, O God,
 and renew a steadfast spirit within me.

Do not cast me from your presence
or take your Holy Spirit from me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.
My sacrifice, O God, is a broken spirit;
a broken and contrite heart you, God, will not despise.

Scripture Reading: Joel 2:12-13

The LORD says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don't tear your clothing in your grief, but tear your hearts instead." Return to the LORD your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish.

Prayer of Repentance

Lord, hear me, as I lay before you those areas of my life that I want to change, ways in which I need to turn toward you, my behaviors and thinking that needs to be transformed ...

(Personal prayers of repentance are offered)

... All these prayers I lift to you in the name of Jesus Christ. Amen.

Encouragement

Produce fruit in keeping with repentance. (Mark 3:8)

*(What steps can you take this week to further align
your life to God's will and purposes?)*

Blessing

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.
(Romans 15:13)

Tuesday: Prayers of Supplication

Lifting Up Our Personal Needs

Invitation to Prayer: 1 Peter 5:6-7

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Psalm of Supplication: Psalm 63

You, God, are my God, earnestly I seek you
I thirst for you, my whole being longs for you,
in a dry and parched land where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life
my lips will glorify you.
I will praise you as long as I live
and in your name I will lift up my hands.
I will be fully satisfied as with the richest of foods
with singing lips my mouth will praise you.
On my bed I remember you
I think of you through the watches of the night.
Because you are my help,
I sing in the shadow of your wings.
I cling to you;
Your right hand upholds me.
Those who want to kill me will be destroyed
They will go down to the depths of the earth.
They will be given over to the sword and become food for jackals.
But the king will rejoice in God
All who swear by God will glory in him
while the mouths of liars will be silenced.

Scripture Reading: Matthew 5:3-11

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

Prayer of Supplication

(Take this time to lift up your own personal needs and desires, and where you need the Lord's saving work in your life.)

The Lord's Prayer

Our Father, who art in heaven; hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven; give us this day our daily bread; and forgive us our debts as we forgive our debtors; and lead us not into temptation; but deliver us from evil; for thine is the Kingdom and the power and the glory forever and ever. Amen.

Encouragement

May your love abound more and more in knowledge and depth of insight, so that you 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! (Philippians 1:9-11)

Blessing

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.

(Romans 15:13)

Wednesday: Prayers of Confession

Lifting Up Our Shortcomings

Invitation to Prayer: Hebrews 4:15-16

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way that we are, yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Psalm of Confession: Psalm 130

Out of the depths I cry to you, LORD;
Lord, hear my voice.
Let your ears be attentive to my cry for mercy.
If you, LORD, kept a record of sins, Lord, who could stand?
But with you there is forgiveness,
so that we can, with reverence, serve you.
I wait for the LORD, my whole being waits,
and in his word I put my hope.
I wait for the Lord more than watchmen wait for the morning,
more than watchmen wait for the morning.
Israel, put your hope in the LORD,
for with the LORD is unfailing love
And with him is full redemption.
He himself will redeem Israel from all their sins.

Scripture Reading: Mark 8:34-38

Jesus called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. What good is it for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father's glory with the holy angels."

Prayer of Confession

Gracious God, in your mercy, forgive what I have been, help me amend what I am, and direct what I shall be, so that I may delight in your will and walk in your ways, to the glory of your holy name...

(Offer personal prayers of confession.)

... In the name of the Lamb of God who takes away the sin of the world.
Amen.

Assurance of Pardon

If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness. (1 John 1:8-9)

Encouragement

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. (Isaiah 58:6-9)

Blessing

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.
(Romans 15:13)

Thursday: Prayers of Adoration

Lifting Up Our Praise

Invitation to Prayer: Psalm 95:1-6

Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the LORD is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Come, let us bow down in worship, let us kneel before the LORD our Maker; For he is our God and we are the people of his pasture, the flock under his care.

Psalm of Praise: Psalm 27

The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold of my life;
of whom shall I be afraid?

When evildoers assail me to devour my flesh—
my adversaries and foes-- they shall stumble and fall.

Though an army encamp against me,
my heart shall not fear.

Though war rise up against me,
yet I will be confident.

One thing I asked of the LORD, that will I seek after:
to live in the house of the LORD

all the days of my life,
to behold the beauty of the LORD,
and to inquire in his temple.

For he will hide me in his shelter in the day of trouble;
He will conceal me under the cover of his tent;

He will set me high on a rock.

Now my head is lifted up above my enemies all around me,
and I will offer in his tent sacrifices with shouts of joy;

I will sing and make melody to the LORD.

Hear, O LORD, when I cry aloud,
be gracious to me and answer me!
"Come," my heart says, "seek his face!"
Your face, LORD, do I seek.

Scripture Reading: Romans 8

What then are we to say about these things? If God is for us, who is against us? ³² He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? ³³ Who will bring any charge against God's elect? It is God who justifies. ³⁴ Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. ³⁵ Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? ... ³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, ³⁹ nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:31-35,37-39 NRS)

Prayers of Adoration

*(Spend some time praising God for who he is
and for the great things he has done.)*

Encouragement

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.

(Ephesians 3:11)

Blessing

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.

(Romans 15:13)

Friday: Prayers of Intercession

Lifting Up Prayers for Others

Invitation to Prayer: Psalm 63:5-8

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

Psalm 22:1-8, 11,17-19; 23-25 27-28

My God, my God, why have you forsaken me?

Why are you so far from saving me,
so far from my cries of anguish?

My God, I cry out by day, but you do not answer,
by night, but I find no rest.

Yet you are enthroned as the Holy One
you are the one Israel praises.

In you our ancestors put their trust
they trusted and you delivered them.

To you they cried out and were saved
in you they trusted and were not put to shame.

But I am a worm and not a man
scorned by everyone, despised by the people.

All who see me mock me
they hurl insults, shaking their heads.

"He trusts in the Lord," they say, "let the Lord rescue him.
Let him deliver him, since he delights in him."

Do not be far from me, for trouble is near
and there is no one to help.

All my bones are on display; people stare and gloat over me.
They divide my clothes among them
and cast lots for my garment.

But you, Lord, do not be far from me.

You are my strength; come quickly to help me.

Revere him, all you descendants of Israel! For he has not despised or
scorned the suffering of the afflicted one
He has not hidden his face from him
but has listened to his cry for help.
From you comes the theme of my praise in the great assembly;
before those who fear you I will fulfill my vows.
All the ends of the earth will remember and turn to the Lord,
and all the families of the nations will bow down before him,
For dominion belongs to the Lord
and he rules over the nations.

Scripture Reading: Matthew 7:7-8

Jesus said, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Prayer of Intercession

*(As the Lord died for the sake of others, so take this time to
lift up the needs of others, including the world, the nation,
the community and the Church around the world.)*

Encouragement

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things. (Philippians 4:4-11)

Blessing

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.

(Romans 15:13)

Saturday: Prayers of Dedication

Reaffirming Our Commitment to Christ

Invitation to Prayer: Romans 12:1-3

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God-- this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will.

Psalm of Dedication: Psalm 62

Truly my soul finds rest in God;
my salvation comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.
How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?
Surely they intend to topple me
from my lofty place; they take delight in lies.
With their mouths they bless,
but in their hearts they curse.
Yes, my soul, find rest in God;
my hope comes from him.
Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.
My salvation and my honor depend on God;
he is my mighty rock, my refuge.
Trust in him at all times, you people;
pour out your hearts to him, for God is our refuge.
Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing
together they are only a breath.

Do not trust in extortion
or put vain hope in stolen goods
Though your riches increase,
do not set your heart on them.
One thing God has spoken,
two things I have heard:
“Power belongs to you, God,
and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

Scripture Reading: Hebrews 12:1-3

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ²fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Prayer of Dedication

(Lift up prayers of commitment, trust and hope.)

Encouragement

Let the same mind be in you that was in Christ Jesus, who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross! (Philippians 2:5-8)

Blessing

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.

(Romans 15:13)

Sunday: Prayers of Thanksgiving

Lifting Up Our Gratitude

Invitation to Prayer: 1 Peter 1:3

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.

Psalm of Thanksgiving: Psalm 118:1, 14-19

The LORD is my strength and my defense;

he has become my salvation.

Shouts of joy and victory

resound in the tents of the righteous:

"The LORD's right hand has done mighty things!

The LORD's right hand is lifted high;

the LORD's right hand has done mighty things!"

I will not die but live,

and will proclaim what the LORD has done.

The LORD has chastened me severely,

but he has not given me over to death.

Open for me the gates of the righteous;

I will enter and give thanks to the LORD.

This is the gate of the LORD

through which the righteous may enter.

I will give you thanks, for you answered me;

you have become my salvation.

The stone the builders rejected

has become the cornerstone;

the LORD has done this,

and it is marvelous in our eyes.

This is the Day that the Lord has made

Let us rejoice and be glad in it!

LORD, save us!

LORD, grant us success!

Blessed is he who comes in the name of the LORD.

From the house of the LORD we bless you.

The LORD is God,
and he has made his light shine on us.
With boughs in hand, join in the festal procession
up to the horns of the altar.
You are my God, and I will praise you;
you are my God, and I will exalt you.
Give thanks to the LORD, for he is good;
his love endures forever.

Scripture Reading: Ephesians 1:3-14

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. ⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight. In love ⁵ he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will-- ⁶ to the praise of his glorious grace, which he has freely given us in the One he loves. ⁷ In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace ⁸ that he lavished on us. With all wisdom and understanding, ⁹ he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, ¹⁰ to be put into effect when the times reach their fulfillment-- to bring unity to all things in heaven and on earth under Christ. ¹¹ In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, ¹² in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. ¹³ And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession-- to the praise of his glory.

Prayer of Thanksgiving

(Give thanks to the Lord for all the blessings in your life, including your salvation in the death and resurrection of Jesus Christ.)

Encouragement

If Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. ¹² Therefore, brothers and sisters, we have an obligation-- but it is not to the flesh, to live according to it. ¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. ¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "*Abba*, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children. ¹⁷ Now if we are children, then we are heirs-- heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. (Romans 8:10-16)

Blessing

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.

(Romans 15:13)