

MPC Lenten Prayer Guide

Seeking God on matters of deep concern for ourselves, our church, and our world.

Scripture Reading:

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting... But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen ; and your Father, who sees what is done in secret, will reward you.” -Matthew 6:16-18

“Is not this the kind of fasting I have chosen: to loose the chains of injustice, and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry, and to provide the poor wanderer with shelter?” Isaiah 58:6-7

Inner-Healing Prayer:

- ✦ Take a “needs-healing” inventory.
- ✦ Bring your wounds before the presence of Jesus.
- ✦ Wait in God’s presence: “Here I am Lord” “Be still and know that I am God.”
- ✦ What one wound rises to the forefront? Ask Jesus what he wants to tell you about this wound. Listen. What do you sense the Lord is saying to you?
- ✦ Respond to Jesus. Receive his love and healing words.

Pray for our Church:

- ✦ Picture Jesus Christ standing amongst our church (Revelation 2-3).
- ✦ Ask Jesus what he desires from us as his witnesses, as his body, as his servants and friends.
- ✦ Pray Philippians 2:1-11 for our staff, elders, deacons, leaders, members. “Be of the same mind, having the same love, being in full accord...”
- ✦ Pray for life amongst believers to grow and deepen: Acts 2:43-47.

Prayer for the World:

- ✦ Picture concentric circles of prayer: Start with your closest family and friends, move to your neighbors, co-workers, and the people you encounter daily, then move to your city, our county, our nation, and then our world.
- ✦ With each person and concern that comes to mind intentionally bring them to Jesus. Does Jesus say anything to you about these people? When you have brought everyone to Jesus, leave them with him, in his care.
- ✦ Read Romans 8:26-38 - intercede with the Spirit for others.