



Week One

February 18 - Beginning: Today, let's begin and choose to participate in Lenten activities and with prayers that lead us into a deeper relationship with our God. We want to examine our lives and activities in the light of His Word. With a repentant heart we seek guidance from the Spirit. Lord, hear our prayers.

February 19 - Change required: Lord, a deeper and more meaningful relationship with you is the desire of my heart. I know that there are areas of my life that require examination. Sin, selfishness, habits and general lack of attention have created distance in our relationship. This Lenten season I want to repair and renew our special communication and remove the sin and clutter that is affecting and causing distance between us. Reveal to me the areas that require change, give me this desire and the grace to make the necessary changes.

February 20 - Desire: Lord, you have given me the freedom to choose how I wish to live this precious gift of life which you have gifted me with. Create in me a burning and everlasting desire to follow your Son, Jesus. I want to know you more. I pray also for my friends, family and church members that they would demonstrate a deeper yearning for you. This Lenten season I choose to act on this desire by engaging in daily prayer, examining your Word and taking time for reflection and guidance by the Spirit.

February 21 - Prayer: Lord, you commanded and taught us how to pray. You also modeled for us the necessity of prayer and ongoing communication with your Father. It is our prayer this Lenten season to engage in meaningful and thoughtful Spirit-lead prayer. More spontaneous Spirit-lead prayer is the desire of my heart. Take away any fear or interference that prevents any childlike prayer from the heart. Turning to you first in prayer is our desire, not only for us, but also for the pastors, staff and all TAC members.



Week Two

February 23 - Examination: Lord, it is time for me to sit still and listen to the Spirit. Oh, Holy Spirit help me examine my life. Guide me as I seek insight into the current direction and state of our special relationship. It is my desire and prayer that you will lead me today and the days that follow into a step-by-step examination of my life. It is my prayerful desire to have a closer walk and deeper relationship with you.

February 24 - Contrition/repentance: Lord, I have sinned. I have been unfaithful and have wandered caring more about what others think of me and enjoying the false promises of the world. I seek your forgiveness. I am truly sorry. As I prepare to celebrate your resurrection at Easter give me a contrite heart. Assist me in the next steps to examine my life and make the necessary corrections in word and deed that will once again bring healing and abundant life to me.

February 25 - Commitment/denial: Lord, I recommit my life to you desperately desiring to follow you. I choose to deny myself of simple pleasures along this journey. I choose to give up things such as desserts, computer time and other enjoyable activities so that I can better control my appetites and desires. My choice is not only to follow you but to rearrange my current priorities. I desire to devote more time to be alone with you. I want to hear from you and be prayerfully engaged. Give me the strength and courage to follow through.

February 26 - Word: Your Word is life. Your Word is all powerful. I want to know you better, understand you! What better way is it for me than to be guided by your Holy Spirit and uncover your ongoing message of love and salvation that's in your Word. Lord create a desire within me to read your Word daily. It is my desire to not only read your Word but to study your Word and commit it to memory. Strengthen my resolve to develop a lifelong habit of a daily reading of your Word.

February 27 - Holy Spirit: My helper. My guide. I need you by my side, Lord. Remove any blockage or unconfessed sin in my life. Oh, how I long to hear your whispers and feel your nudges. It is lonely and confusing to travel in this world without you. I have tried on my own to travel the well-travelled road seeking money, fame and glory. This road is lonely and filled with emptiness and ultimately death. Continue to guide me. I choose life guided by the Spirit.

February 28 - Submission: Is there only death or defeat? Lord, help me to understand and reorder my life. You are my King. To you belongs all praise and honour. You have a plan for my life. You are my GOD and I submit to You. Your plans for my life are revealed through your Word and the Spirit. I choose to follow your Son, Jesus. I choose life. May Your will be done. I fully submit to You and any lawful authority You have placed in my life. Help me to love my spouse and submit in love if it is so required.



Week Three

March 2 - Spouse: You have blessed me with a spouse. I thank you that I have a life partner. Father help me to be faithful to my partner. I am blessed because my spouse knows and loves you. I am the head of the house with responsibilities and obligations to lead. Give me the humility to lead with love. Lord, strengthen our relationship with each other and you. May the three strand cord be strong until we meet in eternity. Help me cherish and love my spouse always and only upon death, do we part.

March 3 - Family: Lord, you have blessed us with family. Some of our church families are large, others are small and some dysfunctional. Give us a heart to include those who may not yet know you in our lives. We require your strength to love some members of our family even when it may be difficult. Fill us with wisdom and discernment as we interact with each other. Help us to remember that love conquers all and that our lives may be the only scripture our families ever see.

March 4 - Time: Lord, I know that there will be a day when I must give an account of the time and talents you have given to me. You have allotted me a certain amount of time in years, days and hours. The greatest commandment is to love the Lord with all my heart and the second commandment is to love my neighbour as myself. May your Spirit guide my remaining days in fulfilling the commandment to love you with all my heart and my neighbour as myself. May my remaining time on this earth bring glory to you.

March 5 - Others/neighbours: We are commanded to love others as we love ourselves. This requires an understanding of who we are and the blessings and resources we are given. Lord, may your Spirit give us a true insight into how we are to love others. Open our eyes to the condition of others/our neighbours including those in other parts of the world so that we can truly love and share our talents and resources with them. Bless us with a spirit of compassion, understanding and generosity.

March 6 - Idols: Lord, we live in a blessed and affluent part of the world. The world offers many opportunities for us to worship idols such as sports celebrities, movie actresses and actors, pursuit of education, power and toys of every shape and design. All can entice us to devote our time, money, talent and lives in pursuit and enjoyment of them. As we prepare for the celebration of Easter, help us to take stock of where and on whom our lives are focused. Give us the desire to refocus and worship only you, Jesus.

March 7 - Worship: It is you and only you, Jesus, whom I choose to worship. As I examine my life and activities help me to see and examine my personal worship too. Do I worship you with my whole being? Do I worship you regularly? Do I engage in reading your Word? Is prayer a part of my life? Has my worship grown or is it still in a childlike state? Lord, draw me closer to you and take away any impediment that prevents me from a sincere and wholesome worship.



Week Four

March 9 - Church: I know Jesus that you are the head of the church on earth as stated in the *book of Revelation* and also aware of the state of TAC. I choose to be a part of your local church here in Swift Current. I ask that you guide and bless our church. Bless and protect our Pastors, Elders, church leaders and staff. Bless my service and protect us all from the evil one. Bless me with good health that I may continue to serve you faithfully within the church and broader community.

March 10 - Stewardship: I know Lord that all I have comes from you and that someday I will account to you for how I used my time, talents and other blessings which I have received. As part of the Lenten examination process give me the desire to take the time necessary to review and reprioritise these areas of my life. It is my wish to live a full life that brings glory to you and builds your kingdom on this earth. I long for you to say "Well done, good and faithful servant".

March 11 - Pride: Satan, the evil one, tries to make me believe I am a self-made man. I did it all my way. My health, wealth, intellect and all I have is from you! You detest pride and arrogance. Oh Lord, help me to remember that you are the creator and I am but dust. Fill me with gratitude and humility today and everyday. Give me wisdom to part with any object or cease any endeavour that provides me with something to brag about. I am proud only to be called your child.

March 12 - Obedience: Lord, you gave us a free will. Free will is a gift, but so is your Word. You have told us to show our love to you by obeying your commandments. The greatest of these commandments is to love you with my whole heart and my soul and my neighbour as myself. I ask that you would give me the desire, grace and strength to follow you in obedience to your word and commandments. Anything that prevents me from obeying you fully is either sin or clutter. Dear Father, help me to deal with any sin and the desire to remove all clutter or distraction.

March 13 - Faithfulness: You, oh Lord, are a model of faithfulness. As I examine my life give me the patience and clarity to examine my relationship with you. Is my relationship with you strong? Am I faithful to you? Is my relationship with my spouse healthy? Have I been faithful? Father, I ask that you bless our relationship with you and our spouses. I pray for healing where healing is required and recommitment to faithfulness in the two most important relationships in our life.

March 14 - Generosity: Am I generous with my time and resources? I know Lord that you are a generous giver. Father, I know you are generous and you provide for all of our needs. In our daily lives there are many demands for our time and calls for us to give financially to others. As we study your word and engage in daily prayer, show us how to best use our time and recourses to build your kingdom. It is my desire to model generosity in all my actions.



Week Five

March 16 - Peace: Am I at peace with my Creator? Am I at peace with my spouse, family? The peace of our God that defies understanding is available to us all. Our God tells us to be still and know that He is God. Is He in charge of your life? Father, I thank you for the peace I am experiencing. I pray for healing in any of my relationships that require healing and the courage to turn to you in prayer in any relationships that are beyond my control and in need of restoration. I wish to abide in your peace.

March 17 - Self Reliance: The world teaches that “you can do it on your own”. “You can pull yourself up by your own shoelaces.” This is a lie and it permeates our culture. Lord, you never created us to be alone or to do it on our own. You alone are God; you created us with a need that only you can fill. We are also in need of others and commanded to love our neighbours as ourselves. Show me areas of my life, oh Holy Spirit, where I am stubbornly or pridefully trying to do things on my own. Give me the grace to repent and rely on you.

March 18 - Mercy: I am a sinner. By your mercy I am alive and my debt has been paid in full. When others in our families, friendships and workplace fail, mistreat and hurt us, give us the grace to forgive and show mercy when required. Lord, is there anyone in our lives that requires mercy at this time, perhaps the necessary mercy has not yet been given? Give me the grace to generously extend mercy even when it is difficult or perceived as being weak.

March 19 - Goals: You are Lord. You created me with a free will and an ability to choose and plan and pursue goals. Love, joy, peace, patience, kindness, goodness, faithfulness and self-control (fruit of the Spirit) follow when my goals and life align with your plan for my life. Through your word and the guidance of your Spirit reveal your plan for my life to me and show me where I can make changes. I want always to follow Jesus. I wish to be led by the Holy Spirit.

March 20 - Love: God is Love. John 3:16 “God loved the world this way: He gave his only Son so that everyone who believes in him will not die but will have eternal life”. Jesus gave it all, he modeled perfect unselfish love. Lord, give me the desire to love all the people you have placed into my life. I want to love those in my home, my family and in my circle of influence including church, work and in our neighbourhood. Give me prayerful eyes to see those in the world who are in need of love and salvation. Help me to lift them up in prayer and assist them with the many resources you have given me.

March 21 - Patience: Teach me Father to wait upon the You. In Ecclesiastes 3:1-8 we are reminded that there is a time for every activity under heaven. Our world has killing schedules, and deadlines in an effort to increase efficiency, order and control. Sometimes I too want control of my life. I want to be in charge. Father, remind me that you are God and you are in charge. You are LORD. Give me the humility and the patience necessary to lovingly serve You and follow the guidance of the Spirit without fail. Your timing is perfect.



Week Six

March 23 - Hope: My hope is in You. We are human and my heroes of yesteryear have fallen. Our leaders in politics, sports and even in churches have fallen and are failed men and women. You alone have intervened in the lives of the descendants of Abraham saving them in many times of war, famine and other difficulties or trials. I know you are there and my hope remains in you. Thank you for your never-ending love, faithfulness and assistance. My hope remains in you alone.

March 24 - Faith: I believe in You. You are the one true God. You are my Creator and my Savior. I believe the Word that I read and that it is the inspired Word of God. I believe in the Holy Spirit and your son, Jesus. My faith is a gift from you. Strengthen my faith and give me a desire to share my faith with all whom I meet. Provide me with opportunities to share my faith with others. Thank you for the gift of faith.

March 25 - Trust: I trust You. You have been with me and answered my prayers. I know you are beyond trustworthy; you are God. I pray for my brothers and sisters who do not yet know you and who have not experienced your love, healing and power. Help me and give me opportunities to love others, to demonstrate your care and be witnesses to non-believers including the lost. Our God is trustworthy in all things. His Word is trustworthy. You have placed me in a position of trust. Help me to be worthy of my calling. Let my yes be yes and my no be no, but above all may my actions bring glory to you.

March 26 - Charity: We live in a world where people believe they have the constitutional right to say anything they please. In the age of social media peoples' lives can be damaged and reputations ruined in minutes. Father, guide the words of my tongue and the messages I communicate particularly via other media. I choose caution and to take the time to check the facts of any matter before responding. Help me to temper my words with concern for the reputation of others and the damage my words can have. Guide my speech and communication so that I am charitable on all occasions.

March 27 - Thoughts: Lord, sometimes I daydream, think about winning the lottery or having the freedom to do whatever I wish to fulfil my every want. I want independence from every earthly constraint; I want to be king. This is sinful worldly thinking and evident in much of the world around me. Father forgive me for believing that there is fulfilment apart from you. You are my Creator. Your Word gives life and structure. My relationship with you is real and fulfilling. You and only you are the Way, the Truth and the Light. Jesus help me to focus on your love. Only you have an eternal plan for my life, daydreams and worldly promises. Without you they are empty.

March 28 - Renewal: Psalm 51:19 "Create a clean heart in me, O God, and renew a faithful spirit within me." I Lord have wandered off of the path, got lost in worldly pursuits, working too hard, investing time and energy in activities and people that are draining. I have begun and ended periods of prayer and worship. I have been lost and at times been in empty desert like conditions. Forgive my arrogance, sinfulness and neglect. Renew me and reset my relationship with you. Provide the opportunity for a fresh start and the optimism and joy that once filled my heart. I seek renewal!



Week Seven

March 30 - Repentance: I fall on my knees. I am a sinner; I have sinned knowingly and unknowingly. I have gone my own way, done things my way and I have pursued pleasure and ignored your commandments. I have not loved you with all my heart nor have I always loved those near to me: my spouse, family and neighbours. I am sorry, forgive me Father. I ask for Your mercy and the strength to overcome my self-centeredness. I wish wholeheartedly to again follow you, Jesus. Focus my eyes and the desire only on you. Thank you for your mercy and forgiveness.

March 31 - Acceptance: No matter what the world says or thinks about me, You accept me as I am, as Your son. LORD, protect me from the evil one, Satan, who tells me my sins cannot be forgiven and that I am unworthy. You have paid the price; my sins are forgiven and blotted out. Your precious and Holy blood has covered over all of my past sins and transgressions, Hallelujah! I praise you Jesus, you are worthy of all my praise! I ask that you give me eyes that see the goodness in others as you see them. Allow me to mirror your mercy and acceptance to family, friends and all in my community.

April 1 - Forgiveness: My forgiveness is conditional on me forgiving others. It is humbling to ask for forgiveness and truly difficult to ask for forgiveness from the same individuals over and over again. Yes, that is me coming to you a Holy God, and asking for forgiveness time and time again. All you ask is sincerity and a desire to not offend again. Thank you for forgiving me. Thank you for your mercy and forgiveness. Lord, you know there are people in my life who have hurt me, some time and time again. Give me the strength to be forgiving to others, just as you have been forgiving to me. I also ask for the grace to show mercy when it is requested and or required. Thank you, Father.

April 2 - Restoration: Lord, I know that you restore relationships. I also know that you restore health and provide new resources where they may have been damaged or lost. I have family and friends who once may have known you but through neglect or disobedience no longer relate or seek you. It is my desire that you continue to seek them; they are lost and a part of the world. Please show mercy, seek them and restore a renewed relationship with them. May their return, with a right relationship, bring glory to you.

April 3 - Resurrection: You my Jesus are the only human to come back to life you. Jesus you are the Resurrection. I believe in you. Father our world is filled with animation, wonder and ingenious inventions even now artificial intelligence. You are the real thing. Satan tries to distract our attention by promoting the world's wonders as new, exciting and awesome. This Easter season allow me draw to near to you once again, rediscover the wonder of your Word and have a renewed relationship with you.

April 4 - New life: At Easter time, in the spring, new life is all around us. The wonders of your Creation are everywhere, baby chicks, tulips growing, pussy willows and so much more. It is time to come alive and marvel at His Creation. Some times we mourn the old life, what we had before. But, before has passed away. The opportunity today is to begin again, engage in new activities and meet new friends. Father, give me the strength to get up and start over. I wish to be Spirit-lead. I want to serve you more. Thank you for your many blessings and help me to remember my many blessings daily. Spirit nudge me to move on.