

# LENTEN PRAYER & FASTING 2025

Join us for seven Fridays in reflecting, praying and fasting - whether that means abstaining from food for a set period or skipping certain meals.. We trust that the Lord will give us His Spirit of wisdom and revelation so that we can know Him better and increase our boldness in helping others know God. Below, you'll find space to record the number of meals or hours you choose to fast, along with a Scripture passage and a short prayer for each Friday.

MORE INFO:



Please join us for the Daily Noon Prayer Calls: 919-551-8101 and the Good Friday Communion Service on April 18, 2025 at 7:00PM - 8:00PM in-person and online at [kingspark.org/live](http://kingspark.org/live).

MARCH 7	<p><b>MARK 14:3-9</b> <span style="float: right;">MEALS <input type="checkbox"/> HOURS <input type="checkbox"/></span></p> <p>Heavenly Father, thank You for loving us through Your Son's life. Lord Jesus, we remember Your boldness in facing Your death. Thank You also for conquering sin and death for us that we might have a new life. May we spend our earthly time, treasures and talents to worship You extravagantly. Give us an undivided heart and teach us to be devoted to You only. We repent of doubt, apathy and unbelief. Give us courage so that we might eagerly preach the gospel to all creation (Pause: Let us name our unsaved relatives and friends and let's pray for them to be saved). These we ask in Jesus' Name, Amen.</p>
MARCH 14	<p><b>Mark 14:10-11; 17-21; Mark 14:26-31; Mark 14:43-50; 66-72</b> <span style="float: right;">MEALS <input type="checkbox"/> HOURS <input type="checkbox"/></span></p> <p>Heavenly Father, we humble ourselves before You. We acknowledge our own weaknesses and failures. We are no better than Your disciples who betrayed, denied and abandoned You in Your most sorrowful moments. We repent of the times that we too lacked faith, doubted You and denied You by our own words and deeds or by the lack of them (Pause: Let us confess any sin; ask and receive forgiveness again). Create in us a pure heart and renew a steadfast spirit in us. Help us overcome our unbelief; increase our faith. Revive us, in the name of Jesus, Amen.</p>
MARCH 21	<p><b>Mark 14:12-16; Mark 14:22-25</b> <span style="float: right;">MEALS <input type="checkbox"/> HOURS <input type="checkbox"/></span></p> <p>Lord Jesus, we want to thank You for Your sacrifice on the cross. We remember that Your body was broken so that a new and living way may be opened for us to be a part of Your family. We also want to thank You for Your blood that was shed for our forgiveness and cleansing (Pause: Let us ask God to show us anyone we might need to forgive; let us be freed of any unforgiveness, resentment and bitterness and speak blessing over them). Lord, in Your name, we are also believing for healing and wholeness because You said that by Your wounds we are healed (Pause: Receive health and healing). Thank You, Jesus, Amen.</p>

MARCH 28

Mark 14:32-42

MEALS  HOURS

Loving Father, we remember Jesus' example of humility and submission at Gethsemane. Thank You, God. We humble ourselves today and surrender afresh to You. Let Your will be done and Your Kingdom come in our lives and in the lives of our children and our children's children. Along with us, let this next generation really know You and help them discover Your purpose for them (Pause: Let's take a moment to speak revival, wisdom and blessings over our King's Park Kids, King's Park Youth and ENC/college students). Help us all grow together in the grace and knowledge of You; In Jesus' name, Amen.

APRIL 4

Mark 15:1-20

MEALS  HOURS

Lord Jesus, we remember Your severe suffering and the mocking You endured before Your crucifixion. We want to thank You for Your example of perseverance. We look to You, the author and perfecter of our faith, to pour out on us fresh boldness and faith to persevere in the midst of all kinds of tests and trials. Enable us to keep going in making disciples of all nations, despite all kinds of opposition. Mold us to be an overcoming church. Holy Spirit, help us to live victoriously and to make every effort to keep the unity You put in King's Park (Pause: Let us speak blessing, peace and unity over our life group and our Go Team). In Jesus' Name, Amen.

APRIL 11

Mark 15:21-32

MEALS  HOURS

Heavenly Father, You sent Your Son to die on a cross, and You also said that cursed is anyone who is hung on a tree. We remember and we are grateful (Let's pause to thank the Lord in our words/language). You bore the curse of the law so that we can be free and now live in the blessing promised to Abraham. Bless us indeed and enlarge our territory; let Your hand be with us and keep us from harm so that it would not bring us pain. In Christ, we are blessed with every spiritual blessing in the heavenly realms (Pause: Let's briefly claim specific blessings from the Lord). These we claim in Jesus, Amen.

APRIL 18

Mark 15:33-47

MEALS  HOURS

Heavenly Father, thank You for sending Your Son to die for all of humanity. Lord Jesus, we believe that You died the death we should have died so that we who live might no longer live for ourselves but for You, who was raised to life forever. Holy Spirit, Giver of Life, fill us again with the power of this new life. Revive us; revive our families and our country; Also, bring about revival in the nations of the world. Your love compels us to make You known through missions and church planting, so that we might bring about worship for Your Name where there is none (Pause: Let's pray for specific nations, people groups or countries that the Lord has put in your heart to pray for). These we ask, in Jesus' Name, Amen.