



*Lenten
Prayer &
Fasting
Journal
2010*

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Why a Prayer & Fasting Journal?

The Lenten season is a time of personal sacrifice as we prepare our hearts, minds, and spirits for Resurrection Sunday. This preparation reminds us of Christ's ultimate sacrifice of dying for our sins. As we fast, we practice the discipline of self-denial and at the same time increase our spiritual growth.

Prayer is vital during a fast. As we fast and pray, we not only turn away from the things the body craves, but we also turn towards God focusing on our relationship with Him. Praying during the fast helps us focus on God being the only source of our benefits and blessings.

This prayer journal also promotes sacrificial praying. Since Lent is a time of sacrifice, we will concentrate on praying for the needs of others. During and after the fast, watch God answer your own personal prayer requests while you are praying for others.

**“But seek first the kingdom of God and God’s righteousness,
and all these things shall be added to you.”**

Matthew 6:33

Journal Instructions

- † Prior to Ash Wednesday, write your personal prayer requests on the last page of the journal.
- † Begin on Ash Wednesday with Day 1.
- † Make your praying and journaling a Monday—Saturday only activity. You will skip Sundays while going through this journal.
- † Keep your journal private. It is between you and God.

This Prayer Journal will help you:

- † be encouraged to stay on the fast
- † remember how the Lord is answering your prayers
- † chronicle how the Lord is growing you in your faith
- † become better equipped with the word of God that you might stand against the schemes of Satan
- † abide in Christ as you practice the discipline of solitude

God Bless You!

LENTEN SEASON 40-DAY FAST

LENT IS THE HOLY SEASON OF THE 40 DAYS PRECEDING EASTER. IT IS A SACRIFICIAL PERIOD TO PREPARE FOR EASTER THROUGH SELF-DENIAL.

“A voice cries out: ‘In the wilderness prepare the way of the Lord, make straight in the desert a highway for our God.’”

Isaiah 40:3

ASH WEDNESDAY, FEB. 17TH – EASTER SUNDAY, APRIL 4TH

WEEK 1	2/17 – 2/23	PRAYER PARTNER WEEK
<i>Get a partner in the fast and pray together daily this week to prepare for the fast. Pray daily together throughout the fast.</i>		
WEEK 2	2/24 – 3/2	Eat NO SWEETS until Easter
WEEK 3	3/3 – 3/9	Eat NO BREAD & PASTA until Easter
WEEK 4	3/10 – 3/16	Eat NO RED MEAT until Easter
WEEK 5	3/17 – 3/23	Eat NO MEAT until Easter
WEEK 6	3/24 – 3/30	Eat NO FRUIT until Easter
WEEK 7	3/31 – 4/4 <i>(Easter Sunday)</i>	Eat NO SOLID FOOD until Easter

Do not eat heavy solid foods when breaking the fast! Gradually return over a few days.

“Only prayer with fasting can force out some demons.”

Mark 9:29

“Being forty days tempted of the devil. And in those days He did eat nothing: and when they were ended, He afterward hungered.”

Luke 4:2

DAY 1

Salvation

“That if you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised Jesus from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”

Romans 10: 9-10

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 2

Repentance

“Let the wicked forsake his way and the evil man his thoughts. Let him turn to the LORD, and God will have mercy on him, and to our God, for God will freely pardon.”

Isaiah 55: 7

“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.”

Proverbs 20: 13

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 3

Healing

“But for you who reverence my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall.”

Malachi 4: 2

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 4

Church Leaders

“...but set an example for the believers in speech, in life, in love, in faith and in purity. Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you.”

I Timothy 4: 12-14

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 5



Military

“Be strong and courageous. Do not be afraid or terrified because of them,
for the LORD your God goes with you; He will never leave you nor forsake you.”

Deuteronomy 31: 6

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 6



Finance

“Fear the LORD, you his saints, for those who fear God lack nothing.
The lions may grow weak and hungry,
but those who seek the LORD lack no good thing.”

Psalms 34: 9-10

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 7

Employment

“May the favor of the Lord our God rest upon us;
establish the work of our hands for us— yes, establish the work of our hands.”

Psalm 90: 17

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 8

US Economy

“But remember the LORD your God,
for it is God who gives you the ability to produce wealth,
and so confirms his covenant, which he swore to your forefathers, as it is today.”

Deuteronomy 8: 18

“The blessing of the LORD brings wealth,
and he adds no trouble to it.”

Proverbs 10: 22

List persons to pray for concerning
above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 9

World Leaders

“I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.”

I Timothy 2: 1-4

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 10

US Leaders/Officials

“The God of Israel spoke, the Rock of Israel said to me: 'When one rules over men in righteousness, when he rules in the fear of God, he is like the light of morning at sunrise on a cloudless morning, like the brightness after rain that brings the grass from the earth'.”

II Samuel 23: 3-5

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 11

DuPage AMEC Vision

“There is surely a future hope for you, and your hope will not be cut off.”
Proverbs 23: 18

“For I know the plans I have for you,”
declares the LORD, “plans to prosper you
and not to harm you, plans to give you
hope and a future.”
Jeremiah 29: 11

List persons to pray for concerning
above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 12

Teachers

“Similarly, encourage the young men to be self-controlled.
In everything set them an example by doing what is good. In your teaching
show integrity, seriousness and soundness of speech that cannot be condemned,
so that those who oppose you may be ashamed
because they have nothing bad to say about us.”
Titus 2: 6-8

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 13

Students

“Obey your leaders and submit to their authority.
They keep watch over you as men who must give an account.
Obey them so that their work will be a joy, not a burden,
for that would be of no advantage to you.”

Hebrews 13: 17

“Listen to advice and accept instruction, and in the end you will be wise.”

Proverbs 19: 20

List persons to pray for concerning above
prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 14

Husbands

“Husbands, love your wives, just as Christ loved the church and gave Himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to God as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.”

Ephesians 5: 25-28

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 15

Wives

“Do not let your adornment be merely outward...rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.”

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 16

Persons with Disabilities

“But God said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

II Corinthians 12: 9-10

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 17

Forgiveness

“And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.”

Mark 11: 25

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 18

Infertility

“Is anything too hard for the LORD? At the appointed time I will return to you, according to the time of life, and Sarah shall have a son.”

Genesis 18: 14

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 19

Single Parents

“They will not toil in vain or bear children doomed to misfortune; for they will be a people blessed by the LORD, they and their descendants with them. Before they call I will answer; while they are still speaking I will hear.”

Isaiah 65: 23-24

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 20

Media & Entertainment Industries

Righteousness exalts a nation,
but sin is a disgrace to any people.”

Proverbs 14 :34-35

“...live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness...”

Ephesians 5:8-11

List persons to pray for concerning
above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 21

Widowed

“A father to the fatherless, a defender of widows,
is God in his holy dwelling.”

Psalm 68: 5-6

“The widow who is really in need
and left all alone puts her hope in God and
continues night and day to pray and
to ask God for help.”

I Timothy 5: 5

List persons to pray for concerning above
prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 22

Motherless/Fatherless

“The LORD gives sight to the blind, the LORD lifts up those
who are bowed down, the LORD loves the righteous.

The LORD watches over the alien and
sustains the fatherless and the widow,
but God frustrates the ways of the wicked.”

Psalm 146: 8-9

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 23

Incarcerated

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—God's good, pleasing and perfect will.”

Romans 12: 2

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 24

National Security

“...but whoever listens to Me will live in safety and be at ease, without fear of harm.”

Proverbs 1: 33

“The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever. My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest.”

Isaiah 32: 17-18

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 25



Love

“Finally, all of you, live in harmony with one another;
be sympathetic, love as brothers, be compassionate and humble.”

I Peter 3: 8

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 26



Elders/Seniors

“Since my youth, O God, you have taught me,
and to this day I declare your marvelous deeds. Even when I am old and gray,
do not forsake me, O God, till I declare your power to the next generation,
your might to all who are to come.”

Psalms 71: 17-18

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 27

Motherhood

“Arise, cry out in the night, as the watches of the night begin;
pour out your heart like water in the presence of the Lord.
Lift up your hands to him for the lives of your children...”

Lamentations 2:19

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 28

Fatherhood

“The righteous man leads a blameless life;
blessed are his children after him.”

Proverbs 20: 7

“Fathers, do not exasperate your children;
instead, bring them up in the training and
instruction of the Lord.”

Ephesians 6: 4

List persons to pray for concerning
above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 29

Self-Image

“And we, who with unveiled faces all reflect the Lord's glory,
are being transformed into his likeness with ever-increasing glory,
which comes from the Lord, who is the Spirit.”

II Corinthians 3: 18

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 30

Deliverance from Strongholds

“God reached down from on high and took hold of me;
God drew me out of deep waters. God rescued me from my powerful enemy,
from my foes, who were too strong for me.”

Psalm 18: 16-17

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 31

Resisting Rebellion

"If you are willing and obedient, you will eat the best from the land;
but if you resist and rebel, you will be devoured by the sword.

For the mouth of the LORD has spoken."

Isaiah 1: 19-20

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 32

Seeking Wisdom

"If any of you lacks wisdom, he should ask God,
who gives generously to all without finding fault,
and it will be given to him."

James 1: 5

"Fathers, do not exasperate your children;
instead, bring them up in the training and
instruction of the Lord."

Ephesians 6: 4

List persons to pray for concerning
above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 33

Caregivers

“And we pray this in order that you may live a life worthy of the Lord and may please God in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to God’s glorious might so that you may have great endurance and patience, and joyfully giving thanks to God, who has qualified you to share in the inheritance of the saints in the kingdom of light.”

Colossians 1: 10-12

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 34

Freedom of Fear

“Do do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Isaiah 41: 10

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 35

Avoiding Addictions

"This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live."

Deuteronomy 30: 19

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 36

Good Stewardship

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'"

Matthew 25: 21

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 37

Honoring Parents

“Listen, my son, to your father's instruction and do not forsake your mother's teaching. They will be a garland to grace your head and a chain to adorn your neck.”

Proverbs 1: 8-9

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 38

Protection from Harm

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”

Isaiah 43: 2

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 39



Poor

“God raises the poor from the dust and
lifts the needy from the ash heap; God seats them with princes,
with the princes of their people.”

Psalm 113: 7-8

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

DAY 40



Singles

“...and I pray that you, being rooted and established in love, may have power,
together with all the saints, to grasp how wide and long and high and
deep is the love of Christ, and to know this love that surpasses knowledge—
that you may be filled to the measure of all the fullness of God.”

Ephesians 3: 17-19

List persons to pray for concerning above prayer theme:

PRAYER

Speak to God

Listen to God

Thank God

Growing In Faith

“And without faith it is impossible to please God, because anyone who comes to God must believe that God exists and that God rewards those who earnestly seek God.”

Hebrews 11: 6

“Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.”

Romans 10: 17

List persons to pray for concerning above prayer theme:

Prayer

Speak to God

Listen to God

Thank God

Personal Prayer Requests

