

## Lenten Prayer Guide

*Lent is a “40-day fast” dating back to the early centuries of the church to prepare our hearts for Easter. Lent provides an opportunity to contemplate the significance of Jesus’ resurrection, to experience resurrection-life afresh in the present, and to prepare for the hope of resurrection’s future fulfillment.*

*Fasting exposes the distance between self-control and our compulsion for self-satisfaction. Awareness of who we really are is awakened when “our stuff” is not allowed to smother us. Fasting offers healing and clarity of the soul by purging what is unnecessary and fixating on what is meaningful. 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 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](https://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:** Pray this (or your own) prayer inviting the Lord to speak.

Prayer: God, open my eyes to who you are and what you are doing. 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:** Has there been an attitude or behavior that is not pleasing to the Lord? Confess it.

**Reflect:** What 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 Gospel of Luke and RESPOND to the questions**

(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

*Read a section from the Gospel of Luke each day during this Lenten season.  
**Sundays are in bold** and walk you through a psalm to refresh your mind and spirit.  
After each reading, reflect on the questions below.*

- |   |  |
|---|--|
| <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"/> <b>Day 26 – Psalm 32</b>                |
| <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"/> <b>Day 5 – Psalm 91</b>    | <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"/> <b>Day 33 – Psalm 126</b>               |
| <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"/> <b>Day 12 – Psalm 27</b>   | <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"/> <b>Day 40 – Psalm 39:9-16</b>           |
| <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"/> <b>Day 19 – Psalm 63</b>   | <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"/> <b>Day 47 – Luke 24 (Easter Sunday)</b> |
| <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. 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/>.*