

LENTEN PRAYER & FASTING 2026

Lent is the season the Church has historically set aside to remember God's love revealed through Christ's life, his substitutionary sacrifice, and his victorious resurrection. It is a time when we intentionally prepare our hearts and minds by reflecting on the events leading up to, and including, Jesus' atoning death on the cross.

"Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days he has spoken to us by his son, whom he appointed the heir of all things, through whom also he created the world. he is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. After making purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs." Hebrews 1:1-4 ESV

Each week during Lent, we invite you into a rhythm of Scripture reading and prayer, including one day of fasting—either from a meal or for a set amount of time. In this way, we position ourselves to receive wisdom and revelation from Christ's Spirit so that we can know him better as we move toward celebrating his glorious resurrection on Easter Sunday.

You may also join the daily noon prayer calls at 919-551-8101 and the Good Friday Communion Service on April 3 at 7:00 p.m. in person and online at kingspark.org/live.

February 15-21: Read 2 Corinthians 4

MEALS HOURS

Heavenly Father, we come to you in the name of Jesus through you, Holy Spirit. Jesus, thank you for suffering so that we may have hope. Lord, we have weaknesses, like jars of clay. Holy Spirit, empower us to shine the light of the Gospel and be filled with the hope of Christ.

February 22-28: Read 2 Corinthians 11:16-12:10

MEALS HOURS

Heavenly Father, we come to you in the name of Jesus. Pour out your Spirit upon us so that we may know your grace and your strength. We repent for relying on our own strength and making our personal weaknesses an excuse for not following you and sharing your gospel. Help us to know the power of Christ within us.

March 1-7: Read Exodus 40:34; Leviticus 1:1; Ephesians 3:14-17

MEALS ☐ HOURS ☐

God, thank you for making yourself known to us through Christ and making yourself known to the Israelites many generations ago. Jesus, thank you for your sacrifice, so that God's fullness may dwell in us now. Holy Spirit, thank you for making the love of Christ known to us.

March 8-14: Read Leviticus 20:17-21; Hebrews 9:11-13

MEALS ☐ HOURS ☐

Heavenly Father, thank you for making a way for us to be with you. Jesus, thank you for becoming the perfect sacrifice for us, so we may enter into God's presence.

March 15-21: Read Leviticus 21:16, 21-23; Hebrews 4:14-16

MEALS ☐ HOURS ☐

Jesus, thank you for being our perfect priest. Thank you for going before the Father on our behalf. We are so thankful, God, for your mercy and grace. Jesus, because of your sacrifice, our sins are not held against us.

March 22-28: Read Leviticus 18:1-4; Hebrews 1:1-4

MEALS ☐ HOURS ☐

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. God, you called us to be holy, but we are not able to be holy. Thank you for sending Jesus, the perfect One, to live a holy life in our place.

March 29-April 2: Read Leviticus 16:29-34; Hebrews 9:24-28 (Day of Atonement)

MEALS ☐ HOURS ☐

Jesus, you are amazing! You came to be our perfect sacrifice and our perfect priest. We believe that you sacrificed yourself once for all mankind, and we believe you will come again. Holy Spirit, empower us to wait well for Christ's return.

EASTER AT KING'S PARK SCHEDULE:

Lent: February 18-April 2 | Good Friday Service: April 3 at 7:00 p.m. | Easter Sunday : April 5 at 9:00 a.m. & 11:00 a.m.