

# RESTORE HOPE MINISTRIES

a United Methodist Church Affiliate

## 2020 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 (Feb. 26-29) **REPENTANCE**

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

**Meditation:** 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 (March 1-7) **CONFESSION**

**Daily Scriptures:** Genesis 3:1-7; Psalm 38:15-22; Matthew 4:1-11; Psalm 32:1-7; 1 John 3:16-21; Psalm 42:1-8; Romans 5:17-19

**Meditation:** 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 into the “12 Steps” of recovery (posted at [www.restorehope.org/12steps](http://www.restorehope.org/12steps)), specifically the role of confession. Take an opportunity to confess to God, yourself, and a trusted friend.

### Second Week in Lent (March 8-14) **GOD’S LOVE**

**Daily Scriptures:** Genesis 12:1-4a; Philippians 4:5-9; John 3:16-17; Psalm 121; Romans 4:13-17; Matthew 22:34-39; 1 Peter 3:10-12

**Meditation:** How amazing is it that the Creator of the Universe loves YOU? How have you seen God’s blessings and promises in your life? What does it mean that the same love is for the WORLD?

**Suggestions for Action:** Write down what you are thankful for each day, at least through Lent. Share God’s love with someone who needs it.

### **Third Week in Lent** (March 15-21) **GOD PROVIDES**

**Daily Scriptures:** Exodus 17:1-7; Isaiah 40:27-31; Romans 5:1-11; Romans 8:31-39; Luke 4:16-21; Psalm 95; John 4:7-15

**Meditation:** In what ways do you feel far away from God? What do these Scriptures tell us about how God responds to our prayers? What does it mean to be connected to the source of living water?

**Suggestions for Action:** Write down the ways God has provided for you in your life. Watch for God working in unexpected ways.

### **Fourth Week in Lent** (March 22-28) **PERSPECTIVE**

**Daily Scriptures:** 1 Samuel 16:1-13; Psalm 23; 1 Corinthians 13; John 9:1-11; John 15:12-17; Ephesians 5:8-11; 1 Timothy 6:17-19

**Meditation:** How does God see us and our world differently than we do? What would it mean to respond to others out of love first? How might that love affect how we see (and live in) the world?

**Suggestions for Action:** Spend time in prayer. Take a prayer walk in your neighborhood asking God to “show me what you see.”

### **Fifth Week in Lent** (March 29-April 4) **HOPE**

**Daily Scriptures:** Ezekiel 37:1-14; Romans 8:6-14; John 11:17-27; Psalm 130; Romans 8:24-28; Lamentations 3:19-25; Luke 6:20-26

**Meditation:** How is hope connected to resurrection? How is it connected to God’s greater purpose as seen in these passages? How are these connected to Paul’s conversation about spirit and flesh?

**Suggestions for Action:** Ask God to show you how to share the hope of resurrection. Write how fasting has helped you live “in the Spirit.”

### **Holy Week** (April 5-11) **HUMILITY**

**Daily Scriptures:** Psalm 118:19-29; Isaiah 50:4-9a; Philippians 2:5-11; Psalm 31:9-16; Matthew 27:11-26; Matthew 27:27-44; Matthew 27:45-54

**Meditation:** 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.

**We hope you have 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, visit [www.restorehope.org](http://www.restorehope.org).**