

## WEEK 1

Tick the Box each day to keep track of your Prayer and action

Ash Wednesday March 1



Read: **Joshua 7: 6 – 9**

**Think:** As we embark on the Lenten season we are reminded to repent of our sins before the Lord. Joshua went to God with a complaint. How did God respond? How do you respond when you face challenging situations in life? What is your Jericho? Are you a Joshua?

**Pray:** Prostrate yourself before the Lord, confess your sins and ask Him to teach you to walk in the power of His presence. Intercede on behalf of the leaders in our land.

**Act:** Make a list of the actions you take when faced with challenging situations. Look back at Joshua's action and God's response. If the opportunity arises discuss your actions with someone.

Thursday March 2

Read: **Jonah 2 V1-9**

**Think:** Contemplate about how God acted in the life of Jonah. In the midst of the storm God was present. As Jonah was tossed in the sea God was present and provided refuge. What does it teach us and how can we apply it to your own life experiences?

**Pray:** Thank God for the gift of His Son Jesus Christ – Immanuel God with us. Ask Him to help you to always have an attitude of thanksgiving and to sustain you and others through the storms of life.

**Act:** Think of three persons and or situations you are aware of where people are undergoing great trials. Over the course of the next week pray for them and where possible give them a call.

Friday March 3

Read: **Ezra 9:6**

**Think:** This prayer reminds us to be brutally honest before God when we have sinned. After all, God knows when we have messed up!

**Pray:** Open up yourself and offer sincere confession to God for all your mis-steps during this week or in the recent past.

**Act:** Identify a personal struggle and sing the hymn "Yield not to temptation."

Saturday March 4

Read: **Habakkuk 1:2 - 4**

**Think:** Habakkuk, believed that God would answer him in God's own time. His word would come to pass. The life of faith is put to the test, between complaint and struggle on the one hand, and God's right time on the other.

**Pray:** Ask the Lord to draw near to you even when you are paralyzed by doubt and despair. Pray that justice in Jamaica will be dispensed fairly to all, "Wait patiently on the Lord" (Psalm 40:1-4)

**Act:** Write a personal prayer.

March 5 **First Sunday in Lent**

Read: **Habakkuk 3:2**

**Think:** This is Habakkuk's prayer, "Lord I have heard of your fame. I stand in awe of your deeds Lord. Repeat them in our day and in our time make them known; in wrath remember mercy." Remember that even when we fail the Lord, He will have mercy and forgive if we are truly sorry.

**Pray:** Acknowledge that the Lord is the same yesterday, today and forever. Thank Him that we can depend on His faithfulness. Confess where we have not always been and ask for forgiveness.

**Act:** Search the scriptures and note verses that remind you of God's faithfulness. Commit two (2) verses to memory.

## WEEK 2

Monday March 6

Read: **Psalm 31: 1 – 3**

**Think:** In spite of challenges and adversities, God can be fully trusted to be our 'rock of refuge'. Think how stable and firm a rock is.

**Pray:** Ask God to be your rock today in every situation.

**Act:** Throughout today, repeat the words 'God is my rock and my fortress.'



Tuesday March 7

Read: **Matthew 6: 13 – 15**

**Think:** God freely forgives us of our sins. In return, He expects us to forgive those who wrong us.

**Pray:** Ask God for a forgiving spirit towards those who have wronged you

**Act:** Do you need to ask God's forgiveness today? Do you need to forgive someone? Act decisively on this prayer today.

Wednesday March 8

Read: **Psalm 51:10 -13**

**Think:** Many times we focus on our own sin and our need for forgiveness, and forget the pain or struggle others face. David was not unlike us in that when he sinned he needed God's forgiveness. However, he did not forget those who needed forgiveness and was willing to teach them God's ways. How often are we willing to share our testimony to ensure our fellow brothers and sisters don't fall?

**Pray:** That the Lord will give you the grace to accept His salvation and forgiveness. Ask Him to give you boldness to teach others His way, even using your own testimony so they may come to know Him.

**Act:** Write out a testimony today and ask the Lord to show you someone to share it with

Thursday March 9

Read: **Psalm 139: 1 – 8**

**Think:** That God is personal, God is present and God is pursuing. Does this Psalm help you to understand who He is and who you are? This Psalm reminds us that God knows every part of us not only our bodies but also the secret places of our minds.

**Pray:** Let us pray thanking God for His care and asking Him to search our hearts and thoughts and then to renew our minds.

**Act:** Answer these questions as best as you can.

- What is God saying to me through this Psalm?
- How will I act upon His conviction this week?

Friday March 10

Read: **Job 42: 1-6**

**Think:** Reflect on the times that you have questioned God and accused Him of one unloving act or another. Respond to God's question: "Would you discredit my justice? Would you condemn me to justify yourself?" (Job 40 V 8). Have you stopped trusting in God's goodness and love as you face difficult experiences in your life's journey?

**Pray:** Ask God to continue to abide with you and to give you greater knowledge, wisdom and understanding as you continue. Thank Him that He is always sustaining you and for always being the light of hope in the darkness.

**Act:** Pray for those who are experiencing great challenge and hopelessness. Over the next week think of someone who is down and share the message of hope using Job's story.

Saturday March 11

Read: **1 Kings 19:4**

**Think:** Situations similar to the one Elijah faced can lead us to wish for desperate solutions. Be courageous and hold on to your faith in God. Never give up on life.

**Pray:** that the spirit of hopefulness will remain with you no matter how difficult the situation and believe wholeheartedly in God's power to come through for you.

**Act:** Visit Horizon Home or a homebound member and bring cheer to them.

March 12 **Second Sunday in Lent**

Read: **Romans 8: 26**

**Think:** Have you ever found yourself in a place where you do not know what to pray for? When this happens it is good to know that the spirit Himself intercedes for us through wordless groans. What an awesome God!

**Pray:** That God Himself will teach you to pray.

**Act:** Some persons are shy or fearful of praying before a group. Try praying aloud by yourself. This will help to build your confidence.

### WEEK 3

**Monday March 13**

**Read:** [1 Chronicles 4: 10](#)

**Think:** Jabez prayed: - O that you would bless me and enlarge my territory. Let your hand be with me and keep me from pain. God granted his request. Is Jabez' prayer yours ?

**Pray:** Pray that the Lord will help you to be as honourable as Jabez was and that He will bless you so that you can bless others.

**Act:** The Women's Crisis Centre is in need of financial assistance especially now when domestic abuse against women is so prevalent. Give something towards this venture.

**Tuesday March 14**

**Read:** [Genesis 32: 24 – 28](#)

**Think:** Note Jacob's persistence in requesting a blessing from God. His request was granted. How persistent are we in prayer?

**Pray:** Is there a special request you have been asking of God? Ask again, now, believing.

**Act:** Share with someone one way in which God has blessed you.

**Wednesday March 15**

**Read:** [James 5: 12 – 16](#)

**Think:** All the situations of our lives are occasions for prayer – not only personal but also communal.

**Pray:** Confess any sins you might have committed and pray for the church universal.

**Act:** Pray for someone on the prayer list recorded in the bulletin and if possible give him/her a call.

**Thursday March 16**

**Read:** [1 Samuel 1:10 – 11](#)

**Think:** Think about Hannah's example of faithful dedication to God. Are you discouraged? What can we learn from Hannah?

**Pray:** Pray for women in our society/world who are marginalized/ oppressed by society as a result of their childlessness. Pray also about the things your heart desires.

**Act:** Sing the song "I must tell Jesus, I must tell Jesus, I cannot bear these burdens alone..." Read



Hannah's prayer again and note how she worshipped God. Commit to attend at least one 6:00 p.m. service each month.

**Friday March 17**

**Read:** [2 Corinthians 12: 8](#)

**Think:** Is there a thorn in your flesh/life? What is it? Consider the thief on the cross beside Jesus.

**Pray:** Ask God to cause everything you do during this time of Lent to be inspired by Him and for you to draw closer to Him and to live the Christ way as you deal with the challenge/s you face.

**Act:** Make a list of the challenges you are facing. Write them on toilet tissue and flush the paper as a sign that you have placed them behind you. For 2 days spend ½ of the time you usually spend using the phone/face book/twitter /WhatsApp. Spend that time in reading God's word.

**Saturday March 18**

**Read:** [Daniel 9:3-5](#)

**Think:** Today, as you reflect take a moment and face what the Word of God tells us is wrong in our lives — our lovelessness, our caustic attitudes, and our tendency to defend ourselves and to put others down.

**Pray:** Today lay your entire being before God. Confess your disobedience and ask for His forgiveness. Thank Him for His Word and the people He has placed in your life to be a mirror for you. Ask for His help to listen to and come to Him in genuine repentance and faith on a daily basis.

**Act:** Write a letter, poem or a song to God. Share with your Father what is deep in your heart

**March 19** *Third Sunday in Lent*

**Read:** [1 Samuel 23:10-13](#)

**Think:** Saul tried to trap David many times and as often as he did, God protected David. God is a very faithful God. He is always near us and all we must do is call on Him. He is completely sovereign and will not let any man or situation overpower His plan and purpose.

**Pray:** That the Father will help us to listen and to accept the answers to our prayers even though they may not be what we want to hear.

**Act:** Think about a challenging situation you're facing. Pray asking God to help you to trust Him with what you're facing. Talk about this with a friend and ask them to pray for you as well.

### WEEK 4

**Monday March 20**

**Read:** [2 Kings 20: 3 – 5](#)

**Think:** Remember Lord how I walked before you faithfully and with whole hearted devotion and have done what is good in your eyes. And Hezekiah wept bitterly... The Lord said," I have heard your prayer and seen your tears. I will heal you".

**Pray:** Thank God for the knowledge that His heart is touched with our grief and no tear is shed without His knowledge. Pray for reassurance that He is more eager to hear us than we are to come to Him.

**Act:** You may be going through, or know of someone who is going through, a period of illness. Call up one or two Christian friends and ask them to pray with you about the situation.

**Tuesday March 21**

**Read:** [Judges 6:36](#)

**Think:** Gideon's hesitance as to whether he had a promise from God did not imply doubt as to God's power or faithfulness to fulfill His promise. Nothing in the prayer suggests this. Gideon was merely seeking reassurance that God would come through for him when he went to do battle against the Midianites.

**Pray:** Pray that God will give you patience to wait on Him for answers you are desperately seeking.

**Act:** Reflect on the words of the hymn "A mighty fortress is our God" while you sing it.

**Wednesday March 22**

**Read:** [Matthew 6:13](#)

**Think:** Temptation here suggests the test of our character and not that God leads one into committing sins. We must be conscious of the



pitfalls of everyday life and our human frailty and the need for humble dependence on God. James 1:13 reminds us that God does not tempt anyone.

**Pray:** Ask the Lord for deliverance from the "evil one" and power to resist temptations at all times.

**Act:** Sing the chorus "Search me O God and know my heart today" two times prayerfully.

**Thursday March 23**

**Read:** [2 Kings 19: 19](#)

**Think:** "Now Lord our God deliver us from his hand so that all the Kingdoms of the earth may know that you alone, Lord, are God." Prayer is the never failing resource that the Christian has at his/her disposal. Remind us that when God is at the center of our lives others will see Him working through us.

**Pray:** Acknowledge that God's word tells us we are to have no other God beside Him. Pray for the Spirit's help so we do not to give anything or anyone priority over Him.

**Act:** It's examination time. Examine your life and if there is anything or anyone who needs to be dethroned commit to do so and to give God His rightful place in your life.

**Friday March 24**

**Read:** [Jeremiah 42: 1 – 3](#)

**Think:** God's people asked Jeremiah to pray for God's direction for them as to what to do and where to go. Do you seek God's direction for your life?

**Pray:** Before taking any action today, pray for God's leading and direction.

**Act:** Ask a Christian friend to pray with you about a decision you must make.

**Saturday March 25**

**Read:** [Psalm 71:1 – 2](#)

**Think:** Find a quiet place and think on the fact that God is our Refuge and our Rock no matter how uncertain the time may seem. The battle belongs to the Lord.

**Pray:** Pray for Christians facing hardships especially the: elderly, homeless and lonely. Pray for women in our society who suffer abuse.

**Act:** Abstain from all sodas today. Read or sing: “Hear my cry O Lord, attend unto my Prayer, from the ends of the earth, will I cry unto Thee. When my heart is overwhelmed, lead me to the rock that is higher than I that is higher than I.”

**March 26** Fourth Sunday in Lent

**Read:** Acts 12:5

**Think:** For whom do I need to start praying earnestly? Who are the persons that God has placed on my heart and in my mind regularly? How can I help them in their Christian walk? What is preventing me from giving my all and assisting others practically?

**Pray:** Pray the following prayer: “Jesus, even when our situations seem impossible we rely on you, our God, to see us through. I come before you now Lord for (name the person). You know what he/she is going through and you have a plan. Help (name the person) to pray, read your word, seek your face and receive your victory. Give (name the person) a praising voice. Amen

**Act:** Name 3 persons before the Lord in prayer. Send a note of encouragement to **one or all** of them today. End with “I am praying for you”.

**WEEK 5**

**Monday March 27**

**Read:** Matthew 6:11-12

**Think:** God in His wisdom provides for all creation including human beings each day. Bread denotes sustenance in the amount that we need. We are also reminded that just as God in Christ has forgiven us of our trespasses; we must be ready to show forgiveness to our brothers and sisters who hurt us.

**Pray:** Pray today for those in our community who are without their daily bread. Ask the Lord to give you a heart of compassion to help where you can.

**Act:** Donate an item for breakfast one Sunday for homeless persons whom we feed every Sunday morning.

**Tuesday March 28**

**Read:** Matthew 6:9-10



**Think:** Bear in mind that Jesus the Son of God Himself reminds us that the name of God the Father is held in awe, a name that is above every other name. We should never bring His name into disrepute by our speech, conduct and living.

**Pray:** That the Lord will help us to live lives of holiness that will bring honour and glory to His name.

**Act:** Pray the Lord’s Prayer in its entirety and spend quality time reflecting on it. Have it typed and hung it in a prominent place.

**Wednesday March 29**

**Read:** Daniel 9: 17 – 19

**Think:** Daniel prayed urgently for Jerusalem. His prayers were grounded on God’s mercies and not on the righteousness of the people. Do you pray for your country?

**Pray:** Pray earnestly today for some aspect of your country’s life.

**Act:** Commit to praying for the next three days for your country’s needs.

**Thursday March 30**

**Read:** Ephesians 3: 14 – 21

**Think:** Think about the community of faith to which you belong. Are you totally committed to this community? How else can you serve in this community?

**Pray:** Intercede on behalf of the church/denomination of which you are a member. Thank God for the resurrection of Christ which is a testimony that He is alive, and so, as a family we are alive in Him.

**Act:** Identify and become a part of a ministry in the church where you can use your gift/s. Remember the eye cannot say it can do without the head. We belong to each other.

**Friday March 31**

**Read:** St. Luke 23:42-43

**Think:** We don’t often think of ourselves as persons who deserve God’s favour after we have failed Him. In the face of death as payment for his life of crime this man on the cross realized he was beside

God in flesh and decided to risk it all and ask for undeserved favour.

**Pray:** Ask the Lord to help you never to become too proud to accept what He may have in store for you. Pray that you will always be aware that His grace is undeserved but granted freely to all who believe.

**Act:** Think about persons who have wronged you. Ask God to help you to let it go; forgive them and show them undeserved favour today.

**Saturday April 1**

**Read:** St. John 17:12 – 13

**Think:** Reflect on the fact that Jesus’ desire is for His children’s joy to be complete.

**Pray:** As you pray today thank God for Easter which is about His power. Thank Him for sending His son as a promise to redeem and protect us and for the joy we have in knowing Him.

**Act:** Call 2/3 persons and tell them that God’s power is adequate for every need. Spend some time quietly and alone in God’s presence.

**April 2** Fifth Sunday in Lent

**Read:** John 17 V20-23

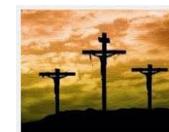
**Think:** Contemplate the meaning of Jesus’ prayer for all Believers. Why? Because you have heard the message of salvation and have responded in obedience and now you are called to share the mission of Jesus. Are you doing so? Or, are you so at ease and secure with your salvation that you have not made this a priority in your life?

**Pray:** Thank God for the gift of his Son Jesus Christ who, because of His obedience to the Father has purchased with His blood our salvation. Ask God to grant you the courage to follow in Jesus’ footsteps and to lead you to share the message of salvation with someone.

**Act:** Over the course of the next week; look around you in your home, at work, community, and church setting and share your testimony with someone. Pray that they will hear the message and give their lives to the Lord.

**WEEK 6**

**Monday April 3**



**Read:** John 17:24 – 25

**Think:** Jesus shares His greatest burden for His followers... oneness, unity. When Christians are “one,” we provide a visible unity, tangible witness to the world. In these verses Jesus shares His desires. Jesus’ desires are other- people centered. What are your desires today?

**Pray:** That the Lord will help us to be obedient to His call for unity and oneness. We do not always do the right things, but we can confess our desires to Him so that, by His power we can be led by Him. Ask Him to help us though different in temperament, personality and philosophy to know that we can unite as we offer ourselves to be used by Him. Recommit yourself to live for Him today.

**Act:** Take a moment to think about one area in your life where you have not been obedient to God. Look through the window, take 2 deep breaths, hold each for the count of 5, confess your sin of disobedience and give God thanks for loving you.

**Tuesday April 4**

**Read:** Luke 23: 34

**Think:** Envision the scene of the crucifixion – the humiliation and suffering that Jesus underwent for our sake. Despite that He showed great love and compassion. Think of your own world and circumstances – are you experiencing situations or surrounded by people who mock you because you take a stand for justice and righteousness? Or are you like His disciple running away from what the symbol of the cross means ?

**Pray:** Ask God to forgive those who make fun of His people and the message of salvation and instead turn to the world for solutions. Ask the Father to give them the courage to live for Christ.

**Act:** Examine your own life – are you the mocker or the mocked? Think of a situation about which you have remained silent rather than stand up for righteousness and justice. Ask God to give you the courage to do the right thing.

**Wednesday April 5,**

**Read:** Revelation 5: 11 – 14

**Think:** The angels celebrate the Lamb’s death as their source of Power. We too, ought to ascribe

blessing, honour, glory and might to the all powerful God.

**Pray:** Thank God for the death and resurrection of Jesus and what it means to us.

**Act:** Learn the words of verse 12 today and repeat them as often as you can.

**Thursday April 6**

**Read: Isaiah 64: 8**

**Think:** Even when we are careless, and by our own folly, sin against God, yet He still loves us.

**Pray:** Ask God to forgive you of your foolish and careless ways; to break you, melt you and mould you in His form as you wait patiently on Him

**Act:** Sing the song "Have thine own way Lord, have thine own way, you are the Potter I am the clay..."

**Friday April 7**

**Read: Acts 4: 29**

**Think:** Good Friday and the crucifixion is almost here; a reminder of God's love for all of us. Think about today's prayer in Acts 4. What's does this mean to you?

**Pray:** Ask God to strengthen your inner being and to place your thoughts and purpose under His influence. Ask Him for a fresh anointing.

**Act:** Share the plan of salvation with someone today.

**Saturday April 8**

**Read: Acts 7: 59 – 60**

**Think:** Reflect on the act of being stoned as you share the good news and instead of retaliating you worship God and pray for the accusers. Can you think of anyone else in the Bible who prayed for the accusers?

**Pray:** Ask God to give you boldness so that you will be able to preach Christ where ever you go.

**Act:** Pledge to become a part of the evangelism team.

**April 9** *Passion/Palm Sunday*

**Read: St Luke 18: 13**

**Think:** How do the decisions I make fit with the call of Jesus to take up the cross and follow? What did the tax collector do?

**Pray:** Ask the Lord to make you very conscious of your sin and in true repentance turn to Him.

**Act:** Commit to wait on God for direction as you make decisions today.



## WEEK 7

**Monday April 10**

**Read: Colossians 1: 9 - 12**

**Think:** Do I know God's will for my Life?

**Pray:** To the Father to fill you with all knowledge and wisdom of His will and commit to walk in it.

**Act:** Have a time alone as you remain quiet for 10 minutes just listening to the Lord.

**Tuesday April 11**

**Read: Jude 1: 24 – 25**

**Think:** When was the last time you truly praised the Lord?

**Pray:** Read the prayer given here again, and then ask God to forgive you for the times when you did not give the praise due to Him.

**Act:** Make a list of the reasons you need to praise the Lord and during this week give Him the highest praise.

**Wednesday April 12**

**Read: Psalm 23: 1 – 3**

**Think:** Water and green spaces tend to cause us to forget our stress, feel at peace and experience God's healing presence. How often do you stop to appreciate these gifts of the creator?

**Pray:** That God will grant you "green pastures and still waters" in your life and lead you into His righteousness as you meditate in His presence.

**Act:** Identify /create a quiet place where you can meet God today. Do something that will help to conserve the environment.

**Thursday April 13**

**Read: St. Matthew 27: 46**

**Think:** Of Jesus' submission to God's plan and His suffering for us, and how He cried out to the Lord.

**Pray:** Thank God for Jesus and His love for us to the point where He gave Himself as a ransom for our sins.

**Act:** Write a love song to Jesus.

**April 14**

*Good Friday*

**Read: St. Matthew 26:39**

**Think:** Of the awesome privilege it will be to share the cup with our Savior in Paradise as promised by Jesus Himself. How grateful are you for the promise and how much are you looking forward to it?

**Pray:** That with the help of the Spirit, you will be worthy to drink of the cup with Him in Paradise.

**Act:** Offer to accompany one of the teams which visit and offer communion to the sick and shut in members (Usually after worship on Sundays). They will truly appreciate your visit.

**Saturday April 615**

**Read: Job 42: 1- 6**

**Think:** Reflect on Job's confession of surrender to God's Sovereignty.

**Pray:** Talk to God and earnestly ask Him to help you to crucify self and allow Him to take complete control of your life.

**Act:** Use some ash or oil and make the sign of the cross on your forehead as you pray today.



**April 16**

*Easter Sunday*

**Read St. John 11: 41 – 42**

**Think:** As a child of God, are you as confident as Jesus was in the knowledge that your Heavenly Father always hears your prayer?

**Pray:** For faith to believe that God always hears our sincere prayers even in dark times when it seems He is not there

**Act:** Call and pray with someone you believe is in need of healing in mind or body. Assure that person that God always hears and answers our prayers in His time and according to His will.

A Prayer Ministry Initiative  
**BETHEL BAPTIST CHURCH (H.W.T.)**  
Prayer Line: 1-888-429-5772  
Monday – Friday – 5:00 p.m. – 7:00 p.m.  
Email:bbprayerline@gmail.com

# Lenten Prayer and Practice 2017



## *Meditations on Prayers in the Bible*

During this Lenten Season let us share together as we read prayers from the Bible. There are many great prayers in the Bible and they were prayed by some very important/religious persons. The people in Biblical times prayed about everything and we can do the same.

As we read these prayers let us remember that Lent is a time to reflect on God's plan for our salvation played out in the sacrificial death of Christ and His glorious resurrection at Easter ... Let us ask God's help as we strive to walk in His ways always reminded that Jesus' death and resurrection is a sign that nothing will stop God from keeping His promise.

*Have a Peaceful and Blessed Easter!*