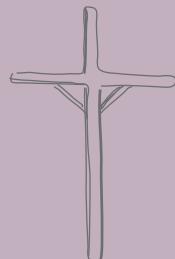
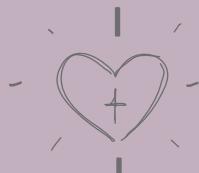


LENT

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

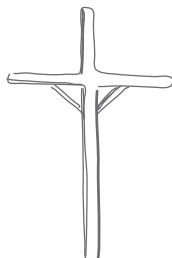
- Reading: Hebrews 12:11–13
- Prayer: Shape our obedience through discipline and perseverance.

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

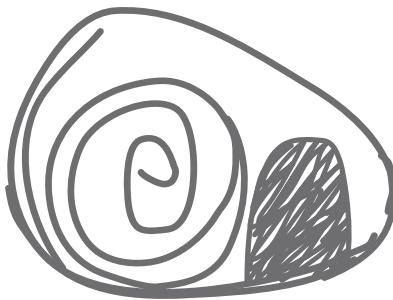
- Reading: Luke 22:39–46
- Prayer: Not our will, but Yours be done.

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 to share if/how this exercise in faith impacted you and your walk.*

