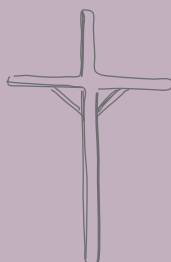


# LENT

*A SEASON OF FASTING, PRAYER, & DISCERNMENT*



# ***A SEASON OF FASTING, PRAYER, & DISCERNMENT***

## **PURPOSE**

This 40-day journey is designed to help our church seek God together for direction, clarity, repentance, and renewal. Each day includes a Scripture reading and a focused prayer prompt. The movement is intentional: from repentance and surrender, through listening and alignment, toward resurrection hope and mission.

## **CALENDAR FRAMEWORK**

**Day 1:** Ash Wednesday, Wednesday, February 18, 2026

Devotional days run **Monday–Saturday**

**Sundays** are not counted as fasting or devotional days

**Holy Week** begins: Monday, March 30, 2026

**Day 40:** Holy Saturday, Saturday, April 4, 2026

**Easter Sunday (April 5, 2026):** Celebration & Sending

## **DAILY RHYTHM (SUGGESTED)**

- Read the Scripture slowly (once for familiarity, once for listening)
- Sit in silence for 2–3 minutes
- Pray the prompt honestly and specifically
- End by praying the Lord's Prayer or sitting quietly



# WEEK 1: RETURN TO THE LORD

*REPENTANCE · HUMILITY · RE-ORIENTATION*

## **Day 1 – Ash Wednesday, February 18**

- Reading: Joel 2:12–13
- Prayer: God, show us where we have drifted. We return to You with honest hearts.

## **Day 2 – Thursday, February 19**

- Reading: Psalm 51:1–12
- Prayer: Create in us clean hearts. Remove what does not belong.

## **Day 3 – Friday, February 20**

- Reading: Isaiah 58:1–14
- Prayer: Teach us the kind of fasting that pleases You.

## **Day 4 – Saturday, February 21**

- Reading: Matthew 6:1–6, 16–18
- Prayer: Purify our motives. Let this season be for You alone.



## WEEK 2: LEARNING TO LISTEN

*STILLNESS · ATTENTIVENESS · OBEDIENCE*

### **Day 5 – Monday, February 23**

- Reading: Lamentations 3:22–33
- Prayer: We trust Your mercy even when You are correcting us.

### **Day 6 – Tuesday, February 24**

- Reading: Psalm 139:23–24
- Prayer: Search us, God. Lead us in the way everlasting.

### **Day 7 – Wednesday, February 25**

- Reading: 1 Samuel 3:1–10
- Prayer: Speak, Lord. We are listening.

### **Day 8 – Thursday, February 26**

- Reading: Psalm 46:10
- Prayer: Teach us how to be still before You.

### **Day 9 – Friday, February 27**

- Reading: Proverbs 3:5–6
- Prayer: We release our need to control outcomes.

### **Day 10 – Saturday, February 28**

- Reading: John 10:1–5
- Prayer: Help us recognize Your voice above all others.



## WEEK 3: ALIGNMENT WITH GOD'S HEART

*JUSTICE · MERCY · COMPASSION · HOLINESS*

### **Day 11 – Monday, March 2**

- Reading: Isaiah 30:18–21
- Prayer: Keep us attentive to Your direction.

### **Day 12 – Tuesday, March 3**

- Reading: James 1:19–25
- Prayer: Make us doers, not just hearers.

### **Day 13 – Wednesday, March 4**

- Reading: Psalm 25:4–5
- Prayer: Show us Your paths and teach us Your ways.

### **Day 14 – Thursday, March 5**

- Reading: Micah 6:6–8
- Prayer: Align our priorities with Your heart.

### **Day 15 – Friday, March 6**

- Reading: Matthew 9:35–38
- Prayer: Break our hearts for what breaks Yours.

### **Day 16 – Saturday, March 7**

- Reading: Luke 10:33–37
- Prayer: Make us neighbors who love sacrificially.



## WEEK 4: TRUSTING GOD IN THE WILDERNESS

*DEPENDENCE · ENDURANCE · FAITH*

### **Day 17 – Monday, March 9**

- Reading: Psalm 82:3–4
- Prayer: Show us who You are calling us to defend and serve.

### **Day 18 – Tuesday, March 10**

- Reading: Matthew 23:23–26
- Prayer: Clean the inside of the cup.

### **Day 19 – Wednesday, March 11**

- Reading: Romans 12:1–2
- Prayer: Transform us by renewing our minds.

### **Day 20 – Thursday, March 12**

- Reading: Colossians 3:12–17
- Prayer: Clothe us with Christlike character.

### **Day 21 – Friday, March 13**

- Reading: Deuteronomy 8:2–3
- Prayer: Teach us what it means to depend on You daily.

### **Day 22 – Saturday, March 14**

- Reading: Matthew 4:1–11
- Prayer: Strengthen us to resist temptation.



## WEEK 5: COUNTING THE COST

COMMITMENT · PERSEVERANCE · FAITHFUL OBEDIENCE

### **Day 23 – Monday, March 16**

- Reading: Psalm 63:1–8
- Prayer: Our souls thirst for You alone.

### **Day 24 – Tuesday, March 17**

- Reading: Exodus 16:1–5
- Prayer: Help us trust You for today, not hoard tomorrow.

### **Day 25 – Wednesday, March 18**

- Reading: 2 Corinthians 12:9–10
- Prayer: Let Your power be perfected in our weakness.

### **Day 26 – Thursday, March 19**

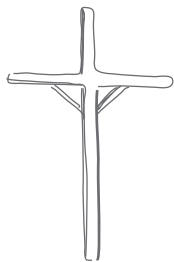
- Reading: Hebrews 12:11–13
- Prayer: Shape our obedience through discipline and perseverance.

### **Day 27 – Friday, March 20**

- Reading: Psalm 27:13–14
- Prayer: Teach us to wait with courage.

### **Day 28 – Saturday, March 21**

- Reading: Mark 8:34–35
- Prayer: We lay down our preferences and pride.



## WEEK 6: THE WAY OF THE CROSS

*SURRENDER · SACRIFICE · OBEDIENCE*

### **Day 29 – Monday, March 23**

- Reading: John 12:23–26
- Prayer: Let fruit come from what we surrender.

### **Day 30 – Tuesday, March 24**

- Reading: Philippians 2:5–11
- Prayer: Form in us the humility of Christ.

### **Day 31 – Wednesday, March 25**

- Reading: Isaiah 53:3–6
- Prayer: We remember the cost of our redemption.

### **Day 32 – Thursday, March 26**

- Reading: Hebrews 5:7–10
- Prayer: Shape our obedience through trust.

### **Day 33 – Friday, March 27**

- Reading: Galatians 2:20
- Prayer: We choose to live crucified with Christ.

### **Day 34 – Saturday, March 28**

- Reading: John 11:25–26
- Prayer: Awaken our hope in You.





# WEEK 7: HOLY WEEK

*THE HOLY DAYS · CROSS · SILENCE · RESURRECTION*

## **Day 35 – Monday, March 30**

- Reading: Ezekiel 37:1–10
- Prayer: Breathe new life into what feels dead.

## **Day 36 – Tuesday, March 31**

- Reading: Romans 6:4–11
- Prayer: Help us walk in newness of life.

## **Day 37 – Wednesday, April 1**

- Reading: John 20:1–18
- Prayer: Open our eyes to see what You are doing, even in grief.

## **Day 38 – Maundy Thursday, April 2**

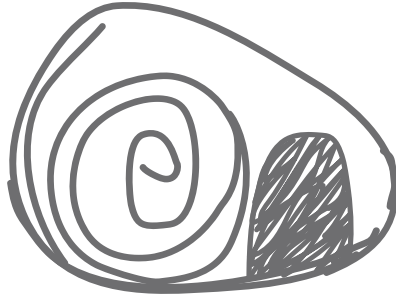
- Reading: Luke 22:39–46
- Prayer: Not our will, but Yours be done.

## **Day 39 – Good Friday, April 3**

- Reading: John 19:16–30
- Prayer: We stand at the foot of the cross.

## **Day 40 – Holy Saturday, April 4**

- Reading: Lamentations 3:31–33
- Prayer: Teach us to trust You in the silence.



# RESURRECTION SUNDAY

*CELEBRATING & SENDING*

## **Resurrection Sunday, April 5**

- Reading: Matthew 28:5-10
- Prayer: Send us out as resurrection people, confident in Your victory.

*Thank you for joining us on the journey through the Lenten Season! We hope that this has added and contributed to your faith walk.*

*If you would like to share your experience, please let us know!  
Email us as [media@midtownvineyardchurch.com](mailto:media@midtownvineyardchurch.com) to share if/how this exercise in faith impacted you and your walk.*

