



# PRAYER GUIDE

TRINITY CHURCH | LENT 2023

*"Remember that you are dust and to dust you shall return"*

With these solemn words we join millions of people all over the world in observing a season of prayer, fasting and repentance. This is the season of Lent.



## WHAT IS LENT?

Lent is one of the oldest practices in the Christian Church. It is the 40 days leading up to Easter, not including Sundays. Rooted in the experience of Jesus fasting in the desert 40 days, the church is called to 40 days of prayer and fasting. While Lent is a somber season of reflection, it is intended to draw us to God. Consider these words from Scott McKnight:

*"We tend to think of Lent as a time of sorrow and repentance and grief, and that is one of its core ideas. But we don't grieve in order to heighten our capacity to grieve or repent so we can focus on our ability to repent. If Lent has its proper impact, it will form us spiritually – and to be formed spiritually is to grow in love of God and love of others."*

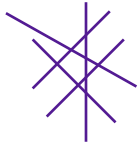
During the season, we focus more intently than usual upon such practices as prayer, fasting, repentance and overall self-denial. Many people choose to give something up for Lent such as TV, Facebook or alcohol. This greater focus upon self denial is not an end unto itself. Just because we do the practices does not mean we have truly observed Lent. The real goal is to be drawn closer to Christ and formed more into the image of Christ through the Holy Spirit. These practices are a means to open our hearts and minds to the work of the Spirit of God in transforming us into the image of Christ.

The season of Lent culminates with Holy Week. Though Jesus did ministry for 3 years, a full third of the gospel stories focus solely on just the final week of his life. Beginning with Palm Sunday, we will follow Jesus into Jerusalem. A few days later on Maundy Thursday, we will witness the final night of his life. The very next day, we will observe the Stations of the Cross and think deeply upon the path to his crucifixion. Finally, we will go through the silence of Holy Saturday when he lay in the tomb.

Will you join us in observing a Holy Lent?

Will you commit to 40 days of prayer, fasting and repentance?

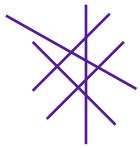
Will you come with us on this spiritual journey to the cross?



## USING THE PRAYER GUIDE

One means of walking together this year during Lent is prayer. We are calling our congregation to 40 days of prayer. Imagine the entire church seeking God 40 days straight. Imagine the entire church focused on the same topic each day for 40 days. Imagine what God might do as His people humble themselves and faithfully seek His face together.

The purpose of this guide is to give direction to the times of daily prayer. This will keep us unified as a church, and it will aid us in knowing how to pray and what to pray about. We encourage you to use this guide to help focus your time either as an individual, couple, family, or group of friends.



## WHAT EACH DAY CONTAINS

There are four different topics for prayer that will rotate during these 40 days. Each topic will be prayed for 10 times. Each topic has its own page with the following sections:

- OPENING VERSICLE** A scripture verse to prepare our hearts as we begin
- SCRIPTURE READING** A scripture reading in the gospel of John to take us through this gospel during the Season of Lent
- PETITION** The primary place where time is spent. Under each petition are a series of prompts to help in terms of what we might pray for.
- THANKSGIVING** A time to remember what we are grateful for.
- CLOSING PRAYER** A portion of scripture prayed to close the time of prayer.

To pray daily like this will take time, which means it will be a sacrifice. This may require giving up something else. That is part of practicing Lent. It is about self-denial and seeking God. What we believe is that God hears His people when they pray, so any sacrifice is worth it. Let us take this season and pray together as a church.



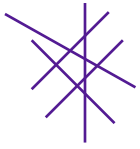
# Calendar

<b>Date</b>	<b>Prayer Focus</b>	<b>Scripture Reading</b>	<b>Other</b>
2/22	Family & Friends	Luke 18:9-14	Fast Day
2/23	Church	John 1:29-34	
2/24	City & Country	John 1:35-42	
2/25	World	John 1:43-51	
2/27	Family & Friends	John 2:-12	
2/28	Church	John 2:13-22	
3/1	City & Country	John 2:23-3:15	
3/2	World	John 3:16-21	
3/3	Family & Friends	John 3:22-36	
3/4	Church	John 4:1-26	
3/6	City & Country	John 4:27-42	
3/7	World	John 4:43-54	
3/8	Family & Friends	John 5:1-18	
3/9	Church	John 5:19-29	
3/10	City & Country	John 5:30-47	
3/11	World	John 7:1-13	
3/13	Family & Friends	John 7:14-36	
3/14	Church	John 7:37-52	
3/15	City & Country	John 8:12-20	
3/16	World	John 8:21-32	
3/17	Family & Friends	John 8:33-47	
3/18	Church	John 8:47-59	



# Calendar

<b>Date</b>	<b>Prayer Focus</b>	<b>Scripture Reading</b>	<b>Other</b>
3/20	City & Country	John 6:1-15	
3/21	World	John 6:16-27	
3/22	Friends & Family	John 6:27-40	
3/23	Church	John 6:41-51	
3/24	City & Country	John 6:52-59	
3/25	World	John 6:60-71	
3/27	Family & Friends	John 9:1-17	
3/28	Church	John 9:18-41	
3/29	City & Country	John 10:1-18	
3/30	World	John 10:19-42	
3/31	Family & Friends	John 11:1-27	
4/1	Church	John 11:28-44	
4/3	City & Country	John 12:9-19	
4/4	World	John 12:20-26	
4/5	Friends & Family	John 12:27-36	
4/6	Church	John 17:1-11	
4/7	City & Country	John 19:17-37	Fast Day
4/8	World	John 19:38-42	



# Prayer for Family & Friends

## **OPENING VERSICLE**

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

## **SCRIPTURE READING**

See calendar

## **PETITIONS**

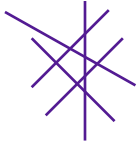
- For help
- For work for the unemployed
- For support for those going through difficult times
- For those who do not know Christ to come to believe in him
- For the care of children and wisdom for parents
- For young persons growing up in this world today
- For safety for those traveling
- For guidance
- For health
- For protection
- For peace

## **THANKSGIVING**

- What is one thing that happened today you are thankful for?
- What is one thing about your family you are thankful for?

## **CLOSING PRAYER**

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. *Ephesians 3:14-19*



# Prayer for the Church

## **OPENING VERSICLE**

I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son." (Luke 15:18, 19)

## **SCRIPTURE READING**

See calendar

## **PETITIONS**

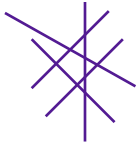
- For knowing and faithfully living out God's Word
- For being pure, united and filled with God's love
- For spreading the good news of the Kingdom
- For clergy and ministers
- For missionaries
- For the people of God
- For Trinity Church that we would follow Christ faithfully, grow in our faith and reach those in our community
- For other churches in the Quad Cities

## **THANKSGIVING**

- What is one thing that happened today you are thankful for?
- What is one thing about your church you are thankful for?

## **CLOSING PRAYER**

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. *Ephesians 3:20-21*



# Prayer for the City & Country

## **OPENING VERSICLE**

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love; and he relents over disaster. (Joel 2:13)

## **SCRIPTURE READING**

See calendar

## **PETITIONS**

- For all our various national and local leaders
- For protection from violence and discord
- For wisdom
- For social order
- For our land and agriculture
- For the poor, homeless, orphans and oppressed
- For our educational system
- For inequality
- For our police, fireman, doctors and others who aid us in many ways

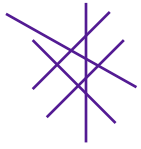
## **THANKSGIVING**

- What is one thing that happened today you are thankful for?
- What is one thing about your city you are thankful for?
- What is one thing about your country you are thankful for?

## **CLOSING PRAYER**

And my God will supply every need of yours according to his riches in glory in Christ Jesus. To our God and Father be glory forever and ever. Amen. *Philippians 4:19-20*





# Prayer for the World

## **OPENING VERSICLE**

Jesus said, "If anyone would come after me, let him deny himself and take up his cross and follow me." (Mark 8:34)

## **SCRIPTURE READING**

See Calendar

## **PETITIONS**

- For various nations
- For the leaders of nations
- For the communities and people of various nations
- For organizations like Doctors without borders or the Red Cross working around the world
- For clean water, food and safety
- For large scale conflicts
- For poverty
- For education

## **THANKSGIVING**

- What is one thing that happened today you are thankful for?
- What is one thing about our world you are thankful for?

## **CLOSING PRAYER**

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. *Colossians 3:15-17*