**PRAYER & FASTING**

PRAYER IS THE ESSENTIAL PARTNER OF FASTING. OUR PRAYERS THIS LENTEN SEASON ARE TO REFLECT ON HOLINESS, LOVE AND FORGIVENESS, OBEDIENCE, TRANSFORMATION AND SPIRITUAL HEALING. **FOR THOSE WHO MAY NEED A LITTLE HELP OR JUMP START, THE FOLLOWING PRAYERS MAY BE OF ASSISTANCE.** THERE IS NO PARTICULAR ORDER FOR LIFTING UP THESE PETITIONS TO THE LORD OUR GOD. **LET THE HOLY SPIRIT BE YOUR GUIDE**.

A Prayer for **Personal Holiness** – Thank You Father, that You have called me out of darkness into Your marvelous light. You set me free from being a slave to sin and released me from the bondage of fear.

Thank You for breathing the new resurrection life of Christ into my very being and for taking up permanent residence within my heart. Lord, I want to be led by Your Holy Spirit and to walk in spirit and truth. I want to live a godly life and to develop personal holiness; but I do not really know how to. Please help me. **In Jesus’ name, Amen.**

A Prayer for **Personal Holiness** -- Lord, I come to You because I am incapable of being able to live a holy life myself. I humbly ask You Lord, that You would teach me to be holy and show me how You would have me live. Open my eyes to see what You would have me to do. Unblock my ears so that I may hear Your still small voice. Give me a teachable spirit to learn all that You would teach me. I know that alone I can do nothing, but in Christ, who is my life, I can do all things. **In Jesus’ name, Amen.**

A Prayer for **Unconditional Love & Forgiveness for Others –** Thank You for your gift of forgiveness. Your only Son love me enough to come to earth and experience the worst pain imaginable, so I could be forgiven. Your mercy flows to me despite my faults and failures. Your word says to, “clothe yourselves with love, which binds us all together in perfect harmony.” (Col. 3:14) Help me demonstrate unconditional love today, even to those who hurt me**. In Jesus’ name, Amen**.

A Prayer for **Unconditional Love & Forgiveness for Others** – Thank You for helping me to understand so I can be forgiven. I understand that even though I feel scared, my emotions don’t have to control my actions. Father may Your sweet words saturate my mind and direct my thoughts. Help me release the hurt and begin to love as Jesus loves. I want to see y offender through my Savior’s eyes. If I can be forgiven, so can he. I understand that there are no levels to your love. Help me not to have levels in my love for others. **In Jesus’ name, Amen**.

A Prayer for **Unconditional Love & Forgiveness for Others** – Thank You Father for showing me in Your word that I need to forgive to be forgiven and that I need Your peace. You teach us to allow your peace to rule in our hearts. (Col. 3:15) When I forgive in words, allow your Hoy Spirit to fill my heart with peace. I pray that the peace that only comes from Jesus will rule in my heart. That it will keep out doubt and questions. But Lord, I am thankful; not just today, not just this week, but always. Thank you for the reminder to always be thankful. With a grateful heart I draw closer to you and let go of unforgiveness. Help me find the compassion that comes with true forgiveness. Help me to remember that the person who hurt me is also your child. **In Jesus’ name, Amen.**

A Prayer for **Unconditional Love & Forgiveness for Others** – I praise you for the work you are doing in my life, teaching, and perfecting my ***faith***. When I see the person who hurt me, bring my prayers back to my remembrance. Please take any ungodly thought captive and make them obedient to Christ. (2 Cor. 10:5) May the confidence of Christ in my heart guide me into the freedom of forgiveness. **In Jesus’ name, Amen.**

A Prayer for **Obedience to the Lord** – Lord Jesus, your word tells us that if we proclaim that we love You, we will keep Your commandments. To walk with You is to avoid the pitfalls of sin. I ask that you kill the sin that continues to rise up within me. Give me a willingness, desire, and ability to follow You. I want to follow you as a lamb follows its shepherd. **In Jesus’ name, Amen.**

A Prayer for **Obedience to the** Lord -- Oh God of my salvation, even though I prove time and time again to be disloyal, sinful, and faithless, You are always faithful. Help me to walk faithfully toward You. When I don’t want to, change my heart so that my desires are only to know you more. **In Jesus’ name, Amen.**

A Prayer for **Transformation of Our Nation, Communities, and our Homes**

**Unity** – Dear Lord, let us know who You are. Help us to act like we belong to You. Jesus said, by the unity of those who belong to God, people will know the gospel is true. Transform us so that we become like You. Teach us Your wisdom and kindness, generosity, compassion, empathy, and love. Transform us so that we can transform the communities in which we live. **In Jesus’ name, Amen.**

**Loneliness** – Dear Jesus, for those who are alone, Lord, let them know that they have a home in You. As you whisper to them their importance, forge within them a new identity, a child of the King. Let everyone know they are welcome in Your Kingdom. Let us all focus on what we have in common rather than what might divide us. Help us to remember that You created this wide diversity of mankind. The Bible says that You created us in Your image. Help us to see You in all the people we encounter and to reach out in kindness. **In Jesus’ name, Amen.**

**No Condemnation** – Father, help us to welcome into our lives those who are different than we are. Teach us to say, “I love you *and*…”, instead of, “I love you

*but …”.* It’s Your place to change people, Lord, not ours. Help uslead them to a safe place where they are open to hearing Your voice. Let us let go of our need to change people and, instead, place them in your tender hands. **In Jesus’ name, Amen.**

**Shining Light** – Dear Lord, let us be the light, Your light, Lord. Let us shine brightly in all that we do. Let people throughout the world know that You are real by the love they see in our actions. You are love, Lord, and Your love changes us. Help us model that kind of love and forgiveness and kindness so that when people see us, we point them right to You. Help us remember that grace isn’t exclusive…it’s available to all. **In Jesus’ name, Amen.**

**The United States** – Lord, let this country be a place of refuge from atrocities, cruelty, and horrors. Help us fight injustice and change circumstances within our own country. We suffer from sexual trafficking, homelessness, crime, abuse, addiction, mental illness, unwanted pregnancy, and poverty. Teach us as individual churches how to provide sanctuary—a safe place—people need. Through Your people, bring hope into hopeless situations. **In Jesus’ name, Amen.**

 **Brokenness** – Father, our nation, our communities, our systems, our infrastructures, and our government need to be fixed. In our homes, churches, families, and relationships and in our individual souls, fixing is the order of the day. We all harbor brokenness, but there is nothing to big that You cannot overcome it. No situation holds more power over us than You do. Open our hearts to godly change, and to to work restoring, redeeming, and repairing. And Lord, show us our part in the process and equip us to go to work alongside You. **In Jesus’ name, Amen.**

A Prayer for **Spiritual Healing** by the Hand of the Lord – O Jesus, healer of our souls. O Lord of life heal me; heal me of my spiritual sickness. You are long-suffering and of tender mercy; heal me, O Lord Jesus Chris. Accept my supplications, Oh Holy Spirit, unto whom every heart is open, every desire known, and from whom no secret is hid. Who gives life to our souls; hear and answer, O Spirit of God. Heavenly Father, your will is that no sinner should perish, give me true repentance for my sins. O merciful God, pity and forgive me for Jesus’ sake. Your eyes, O God, are as a flame of fire searching my innermost heart. O pardon my sin, for it is great. Blessed Jesus, speak for me, plead for me, and grant my soul healing. **Amen!**

**Closing Prayer** – Father, help us to be grateful for all You have given us and to be good stewards of it all—the earth and its resources, our bodies and health, our freedom, time, money, access to education, and positions of influence. Help us start and end our days with gratitude for the freedoms we have and never take for granted the gift of knowing You. We are aware of so many things that are wrong, so help us never to overlook what is pure and right and holy. Reveal to us the gifts You’ve already given. **In Jesus’ name, Amen.**