



# **THE SOUND OF FAITH**

**Lent allows us the time and space to be reminded of the costly realities of sin and death. The Lent season is a gift. It reminds us of our need for rescue, redemption, and a loving Savior. We begin with the felt experience of our mortality on Ash Wednesday, and end with a shared resurrection life in Christ!**

**This Lent Prayer Experience is an invitation to engage God wholeheartedly through intentional prayer and meditation on Scripture. We encourage you to ask God for a willingness to see, hear, and experience what He longs to show you about Himself and yourself.**

**It is all too easy to rush through our reading of Scripture/prayer/worship without first preparing our space, heart, and mind to commune with, and receive from, God. As we are focusing on prayer this year, we wanted to offer some potentially new ways to engage Lent through prayer. Our invitation is to use Scripture as our springboard into prayer, allowing God to guide our prayer time... to “set the agenda” for us.**

**Each of the 6 weeks will follow a few similar patterns intentionally. However, there will also be variance each week, depending on the theme and Scripture. For some of you, these will be familiar ways to pray, and for others, this will be new.**

**All we ask is you set aside 10 minutes a day, so that we can reflect as a body on similar passages and questions. You may find yourself having longer prayer times, or sticking to the 10 minutes, both of which are great.**

**As you pray, distractions will come, and that’s okay! Acknowledge them (“Oh, I’m thinking about my family or work...”), and ask God to help you focus again. Feel free to journal about your prayer time, talk with those in your community or friend group about what God is bringing up in prayer, or use creativity (art, poetry, prose, etc...) to process what God is speaking to you.**

**Always remember that God desires to lead and guide your prayer time, and He is loving and tender towards you. Be open to the Spirit’s leading during your time, and simply pay attention to what He is sharing with you with your heart.**





# Week One

FEBRUARY 6TH-12TH

PSALM 6 OR MARK 4:35-41

**Monday-** Slowly read the passage twice, with a listening heart. Be willing to pause and linger with anything that sticks out to you.

**Tuesday-** Take 3-5 minutes before hand to prepare to pray , then slowly Read the passage

Prep for prayer:

To be present is to arrive as one is and open up to the other. At this instant, God is present, waiting for me. God is always desiring to connect with me even more than my most intimate friend. Take a moment and greet your loving God.

I remind myself that there are things God has to teach me yet, and ask for the grace to hear them and let them change me.

How am I really feeling? At peace, happy? Worried, angry, frustrated? I acknowledge how I really am. It is the real me the Lord loves.

**Wednesday-** Read the passage, then have some reflection time afterwards. Ask yourself: What feelings are arising as you are reflecting? Talk with Jesus about those feelings. Why might they be important to pray through?

**Thursday-** Combine the previous days. Prepare, read slowly, have some reflection time. What section or phrase is sticking out to you? Why do you think God might be highlighting that for you?

**Friday-** Just focus on the word/phrase/specific verse that was sticking out to you yesterday. Spend some time listening in prayer, asking God to show you how that word/phrase/verse is relevant and connecting to your daily life.

**Saturday-** In your prayer time, consider how praying in this way with Scripture was for you this week? Was it helpful? Full of distractions? More focused? Which ways of praying felt most impactful for you this week? What feels least engaging?

**Prep for Sunday-**(Optional) Have a word or phrase ready to write anonymously on our Lent Prayer Journal to share how prayer was this week for you.

Feel free to bring a drawing, song, poem or artistic expression to post here as well.



# Week Two

FEBRUARY 13TH-19TH

PSALM 31 OR MARK 10:46-52

**Monday**-Slowly read the passage you've chosen twice, with a listening heart. Be willing to pause and linger with anything that sticks out at you.

**Tuesday**-Take 3-5 minutes beforehand to prepare, then slowly Read the passage.

Prep for prayer:

To be present is to arrive as one is and open up to the other. At this instant, God is present waiting for me. God is always desiring to connect with me even more than my most intimate friend. Take a moment and greet your loving God.

I remind myself that there are things God has to teach me yet, and ask for the grace to hear them and let them change me.

How am I really feeling? At peace, happy? Worried, angry, frustrated? I acknowledge how I really am. It is the real me the Lord loves.

**Wednesday**-Read the passage, then have some reflection time afterwards. Ask yourself: What feelings are arising as you are reflecting? Talk with Jesus about those feelings. Why might they be important to pray through?

**Thursday**-Prepare, read the passage slowly, have some reflection time. What do you learn about God's character in these verses? What truths is He encouraging you to notice about who He is and how He acts?

**Friday**-Read the passage a few times and see if there is a word/phrase/specific verse that is being highlighted for you. Spend some time listening in prayer, asking God to show you how that word/phrase/verse is relevant and connecting to your daily life.

**Saturday**-In your prayer time, consider how praying in this way with Scripture was for you this week? Was it helpful? Full of distractions? More focused? Which ways of praying felt most impactful for you this week? What feels least engaging?

**Prepare for Sunday**-(Optional) Have a word or phrase ready to write anonymously on our Lent Prayer Community board to share how prayer was this week for you.

Feel free to bring a drawing, song, poem or artistic expression to post there as well that describes your prayer life this past week.



# Week Three

**FEB 20TH-26TH**

**PSALM 41 OR LUKE 22: 54-62**

**Monday**-Preparing for Prayer, then read the passage slowly 2 times, with a listening heart. Be willing to pause and linger with anything that sticks out at you.

Prep for prayer

To be present is to arrive as one is and open up to the other. At this instant, God is present waiting for me. God is always desiring to connect with me even more than my most intimate friend. Take a moment and greet your loving God.

I remind myself that there are things God has to teach me yet, and ask for the grace to hear them and let them change me.

How am I really feeling? At peace, happy? Worried, angry, frustrated? I acknowledge how I really am. It is the real me the Lord loves.

**Tuesday**-Prep for prayer, read the passage 1-2 times and pay attention to any word/phrase that stands out to you, or if this has brought up a memory or situation in your life? Talk with Jesus about that word/phrase/memory? Why might He be bringing that to your mind and heart today? What is He saying?

**Ash Wednesday**-Prep for prayer, read the passage, and sit in a prayerful space with this particular verse from Psalm 41: 4. Reflect on the ways that God has shown you mercy in your life, and where in your life are you asking for His mercy now..

“O Lord, be gracious (show mercy) to me; heal me, for I have sinned against you!”

**Thursday**-Prepare for prayer, read the passage and reflect on this question: What have been my typical ways of engaging brokenness or weakness in my life? Does this passage offer any insight or direction in engaging those places honestly and vulnerably with God and others?

**Friday**-Prep for prayer and just focus on what He was bringing up the day before. Is there anything else He might want to say about that? Anything else you want to pray through around that as you consider your own brokenness, mortality or weakness and how God meets us in those places?

**Saturday**-If possible, take a walk around the block, or find a quiet space.

Ask Jesus to walk with you and speak with him about what has come up for you this week in prayer.

What are you grateful for?

What has God brought up in your life this week?

What is your response to Him?

**Prepare for Sunday**-(Optional) This week is a bit different. Have a word or phrase ready to write anonymously on our Lent Prayer Journal board to share what came up in your prayers this week.

What felt significant (meaningful, hard, confusing, helpful...) to you this week?

As always, feel free to bring a drawing, song, poem or artistic expression to post there as well that describes how God was speaking to you this week

# Week Four

**FEB 27-MARCH 5TH**

**PSALM 142 OR JOHN 11: 17-43**

**Monday**-Prep for prayer and read the passage over twice, with a listening heart. Be willing to pause and linger with anything that sticks out at you.

Prep for prayer

To be present is to arrive as one is and open up to the other. At this instant, God is present waiting for me. God is always desiring to connect with me even more than my most intimate friend. Take a moment and greet your loving God.

I remind myself that there are things God has to teach me yet, and ask for the grace to hear them and let them change me.

How am I really feeling? At peace, happy? Worried, angry, frustrated? I acknowledge how I really am. It is the real me the Lord loves.

**Tuesday**-Prep for prayer and read the passage. What feelings are arising in you as you pray and reflect on God's word? Open your heart to Jesus about those things.

**Wednesday**-Read the passage slowly twice. Reflect on times you have felt in need of rescue, or have cried out to God in anger, hurt, or grief. How has He responded in the past? Talk with Him about this.

**Thursday**-Prep for prayer and read the passage to see if there is a word/phrase/specific verse that is being highlighted for you. Spend some time listening in prayer, asking God to show you how that word/phrase/verse is relevant and connecting to your daily life.

**Friday**-Prepare, read the passage slowly, have some reflection time. What do you learn about God's character in these verses? What truths is He encouraging you to notice about who He is and how He acts?

**Saturday**-If possible, take a walk around the block, or find a quiet place.

Ask Jesus to walk with you and speak with him about what has come up for you this week in prayer.

What are you grateful for?

What has God brought up in your life this week?

What is your response to Him?

**Sunday**-(Optional) Have a word or phrase ready to write anonymously on our Lent Prayer Journal board to share what came up in your prayers this week.

What felt significant (meaningful, hard, confusing, helpful...) to you this week?

As always, feel free to bring a drawing, song, poem or artistic expression to post there as well that describes how God was speaking to you this week.

# Week Five

**MARCH 6TH-MARCH 12**

**PSALM 8 OR MATTHEW 9:1-8**

**Monday**-Read the passage slowly twice.

**Tuesday**-Prep for Prayer, then read the passage. Talk with God about what feelings and thoughts arise as you reflect on God's word.

Prep for prayer

To be present is to arrive as one is and open up to the other. At this instant, God is present waiting for me. God is always desiring to connect with me even more than my most intimate friend. Take a moment and greet your loving God.

I remind myself that there are things God has to teach me yet, and ask for the grace to hear them and let them change me.

How am I really feeling? At peace, happy? Worried, angry, frustrated? I acknowledge how I really am. It is the real me the Lord loves.

**Wednesday**-Read the passage twice in a prayerful space, and take note of any feelings or thoughts that have come up? Why might God be bringing those feelings or thoughts to the surface today? If you aren't feeling anything, that is great too. Spend a few minutes in silence with God, listening and enjoying just being with Him.

**Thursday**-Prep for prayer, read the passage, then take a walk for a few minutes around the block (if possible), or reflect on a favorite picture taken of something you find beautiful or inspiring. What is God drawing you to as you reflect? What do you learn about God's heart in this prayer time?

**Friday**-In your prayer time today, try to just sit with God. No agenda, no reflection questions...just simply say, "Lord Jesus, thank you for being near me at all times and in all places. Make me conscious of your gracious presence. Kindle my heart and awaken hope, that I may know you and love others with your love."

Spend a few minutes just in silence with God, enjoying Him and being loved by Him. It's okay if distractions come, acknowledge them and let them go.

**Saturday**-If possible, take a walk around the block or find a quiet place.

Ask Jesus to walk with you and speak with him about what has come up for you this week in prayer.

What are you grateful for?

What has God brought up in your life this week?

What is your response to Him?

**Sunday**-(Optional) Have a word or phrase ready to write anonymously on our Lent Prayer Journal board to share what came up in your prayers this week. What felt significant (meaningful, hard, confusing, helpful...) to you this week?

As always, feel free to bring a drawing, song, poem or artistic expression to post there as well that describes how God was speaking to you this week.



# Week Six

MARCH 13-19TH

PSALM 27 OR JOHN 10: 7-21

**Monday**-Prep for prayer and read the passage twice, slowly.

**Tuesday**-Prep for prayer, read the passage. What feelings are arising in you as you pray and reflect on God's word? What truths about God are encouraging, or even new to you? Open your heart to Jesus about those things.

**Wednesday**-In your prayer time today, try to just sit with God. No agenda, no reflection questions...just simply say, "Lord Jesus, thank you for being near me at all times and in all places. Make me conscious of your gracious presence. Kindle my heart and awaken hope, that I may know you and love others with your love."

Spend a few minutes just in silence with God, enjoying Him and being loved by Him. It's okay if distractions come, acknowledge them and let them go.

**Thursday**-Prep for prayer, read the passage to see if there is a word/phrase/specific verse that is being highlighted for you. Spend some time listening in prayer, asking God to show you how that word/phrase/verse is relevant and connecting to your daily life.

**Friday**-Pray as you are sensing God is leading you to, either with Scripture or without. If you'd like, add this to your prayer time.

Pray to God saying, "The Lord is my strength and my shield; In Him my heart trusts. I trust you in \_\_\_\_\_ (name the situation)." Repeat those sentences as many times as needed, with different situations.

**Saturday**-If possible, read the passage and then take a walk for a few moments around the block.

Ask Jesus to walk with you and speak with him about what has come up for you this week in prayer.

What are you grateful for?

What has God brought up in your life this week?

What is your response to Him?

**Sunday**-(Optional) Have a word or phrase ready to write anonymously on our Lent Prayer Journal board to share what came up in your prayers this week.

What felt significant (meaningful, hard, confusing, helpful...) to you this week?

As always, feel free to bring a drawing, song, poem or artistic expression to post there as well that describes how God was speaking to you this week