

# Lenten Prayer and Fasting

*"Therefore, I will divide Him a portion with the many, and He shall divide the spoil with the strong, because He poured out His soul to death and was numbered with the transgressors; yet He bore the sin of many, and makes intercession for the transgressors."*

**Isaiah 53:12 ESV**

*"After making purification for sins, He sat down at the right hand of the Majesty on high ..."*

**Hebrews 1:3b ESV**

Lent is the time of the year that the church has historically set aside to be reminded of God's love through Christ's life, substitutionary sacrifice and victorious resurrection. In this season, we prepare our hearts and minds by reflecting on the specific events leading up to and including Jesus' atoning death on a cross. It is written in Isaiah the prophet that Jesus was the suffering Servant of the Lord and is also the long-awaited Messiah. Each Friday during Lent, we invite you to join us in meditating on Bible passages and in praying and fasting (to abstain from food for a set time or to skip some meals). In this way, we hope that God will give us His Spirit of wisdom and revelation so that we can know Him better as we move toward celebrating His glorious resurrection on Easter Sunday.

*On the back of this card, you'll find space for the number of meals or hours you'll fast, along with a scripture reading and a prayer prompt for each Friday.*

**Daily Noon Prayer Call: 919-551-8101**

**Good Friday Communion Service: 4/7/23, 7 PM - 8 PM in-person**

**and online at [kingspark.org/live](https://kingspark.org/live)**

**2/24**☐ MEALS ☐ HOURS**Isaiah 7:14; 49:6; 53:9**

Heavenly Father, thank You for loving us by sending Your Son. We believe that He was born of the virgin and that He lived a sinless life. You have made Him a Light for the nations in the past and for us in these dark times. Forgive us for walking in the light of our own fires. We repent! Save us from our sins and save the nations of the earth.

**3/3**☐ MEALS ☐ HOURS**Isaiah 11:1-5; 61:1-2**

Heavenly Father, we come to You in the name of Jesus. Pour out Your Spirit upon us. Revive us! We repent of apathy and doing things our way. Holy Spirit, we need You. Open our eyes so that we can see the way You see. Open our ears so we can hear Your voice again. Heal us, Lord. Give us also courage and compassion to preach the good news to the poor, to bind the broken-hearted and to set captives free.

**3/10**☐ MEALS ☐ HOURS**Isaiah 50:4-9**

Lord Jesus, we honor You for Your courageous obedience. You endured disgrace so that we can experience Your saving grace. We repent of selfishness and delayed obedience. Help us! Put in us a deep desire to make You known to others. Transform us and make our lives a display of Your goodness and grace.

**4/7**☐ MEALS ☐ HOURS

## Good Friday

**Isaiah 25:7-9; 77:14-21**

Heavenly Father, we humble ourselves in repentance and fasting. Fill us, Holy Spirit! Wipe the tears from our faces again. Remove the reproach of Your people. Revive the spirit of the lowly. Revive the heart of the contrite. Let there be a new gladness and rejoicing in Your salvation in the name of Jesus, Amen.

**3/17**☐ MEALS ☐ HOURS**Isaiah 52:13 - 53:1-3**

Heavenly Father, Your holy Word shatters our pride. Lord Jesus, we remember how You were despised. We are humbled by Your suffering and Your sacrifice. We repent for having little faith. Forgive us for doubting and often forgetting. Have mercy! We believe Your Word. Help us overcome our unbelief.

**3/24**☐ MEALS ☐ HOURS**Isaiah 53:4-9**

Holy Spirit witness to our hearts again. Lord Jesus, we remember Your wounds and Your pain as you were silent and gentle like a lamb led to a slaughter. Our hearts are broken! Help us follow You in Your meekness when we suffer wounds from other people. We repent of any bitterness and resentment. Teach us to forgive as You forgave. Thank you for bearing our griefs and carrying our sorrows. Heal us and heal others through us.

**3/31**☐ MEALS ☐ HOURS**Isaiah 53:10-12**

Heavenly Father, no one can fathom the depths of Your mercy and grace. Lord Jesus, we remember Your sacrifice. You bore our shame; we mourn our sins. Forgive us for breaking Your heart many times over. Thank You for eternally interceding for us; for making us righteous in Your sight and patiently sanctifying us. Thank You for triumphing over sin, satan and death so that we can live a victorious life.

**Join us for Easter Service  
in-person at 9 AM & 11 AM  
and online at 11 AM.**



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