



PRAYER FRIENDS

Lent is a season of reflection, fasting, and preparation leading up to our Easter joy – all because of King Jesus! During Lent this year, pray for your Prayer Friends often. Then we'll celebrate Easter together on April 17th!

I, _____ am praying for...

someone I don't know _____

someone I know _____

a schoolmate _____

When other people pray for me,
It makes me feel so good!
Please help me pray
for my friends, too,
And love them like I should!

I ask you, Lord, to bless my friends,
And bless my family, too.
May everybody know your love—
There is no friend like you!

FOR EACH WEEK

Read the passage and respond...

Consider whether to participate in the fast, and to what extent

Prayer

Read through one of the prayers to focus your heart

Reflect

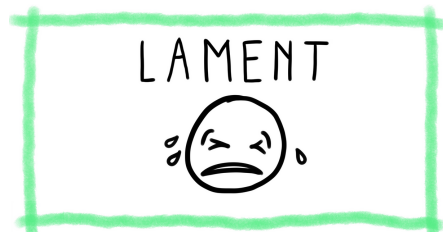
Read the passage and reflect on it with the questions given

Bible
Passage

Think about how you can pray through each of these for yourself & your prayer friends each week:



Jesus, you are such a wonderful savior! You keep all of God's promises. You always do what is good and right and perfect. I pray that ___ would delight in your works and see your glory in new ways. I see you works and who you are in ___.



Jesus, help ___ to tell you if they're sad, angry, annoyed. You meet us with tenderness and you listen to us when we pray. I pray for ___ to know your loving kindness and mercy. Help me, too, God. I am struggling with ___. Help me trust you with this.



God you provide all our needs and you are faithful. You hear us and want to give good gifts to provide for your children. I pray that ___ would hope in you and would trust you to care for them. You have amazing plans. Help me focus on you as I wait and as I seek to follow you.



Jesus we are your treasure. You willingly sacrificed for us because you love us. I pray that ___ would trust you and know you as their Rescuer. Help them to show your love to others. Fill ___ with your presence. May your work be fruitful in ___ today.

FASTING INFO

These particular fasts were chosen because each represents a common comfort to which our culture runs for distraction. The hope for each is that a season of unplugging from the background buzz will be leveraged for the sake of communing with the Lord. Therefore, we should consider ways in which we can leverage the fast to engage in deeper prayer, study, community, meditation, etc.

Families can choose to follow the fasts, and encourage their children to prayerfully consider which weekly fasts to participate in.

RESOURCES

Praying the Prayers of the Bible: for Kids, by James Banks and Cindy Kenney

Praying the Scriptures for Your Children, by Jodie Berndt

What Every Child Should Know About Prayer, by Nancy Guthrie

To Light Their Way, by Kayla Craig

Mission Accomplished, by Scott James

Uncovering the Love of Jesus: A Lent Devotional, by Asheritah Ciuciu

A recommended book to read during Holy Week:

Jesus Rose for Me, by Jared Kennedy

Find it read by the author here

<https://youtu.be/YD0maxxg4fg>

or read by someone else at this link

<https://youtu.be/Ein3oBi5GhQ>

WEEK 1: TEMPTATION

Fast from FOOD - You may choose to fast a type of food all week, or delay one meal for a while (or not to fast from food at all! That is OK, too). Whatever you decide, replace that time with intentional time with God.

Pray

INHALE: I will be still.

EXHALE: Help me wait for You.

(prayed from Psalm 37:7)

“

Read Luke 4:1-13

Bible Passage

"Jesus answered by quoting Deuteronomy: 'It takes more than bread to really live.' " Luke 4:4, MSG

”

Reflect

This week, memorize Jesus' words in Luke 4:4.

Draw or write here about your lament, celebrate, hope, or intercession prayer for this week, or something you're praying for a Prayer Friend

WEEK 2: RESPONSE TO LOVE

Fast from TELEVISION & MOVIES – Take a screen break and instead listen to God, spend time in creation, sit with a friend.

May we learn again and again what it is to be human—
And in our lack, may we find Your great comfort.
In our weakness, may we find refuge in Your wings.
And may our propensity to get it wrong grow in us
compassion, mercy, and grace for when others fall.

You are the God of new beginnings and fresh starts.
We lay our shame at Your feet.
And though we know we will mess up again, we are always
welcomed into Your loving arms.

Pray

May I be set
apart and
renewed in my
mind. May I
submit to God, to
learn His will
and learn what is
good and
acceptable and
perfect.

(prayed from Romans 12:2)

“

Read Luke 7:36-50

Bible
Passage

" 'She was forgiven many, many sins, and so she is
very, very grateful.' " Luke 7:47, MSG

”

Reflect

Think of a time you messed up or hurt someone.
Even if we have new life in Jesus we still sin. But we know that God
will forgive us when we confess our sins to Him.
Draw or write here about how it feels to be forgiven!

WEEK 3: CONFESSION AND COST

Fast from SOCIAL MEDIA & INTERNET - Take a screen break and instead listen to God, spend time in creation, sit with a friend.

Pray

Help us be present and fight the desire to disconnect from our own reality,
For we have used screens as a way to numb ourselves from the deeper ache of our hearts. We've used screens as distractions and cheap alternatives to true connectivity with others and with You.

— “

Read Luke 9:18-27

Bible Passage

" 'What good would it do to get everything you want and lose you, the real you?' " Luke 9:25, MSG

” —

Reflect

What does it mean that Jesus is the Messiah?
In this passage what does Jesus explain about following Him?

WEEK 4: LEARNING TO PRAY

Fast from SWEETS - Instead of reaching for something sweet to satisfy the craving in your tummy, spend time thanking God for his faithfulness and gift of salvation..

Pray

INHALE: Your steadfast love surrounds me.

EXHALE: I trust in You, O Lord.
(prayed from Psalm 32:10)

“

Read Luke 11:1-13

Bible Passage

"'And don' t you think the Father who conceived you in love will give the Holy Spirit when you ask him?' " Luke 11:13, MSG

”

Reflect

This week, memorize or recite The Lord's Prayer.
Singing it in a song might help, too.

Our prayers don't have to be long or use special words. What are some of the things Jesus taught us to pray in Luke 11?

WEEK 5: HUMILITY & JUSTIFICATION

Fast from MUSIC - When you might choose to fill your surroundings with music, choose instead to spend some time in prayer and remembering God's works.

INHALE: I will remember
Your wonders of old.

EXHALE: I will meditate on
Your works.

(prayed from Psalm 77:11-12)

Pray

Help me to submit to you, O God, and to resist the devil. Make the devil flee from me as I draw near to you.
(prayed from James 4:7-8)

“

Read Luke 18:9-17

Bible
Passage

"Jesus called (the children) back. 'Let these children alone. Don't get between them and me. These children are the kingdom's pride and joy. Mark this: Unless you accept God's kingdom in the simplicity of a child, you'll never get in.'" Luke 18:16-17, MSG

”

Reflect

Draw or write here about your lament, celebrate, hope, or intercession prayer for this week, or something you're praying for a Prayer Friend.

WEEK 6: THE COST OF RICHES

Fast from SHOPPING FOR EXTRAS – If you get distracted by wanting a new toy or item to satisfy you, turn your mind back to God. God is your provider, and He offers true and lasting satisfaction in himself.

I really want your blessings, God.
There's nothing I want more!
Because you always give good things,
You're better than a store!

But it's not just about the stuff—
a toy or bike or ball—
There's no blessing as good as you.
I want you most of all!

Pray

We have built sandcastles
And called them good,
And we have lost our footing
When the waves of life crashed down.
We have cared more about what we have
Than who You are.
We have been so focused
On shiny objects that we have neglected
To see the treasure of You
In the person across from us.

Let Your Word be more than
Sunday school platitudes,
And may we be transformed
By the shackle-breaking, liberating, glorious love
Of Jesus Christ,
Who breaks chains of consumerism
And rescues us from the pit of
entitlement.

If we have abundance,
Let it be an abundance of peace.
If we have wealth,
Let it be the wealth of memories together.
If we must consume,
Let us consume Your Word.
If we must invest,
Let it be in the poor.
If we have more than we need,
Let us give more freely.

...
Help us live with hands open
So that we may receive Your abundant life.
Help us walk paths
Of generosity rooted in Your great love.

“

Read Luke 18:18-34

Bible
Passage

"No one who has sacrificed ...
will lose out. It will all come back
multiplied many times over in
your lifetime. And then the bonus
of eternal life!"

Luke 18:29-30, MSG

”

Let's invite Jesus' Spirit to search us and show us what steals our affection, whether it's money, status, food, family, shopping, social media, or something else. What would it feel like to let go of those things?

Reflect

WEEK 7: TRIUMPH AND TEARS

Fast from SLEEP – Wake up a little earlier to pray, or change part of your bedtime routine this week to include time for intentional prayer and listening to God.

Pray

INHALE: You are my God,
who takes my hand

EXHALE: And tells me You
will help me.

(prayed from Isaiah 41:13)

“

Read Luke 19:28-44

Bible Passage

"But (Jesus) said, 'If they kept quiet, the stones would do it for them, shouting praise.' "

Luke 19:30, MSG

”

Reflect

Some people didn't like that Jesus was being worshiped and given a royal welcome. Jesus, however, told them that he deserves praise; in fact, if the people didn't praise him, the rocks themselves would cry out and give him glory!

Why was Jesus the only one qualified to carry out this rescue mission?