

## 2023 FAST-A-MEAL GUIDE TO PRAYER

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**. Wesley called Christians to **"fast, give alms, and pray."** We hope this guide will help you do that this Lenten season.

As you go through this Guide to Prayer, our goal is that you would invite the Holy Spirit to speak to you. This guide was written to be a daily guide to Scripture, prayer, and meditation for you. Each day, read the chosen Scripture, pray the prayer for the week, and then listen to the songs chosen for that week. As you do this, be sure to write down anything the Lord has shared with you during Lent.

### **Week of Ash Wednesday** (February 22)

- Wed: Psalm 51:1-17
- Thurs: Matthew 6:1-6, 16-21
- Fri: 2 Corinthians 5:20-6:10
- Sat: Joel 2:12-17

**Prayer:** Loving God, stir the dust of our lives and help us remember who we are. You claimed us for Christ in the waters of baptism. Watch over us as we enter the next 40 days bearing the mark of your ashes. Bless us through this season of Lent. Amen.

**Songs for Praise and Meditation:** "Lord, Who Throughout These Forty Days" by Claudia Hernaman and "40 Days" by Matt Maher

### **First Week in Lent** (February 26)

- Sun: Genesis 2:15-17; 3:1-7
- Mon: Hebrews 4:14-5:10
- Tues: Psalm 32
- Wed: Isaiah 51:1-3
- Thurs: Romans 5:12-19
- Fri: Micah 7:18-20
- Sat: Matthew 4:1-11

**Prayer:** Merciful God, it is so easy to get caught up in daily tasks and forget to spend time with you. Help me grow closer to you. God, I want to know you and be known by you. Amen.

**Songs for Praise and Meditation:** "Love Divine, All Loves Excelling" by Charles Wesley and "Your Grace is Enough" by Matt Maher

### **Second Week in Lent** (March 5)

- Sun: Genesis 12:1-4
- Mon: Number 21:4-9
- Tues: Psalm 121
- Wed: Exodus 16:9-21
- Thurs: Romans 4:1-5, 13-17
- Fri: Isaiah 65:17-25
- Sat: John 3:1-17

**Prayer:** Lord, I desire your Will for my life. Give me the strength to continue to walk when I am weak. Help me see your purpose in every situation. Show me that I am not alone. Amen.

**Songs for Praise and Meditation:** "And Can it be that I should Gain" by Charles Wesley and "Hymn of Heaven" by Phil Wickham

### **Third Week in Lent (March 12)**

- Sun: Exodus 17:1-17
- Tues: Psalm 95
- Thurs: Romans 5:1-11
- Sat: John 4:5-42
- Mon: Hebrews 10:1-4
- Wed: 1 Corinthians 10:1-4
- Fri: Jeremiah 2:4-13

**Prayer:** Almighty God, you invite us deeper into your word. May this time be of an outward focus; seeking you in all things. Give us hearts hungry to serve you. Amen.

**Songs for Praise and Meditation:** “When I survey the Wondrous Cross” by Isaac Watts and “I Need You Now” by Matt Redman

### **Fourth Week in Lent (March 19)**

- Sun: 1 Samuel 16:1-13
- Tues: Psalm 23
- Thurs: Ephesians 5:8-14
- Sat: John 9:1-41
- Mon: 1 Corinthians 10:1-4
- Wed: Matthew 9:27-34
- Fri: Ezekiel 36:8-15

**Prayer:** Jesus, you have known us from the beginning of time, you have known us through the depths of our dreams and darkness of our shame. Help us find our identity in you throughout this week. Give us assurance of your grace and love. Amen.

**Songs for Praise and Meditation:** “Rock of Ages, Cleft for Me” by Augustus Toplady and “Lord have Mercy (Jesus I’ve forgotten)” by Michael W. Smith

### **Fifth Week in Lent (March 26)**

- Sun: Ezekiel 37:1-14
- Tues: Psalm 130
- Thurs: Romans 8:6-11
- Sat: John 11:1-45
- Mon: Lamentations 3:55-66
- Wed: Jeremiah 32:36-41
- Fri: Philippians 1:21-30

**Prayer:** Jesus, draw us close to your heart, that we might know and understand you better. May our actions reflect our hearts, and may we worship you through all that we say and do. Amen.

**Songs for Praise and Meditation:** “Come, sinners, to the Gospel Feast” by Charles Wesley and “One Thing Remains” by Kristian Stanfill

### **Holy Week (April 2 – April 9)**

- Sun: Psalm 118:1-2, 19-29
- Tues: Psalm 71:1-14
- Thurs: Psalm 116:1-2, 12-19
- Sat: Psalm 31:1-4, 15-16
- Mon: Psalm 36:5-11
- Wed: Psalm 70
- Fri: Psalm 22
- Sun: John 20:1-18

**Prayer:** Gracious God, teach us to wait on you. Teach us to wait on your goodness. We set aside all our worries and distractions to set our eyes fully upon you. We wait for the coming of the resurrection of You. Thank you, God, for sending your Son to die on the cross for us! Amen.

**Songs for Praise and Meditation:** “Were You There” African-American Spiritual and “Wait on You” by Maverick City

**You can find a playlist of the songs noted on this guide by scanning the QR code to the right. To learn more about Restore Hope or to help us serve our neighbors in need, visit [www.restorehope.org](http://www.restorehope.org)**

