

LENT 2020

40 Days of Fasting & Prayer Guide

February 26 , 2020 (Ash Wednesday) – April 12, 2020 (Easter Sunday)

Lent (Latin: *Quadragesima*, 'Fortieth') is a solemn religious observance in the Christian liturgical calendar that begins on Ash Wednesday and ends approximately six weeks later on Holy Saturday, the day before Easter Sunday. The purpose of Lent is the preparation of the believer for Easter through prayer, doing penance, mortifying the flesh, repentance of sins, almsgiving, and denial of ego.

The last week of Lent is Holy Week, starting with Palm Sunday. Following the New Testament story, Jesus' crucifixion is commemorated on Good Friday, and at the beginning of the next week the joyful celebration of Easter Sunday recalls the Resurrection of Jesus Christ.

In Lent, many Christians commit to fasting, as well as giving up certain luxuries in order to replicate the account of the sacrifice of Jesus Christ's journey into the desert for 40 days; this is known as one's Lenten sacrifice. Many Christians also add a Lenten spiritual discipline, such as reading a daily devotional, to draw themselves near to God.

You are encouraged to select a time slot on each day, or any day, during LENT 2020 (2/26 - 4/12) that you would like to commit to fasting and prayer. Keep the attached sign-up sheet and follow the devotional prayer guide "The Sanctuary for Lent 2020" to fast, pray, and reflect deeply in commemoration of the 40 days Jesus spent fasting in the desert according to the Gospels of Matthew, Mark and Luke, during which he endured temptation by Satan, before beginning his public ministry.

Please also spend some time to pray for your relatives and friends who have not yet accepted Jesus Christ as their Lord and Savior.

Pray also for God's merciful healing on patients infected by the COVID-19 Coronavirus in China and in affected countries in the world. Pray for the government officials, health and medical professionals, patients and peoples in various cities who are being affected, and especially pray for churches in those areas that they can be the salt and light to witness Christ to bring hope to peoples in great suffering.

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Signup Sheet Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2/26 Ash Wednesday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/27 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/28 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/29 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/1 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/2 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/3 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/4 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/5 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/6 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/7 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/8 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/9 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/10 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/11 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/12 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/13 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/14 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/15 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/16 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/17 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/18 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/19 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/20 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/21 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/22 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/23 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/24 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/25 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/26 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/27 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/28 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/29 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/30 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/31 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/1 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/2 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/3 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/4 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
HOLY WEEK						
4/5 Palm Sunday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/6 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/7 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/8 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/9 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/10 Good Friday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/11 Holy Saturday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
4/12 Easter Sunday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	WHY SHOULD WE FAST AND PRAY? The purpose of fasting and prayer is for us to leave aside our personal desires so we can concentrate on praying. By giving up our personal desires (e.g. the food we crave, our addictions), we can be reminded that only Jesus can satisfy our needs. We can also see the needs of others when we are not focusing on our own desires.					

GUIDE FOR FASTING

1. You need to spend time to read Bible and pray when you are fasting. It would defeat the purpose of fasting and prayer if you are not praying when you are fasting.
2. Drink more water and avoid any stimulating beverages when you are fasting.
3. Do not overwork or exercise too much when you are fasting.
4. Please make sure your personal health will not be affected when you are fasting.

The Sanctuary for Lent 2020, Sam McGlothlin 2019 by Abingdon Press

Author's note: Each day's reflection ends with an invitation to practice your faith. If you miss a day, it is okay. If a practice doesn't work for you, make up your own. My hope is that we will ask deep questions of ourselves and experience God through tactile, participatory action. Prayers for the journey.

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Repent / 4 days

- Day 1 (Ash Wednesday, February 26): *"From dust you came and to dust you will return"*
- Day 2 (Thursday, February 27): *"Examine our interior Life"*
- Day 3 (Friday, February 28): *"Repentance & Confession"*
- Day 4 (Saturday, February 29): *"God wants my heart to break for what breaks God's heart"*

Recover/ 7 days

- Day 5 (Sunday, March 1): 1st Sunday in Lent *"Rediscovered who I am as a child of God"*
- Day 6 (Monday, March 2): *"Come to me, all you who are weary and burdened"*
- Day 7 (Tuesday, March 3): *"Love the Lord with all your heart, all your soul, all your mind"*
- Day 8 (Wednesday, March 4): *"God offers us a place of shelter"*
- Day 9 (Thursday, March 5): *"Go to the wilderness"*
- Day 10 (Friday, March 6): *"Make me to know your ways"*
- Day 11 (Saturday, March 7): *"Sing over your pain that brings you comfort"*

Remember/ 7 days

- Day 12 (Sunday, March 8): 2nd Sunday in Lent *"Recall where you last encountered God"*
- Day 13 (Monday, March 9): *"When you first fell in love with Jesus?"*
- Day 14 (Tuesday, March 10): *"Sing praises to God for His faithfulness"*
- Day 15 (Wednesday, March 11): *"The former things shall not be remembered"*
- Day 16 (Thursday, March 12): *"Your hope in the future"*
- Day 17 (Friday, March 13): *"God's Provision – Practice Giving"*
- Day 18 (Saturday, March 14): *"Sabbath"*

Rest/ 7 days

- Day 19 (Sunday, March 15): 3rd Sunday in Lent *"Ask God to quench the dryness of your soul"*
- Day 20 (Monday, March 16): *"A rhythm of withdrawal to be with God"*
- Day 21 (Tuesday, March 17): *"Practice Sabbath"*
- Day 22 (Wednesday, March 18): *"Turn our attention and intentions back to God"*
- Day 23 (Thursday, March 19): *"Find rest in God's compassionate love"*
- Day 24 (Friday, March 20): *"Admit that we need God's help"*
- Day 25 (Saturday, March 21): *"Examine your words in the quiet"*

Release/ 7 days

Day 26 (Sunday, March 22): 4th Sunday in Lent *“Release the unfruitful works of darkness”*

Day 27 (Monday, March 23): *“Offer yourself and those around you grace”*

Day 28 (Tuesday, March 24): *“Release the guilt in your spirit”*

Day 29 (Wednesday, March 25): *“What story are you retelling? Voice it to God”*

Day 30 (Thursday, March 26): *“His Eye Is on the Sparrow”*

Day 31 (Friday, March 27): *“Releasing ourselves and others back to God”*

Day 32 (Saturday, March 28): *“God is seeking our release! Who among you needs release?”*

Rise/ 7 days

Day 33 (Sunday, March 29): 5th Sunday in Lent *“The new life God is offering our dry bones”*

Day 34 (Monday, March 30): *“The promise of eternal life and the tears of our Savior”*

Day 35 (Tuesday, March 31): *“God is calling us to wake up, to be alert, to speak up”*

Day 36 (Wednesday, April 1): *“In the morning when I rise, give me Jesus”*

Day 37 (Thursday, April 2): *“We are risen in spirit with Christ”*

Day 38 (Friday, April 3): *“God is after a broken and contrite heart”*

Day 39 (Saturday, April 4): *“I will rise again”*

Relive/ 7 days (HOLY WEEK)

Day 40 (Sunday, April 5): Palm Sunday *“The Savior’s triumphal entry”*

Day 41 (Monday, April 6): *“Is there an act of extravagant love you could do for Jesus?”*

Day 42 (Tuesday, April 7): *“Jesus understands and stands with us as we face situations”*

Day 43 (Wednesday, April 8): *“Reconciliation is the way to true community”*

Day 44 (Thursday, April 9): Maundy Thursday *“Whose feet do you need to wash?”*

Day 45 (Friday, April 10): Good Friday *“Crucifixion”*

Day 46 (Saturday, April 11): *“God is with you. So am I. What do you need?”*

Day 47 (Sunday, April 12): Easter Sunday *“Share the good news: Christ is risen”*