

# Lent 2024

## *Simply Pursuing Jesus*

### **Lent Daily Prayer**

Lent is a season where we are invited to reflect and examine ourselves before God. It is an opportunity for 40 days, to draw closer to Him, away from some of the distractions and temptations of life and encounter Him and pursue Him afresh.

And as we do, we pray that by His grace, he will transform us.

*And we...are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:18)*

This Lent, we want to invite you to do just that, by taking time each day with God in the format of this daily prayer and daily Bible Readings.

We encourage you to find a quiet place each day and 20 minutes or so to be before God, to take your time to slowly reflect and pray, and allow Him to speak to you.

# Daily Prayer for Lent

As I enter prayer now, I pause to be still; to breathe slowly; to re-centre my scattered senses upon the presence of God.

## Opening Scripture

To you, O Lord, I lift up my soul;  
In you I trust, O my God.  
Show me your ways, O Lord  
Teach me your paths,  
Guide me in your truth and teach me,  
For you are God, my Saviour,  
And my hope is in you all day long.

(Psalm 25:1-2a,4-5)

*Take a moment to praise God for who he is and thank him for what he has done for you.*

## A daily prayer for Lent

I will lean in, retreat from the pressures I face, and move closer and deeper into your love.

I will breathe out, refrain from the distractions I seek, and become open and receiving of your grace.

I will linger, encircled by the depth of your care, and receive the endless nature of your mercy.

I will whisper, in the quiet of this sanctuary, and be honest and real in your presence.

I will listen, awaken my senses to your voice, and become expectant and hopeful of your kingdom work in my life.

([www.living-prayers.com/events/lenten\\_prayers.html](http://www.living-prayers.com/events/lenten_prayers.html))

*Take time now to be still, to listen closely to God, and reflect on those words.*

- *Linger in His care and love*
- *What do you want to whisper honestly to God today?*
- *Where do you hear him calling you to kingdom work in your life today?*

## A time of self-examination and being open to God's transformation

Search me O God and know my heart;  
Test me and know my anxious thoughts.  
See if there is any offensive way in me,  
And lead me in the way everlasting

(Psalm 139:23-24)

*Take a few moments to think back over the last 24 hours.*

- *Where have you not lived as Jesus would have wanted you to?*
- *Confess anything you need to confess now, and ask for his strength to live differently.*
- *Then sit and freely receive his forgiveness.*

## Scripture Reading

*Slowly and reflectively read the next reading (on the back of this sheet) for today.*

*What does God want to say to you through this reading about*

- *His Character?*
- *How he is calling you to follow Him?*

*Respond in prayer to God*

## Praying for Others on your heart

*Take a few moments to pray for others who God puts on your heart today*

## Closing Prayer

**Heavenly Father**, I pray that this day I may live in your presence and please you more and more.

**Lord Jesus**, I pray that this day I may take up my cross and follow you

**Holy Spirit**, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Amen.

(Daily Prayer of John Stott)

## **Passages to Meditate on during Lent:**

Take some time each day to reflect on one of the following passages. Have a notebook with you to note down any reflections you have each day. At the end of Lent reflect back on what God has shown you and give thanks.

### **God's unconditional love for me**

1. Isaiah 43:1-7
2. Luke 12:22-34
3. Psalm 23
4. Psalm 131
5. Psalm 139:1-18
6. Luke 15:11-32
7. Luke 7:36-50

### **Learning how to pray**

1. Luke 11:1-13
2. Isaiah 55:1-13
3. Psalm 63:1-8
4. Psalm 103
5. Romans 8:26-7
6. Ephesians 3:14-21
7. Psalm 62:1-8

### **God's invitation to follow him**

1. Mark 1:14-20
2. Luke 1:26-38
3. Mark 10:17-27
4. Philippians 3:7-16
5. John 3:22-30
6. Matthew 14:22-32
7. Matthew 25:31-41

### **God at work in your life**

1. Jeremiah 18:1-9
2. Jeremiah 29:11-14
3. Romans 8:18-25
4. Ezekiel 36:25-27
5. Psalm 51:1-12
6. Galatians 5:16-26
7. Ephesians 2:4-10

### **The Events of Holy Week**

1. Luke 22:39-46
2. John 19:1-6
3. Luke 22:26-43
4. Romans 5:1-11
5. Isaiah 53:1-6
6. John 3:16-17
7. John 20:11-18