

RESTORE HOPE

MINISTRIES

a United Methodist Church Affiliate

2019 Fast-A-Meal GUIDE TO PRAYER

“Yet even now, says the Lord, return to me with all your heart, with fasting.” Joel 2:12

For centuries, Christians have fasted and prayed through the season of Lent. John Wesley, founder of the Methodist movement, believed fasting helps us **remember Christ’s sacrifice** and **join our sacrifice with His**. It helps us **turn from darkness** and **look to the light of resurrection**. It helps us **wait for God’s guidance** and **see the promises of God’s hope**. For all of these reasons, Wesley called Christians to **“fast, give alms, and pray.”** We hope this guide will help you do just that this Lenten season.

Week of Ash Wednesday (Mar. 6-9) **REPENTANCE**

Daily Scriptures: Joel 2:12-17; Isaiah 58:5-11; Psalm 51:1-15; Matt. 6:1-6, 16-21;

Prayer Focus: What does it mean for you to “Repent and believe the Gospel”? Repentance is related to the word to “turn.” Where do you see turning/returning in these passages?...in your life?

Suggestions for Action: Pray about something to “turn away from” or to “turn toward” during Lent. Covenant to fast during this season.

First Week in Lent (Mar. 10-16) **GROWTH IN PAIN**

Daily Scriptures: Deuteronomy 26:1-11; Psalm 23; Psalm 91:1-2,9-16; Romans 10:8-13; Luke 4:1-13; Luke 6:20-26, John 17:9-19

Prayer Focus: Growth often happens through pain, and suffering. How has suffering helped you to grow in the past? In this season?

Suggestions for Action: Think about the times in your life where you have faced suffering. Write down 5 things you learned in those times.

Second Week in Lent (Mar. 17-23) **WAIT ON THE LORD**

Daily Scriptures: Genesis 15:1-12; Psalm 27; Psalm 82:1-4; Philippians 3:17-4:1; Isaiah 40:27-31; Romans 8:24-28; Mark 8:31-38

Prayer Focus: How is our strength tested in times of waiting? What does “wait on the Lord” mean? Can we trust God with our concerns? How is hope connected to faith? Is “hope” an emotion or a way of life?

Suggestions for Action: Think about the people in your life that are strong and write down what makes them strong. Make a list of 5 things that you hope for (short-term and/or long-term).

Third Week in Lent (Mar. 24-30) **PERSPECTIVE**

Daily Scriptures: Isaiah 55:1-9; Ps.119:9-16; Psalm 63:1-8;
1 Peter 3:10-12; Philippians 4:5-9; Luke 13:1-9; Matthew 22:34-39

Prayer Focus: In what ways do you feel far away from God? How might prayer help you draw near? How does God look at our lives?

Suggestions for Action: Spend time in prayer, asking God “show me what you see.” Take a prayer walk in your neighborhood with this in mind

Fourth Week in Lent (Mar. 31-Apr. 6) **LEAN ON GOD**

Daily Scriptures: Psalm 42:1-8; 1 John 3:16-22; Luke 15:11-22; Psalm 32; Romans 8:31-39; 2 Corinthians 5:16-21; Luke 4:16-21

Prayer Focus: Why do you think confession to others is so difficult? How do you think confession and temptation are related? How is confession connected to our relationship with God?...with others?

Suggestions for Action: Look at how confession plays a role in the “12 Steps” of recovery (www.restorehope.org/12steps). Take an opportunity to confess to God, yourself, and a trusted friend.

Fifth Week in Lent (Apr. 6-13) **HUMILITY**

Daily Scriptures: Philippians 2:5-11; Micah 6:6-8; Psalm 126; 1 Timothy 6:17-19; Philippians 3:4-14; John 12:1-8; John 15:12-17

Prayer Focus: How do these passages speak to Christ’s humility? What does it mean that Christ would “empty himself” for us and our lives?

Suggestions for Action: Take time this week to serve others, especially in ways that may be humbling for you. Write down your reflections.

Holy Week (Apr 14-20) **GLORIFIED**

Daily Scriptures: Psalm 118:1-2, 19-29; John 12:1-8; Luke 19:41-48; Psalm 31:9-16; Luke 22:14-30; Luke 23:1-49; Luke 23:50-56

Prayer Focus: What does it mean for us to join our sacrifice with Christ’s sacrifice for us? What does it mean to give as he gave? How was God glorified through the things Christ endured in Holy Week?

Suggestions for Action: Write down 10 things you are thankful God has done. Write down 10 ways you can share God’s blessings with others.

We hope you had a blessed season of fasting and prayer. For more information on Restore Hope or to make a donation to help us serve our neighbors in need, go to www.restorehope.org

