

Lent 2023 | Reflect. Repent. Restore

40 Days of Fasting & Prayer Guide

February 22, 2023 (Ash Wednesday) – April 9, 2023 (Easter Sunday)

2nd Week (2/26-3/4): Mourning

DAY 5 2/26 (Sun)

Biblical Readings:

Matthew 6:9-13 (The Lord's Prayer)

⁹ “This, then, is how you should pray:

“ ‘Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,
your will be done

on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² Forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.’ (NIV)

Reflection:

“How about giving yourself to 40 days of this kind of prayer, with all the study and meditation it requires? And know that as you do, God is tender, gracious, and understanding. He receives our messy prayers. He hears those brief prayers on the fly. He doesn't reject prayers that reflect inaccurate theology or those prayed in moments when we really don't know how to pray. Weak, faltering prayers are received by him and warmly answered. But he invites us into something deeper and better. He invites us into something that we could never earn or deserve on our own. He invites us into willing, adoring, restful communion with him. Why wouldn't you accept that invitation?” (Paul David Tripp, *Journey to the Cross*, pp36-37)

Prayer:

1. Pray slowly through the Lord's Prayer in Matthew 6:9-13, focusing on *adoration, confession, submission, and supplication*.
2. True spiritual warfare-type prayers require study and meditation. In this Lenten season, you may like to give yourself more fully to these tasks.

DAY 6

2/27 (Mon)

Biblical Readings:

Luke 9:23

²³ Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me.

Mark 8:35

³⁵ For whoever wants to save his life will lose it, but whoever loses his life for me and for the gospel will save it.

John 12:24

²⁴ I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.

Matthew 10:38

³⁸ and anyone who does not take his cross and follow me is not worthy of me.

Galatians 2:20

²⁰ I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Romans 6:1-4

What shall we say, then? Shall we go on sinning so that grace may increase? ² By no means! We died to sin; how can we live in it any longer? ³ Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? ⁴ We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

1 Peter 2:24

²⁴ He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.

1 Corinthians 15:31

³¹ I die every day—I mean that, brothers—just as surely as I glory over you in Christ Jesus our Lord.

Romans 12:1-2 (Living Sacrifices)

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. ² Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Reflection:

“Like the death of Jesus, this death is not a defeat, but a huge and glorious victory. For everywhere you die, you will be resurrected to new life in that area. It is the continuing resurrection/transformation/liberation work of sanctifying grace. So this season, how about scanning your heart and life? How about looking for those places where you still need to die to self? How about crying out for the willingness to take up your cross and follow Jesus in his death? How about celebrating the fact that dying to self is never a defeat, but another step in the ongoing victories of grace that can be yours because you have been united with Jesus in his death and resurrection? Lent calls you to die, and that is a very good thing!” (Paul David Tripp, *“Journey to the Cross”*, pp42-43)

Prayer :

Slowly read and pray through Romans 12:1-2, focusing on what sacrifices God is calling you to make as an act of worship.

DAY 7**2/28 (Tue)****Biblical Readings:***Revelation 21:1-7*

¹Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. ²I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. ³And I heard a loud voice from the throne saying, “Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. ⁴He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

⁵He who was seated on the throne said, “I am making everything new!” Then he said, “Write this down, for these words are trustworthy and true.”

⁶He said to me: “It is done. I am the Alpha and the Omega, the Beginning and the End. To him who is thirsty I will give to drink without cost from the spring of the water of life. ⁷He who overcomes will inherit all this, and I will be his God and he will be my son.

Reflection:

“Jesus is standing in front of the house that he built, a world filled with beautiful things that he made, now broken to pieces by sin, and he is saying to us, “Look around. How can you not weep?” Mourning is healthy because it forces you to consider the full weight of the tragedy of sin. Mourning is healthy because it forces you to let go of the delusion that you can turn the rubble into paradise. Mourning is healthy because it makes you to cry out for a restorer. Mourning is healthy because it causes you to hold tightly to God’s promise of paradise to come. Mourning is healthy because it teaches you how to be content between the “already” and the “not yet”. Mourning is healthy because when you mourn in this way, the God of all comfort hears your cry and comes near with comfort that is profoundly more healing than a new situation, relationship, or location could ever be. So this Lent, put your mourning into practice and into words. Let your heart be crushed at what sin has done so your heart can be comforted by your Savior. And remember to mourn with hope, because your Lord has promised that what now is

will end, and what is to come is worthy to be called paradise.” (Paul David Tripp, “*Journey to the Cross*”, pp47-48)

Prayer:

1. Slowly read and pray through Revelation 21:1-7, mourn paradise lost and cry out for a restorer.
2. In your prayer, discern what are your greatest disappointment in life, and what deeper desire do those things reveal?
3. Pray and mourn with hope because our Lord has promised that what now is will end, and what is to come is worthy to be called paradise.

DAY 8
3/1 (Wed)

Biblical Readings:

Ephesians 2:1-22 (Made Alive in Chris)

¹As for you, you were dead in your transgressions and sins, ²in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath. ⁴But because of his great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—⁹not by works, so that no one can boast. ¹⁰For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

One in Christ

¹¹Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (that done in the body by the hands of men)—¹²remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. ¹³But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.

¹⁴For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility, ¹⁵by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace, ¹⁶and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility. ¹⁷He came and preached peace to you who were far away and peace to those who were near. ¹⁸For through him we both have access to the Father by one Spirit.

¹⁹Consequently, you are no longer foreigners and aliens, but fellow citizens with God’s people and members of God’s household, ²⁰built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. ²¹In him the whole building is joined together

and rises to become a holy temple in the Lord. ²² And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Reflection:

“In this season, stop and take time to assess where you’re still telling yourself that you’re rich (righteous) and admit the extend of your past and present poverty, so that you can truly celebrate the once-unattainable riches that are yours, not because of what you have done, but because of what has been done for you. The richest man who ever lived became poor so that we would, because of him, be rich beyond our wildest imagination. No, I do not mean in the temporary riches of physical things, but rich in the most important way: rich in spirit.” (Paul David Tripp, *“Journey to the Cross”*, p52)

Prayer:

Slowly read and pray through Ephesian 2:1-22, reflect on who you were before Christ and what is yours in Christ?

DAY 9

3/2 (Thurs)

Biblical Readings:

1 John 1:5 – 2:6

Walking in the Light

⁵ *This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶ If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.*

⁸ *If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. ¹⁰ If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.*

² *My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense—Jesus Christ, the Righteous One. ² He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.*

³ *We know that we have come to know him if we obey his commands. ⁴ The man who says, “I know him,” but does not do what he commands is a liar, and the truth is not in him. ⁵ But if anyone obeys his word, God’s love is truly made complete in him. This is how we know we are in him: ⁶ Whoever claims to live in him must walk as Jesus did.*

Reflection:

“Lent is all about pointing the finger in the right direction. It is about humble self-examination, honest confession, and grief over sin that causes you to seek and celebrate the grace Jesus was willing to suffer and die for. Because this is a season of mournful personal confession, it can also be for you a season of spiritual renewal and rejoicing. Renewal happens because confession causes you to see things as they really are, and in doing so, to begin to confess and address things that have long needed to be confessed and addressed. The more you see your sin, the more you

will respond tenderly to other sinners and want for them the same grace you have received. And as you taste new life, you will begin to celebrate, in fresh new ways, the grace that is yours in Christ Jesus. (Paul David Tripp, “*Journey to the Cross*”, p58)

Prayer:

Slowly read and pray through 1 John 1:5- 2:6, spend some time in honest self-assessment, confession, and repentance.

DAY 10

3/3 (Fri)

Biblical Readings:

Romans 5:1-21 (Peace and Joy)

⁵ Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. ³ Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

⁶ You see, at just the right time, when we were still powerless, Christ died for the ungodly. ⁷ Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. ⁸ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

⁹ Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through him! ¹⁰ For if, when we were God’s enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! ¹¹ Not only is this so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Death Through Adam, Life Through Christ

¹² Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all men, because all sinned— ¹³ for before the law was given, sin was in the world. But sin is not taken into account when there is no law. ¹⁴ Nevertheless, death reigned from the time of Adam to the time of Moses, even over those who did not sin by breaking a command, as did Adam, who was a pattern of the one to come.

¹⁵ But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God’s grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many! ¹⁶ Again, the gift of God is not like the result of the one man’s sin: The judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification. ¹⁷ For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God’s abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ.

¹⁸ Consequently, just as the result of one trespass was condemnation for all men, so also the result of one act of righteousness was justification that brings life for all men. ¹⁹ For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous.

²⁰ The law was added so that the trespass might increase. But where sin increased, grace increased all the more, ²¹ so that, just as sin reigned in death, so also grace might reign through righteousness to bring eternal life through Jesus Christ our Lord.

Reflection:

“Take time during this season to focus on the doom that was your destiny apart from the cross. Meditate on what God was willing to do in order to purchase your forgiveness, reconciliation, and new life. Think about the terminal disease that you were born with and your need for the Great Physician, the sacrificial Lamb, the suffering servant Jesus, and be thankful. And may this season of remembrance free you from ever again minimizing your sin and buying into the vain hope that there may be an easy way out.” (Paul David Tripp, “*Journey to the Cross*”, p64)

Prayer:

Slowly read and pray through Romans 5:1-21, and rejoice in Christ’ finished work on your behalf.

DAY 11
3/4 (Sat)

Biblical Readings:

Romans 2:1-16 (God’s Righteous Judgment)

² You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things. ² Now we know that God’s judgment against those who do such things is based on truth. ³ So when you, a mere man, pass judgment on them and yet do the same things, do you think you will escape God’s judgment? ⁴ Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God’s kindness leads you toward repentance?

⁵ But because of your stubbornness and your unrepentant heart, you are storing up wrath against yourself for the day of God’s wrath, when his righteous judgment will be revealed. ⁶ God “will give to each person according to what he has done.” ⁷ To those who by persistence in doing good seek glory, honor and immortality, he will give eternal life. ⁸ But for those who are self-seeking and who reject the truth and follow evil, there will be wrath and anger. ⁹ There will be trouble and distress for every human being who does evil: first for the Jew, then for the Gentile; ¹⁰ but glory, honor and peace for everyone who does good: first for the Jew, then for the Gentile. ¹¹ For God does not show favoritism.

¹² All who sin apart from the law will also perish apart from the law, and all who sin under the law will be judged by the law. ¹³ For it is not those who hear the law who are righteous in God’s sight, but it is those who obey the law who will be declared righteous. ¹⁴ (Indeed, when Gentiles, who do not have the law, do by nature things required by the law, they are a law for themselves, even though they do not have the law, ¹⁵ since they show that the requirements of the law are written on their hearts, their consciences also bearing witness, and their thoughts now accusing, now even defending them.) ¹⁶ This will take place on the day when God will judge men’s secrets through Jesus Christ, as my gospel declares.

Reflection:

“Every time you see sin ahead and avoid it, and every time you look back on what you have done with moral grief, you are experiencing the grace of the cleansing of your conscience. This is a vital and precious aspect of what Jesus did on the cross for you and for me that we often neglect when we are meditating on and celebrating the death of Jesus. This Lenten season don’t just reflect on the necessity of your forgiveness; take time also to consider the amazing grace of a conscience that has been cleansed and is able now more than ever before to do in you and for you what God intended.” (Paul David Tripp, *Journey to the Cross*, p71)

Prayer:

Slowly read and pray through Romans 2:1-16, and ask the Lord to convict you of any sin you have been ignoring.