

2024



# LENT PRAYER GUIDE

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THE LOCAL CHURCH





This year TLC's vision and goal is to go *deeper* in order to strengthen our roots as a church. This Lenten season is a great time to lean into this call, and we want to invite you to engage in a 6-week rhythm of prayer as we prepare for Easter Sunday. We've set up this Prayer Guide with daily practices and prompts around the theme of *deeper*. As always, these are suggestions to help give you a place to begin, but pray as the Spirit leads!





# WEEK ONE

FEB. 19-25

## DEEPER IN PRAYER

### PRACTICE

One of the primary spiritual practices of Lent is fasting, and pairing fasting with prayer is a great way to go deeper in prayer! If you're new to fasting, it is helpful to know that it isn't merely an act of self-deprivation, but it's a spiritual discipline for making time to seek more of God as well. This means it would be helpful to plan for how to engage in your fast with prayerful purpose, rather than just going hungry. So choose something to fast from this week, and consider carrying over the fast through the rest of Lent. During Lent, a fast can be broken on Sundays as a mini-celebration in preparation for Easter. The primary way to fast is from food in some way (meat, sugar, coffee, one meal a day, alcohol), but some other ideas could be fasting from social media, evening TV shows, online shopping or music in the car.

### DAILY PRAYER

#### Some prompts to help direct your prayers throughout the week:

- *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. - Philippians 4:6*
- Ask for a deepened desire to meet with God in His word and prayer, and for a deeper awareness of God's desire to meet with YOU too!
- Repent for any way you may live in your own strength and self-reliance rather than leaning on Jesus in prayer.
- Ask for a deepened sense of the Holy Spirit speaking, leading, and guiding your thoughts and actions each day.
- Praise God for the ways He invites us to interact with Him.





# WEEK TWO

FEB. 19- MAR 3

## DEEPER IN A RELATIONSHIP WITH JESUS

### PRACTICE

Engage in Listening Prayer for 5-15 minutes each day to seek God's heart for your life, our church, and our city. Listening Prayer allows us to open our conversation with God by making space to hear from Him or just be with Him. Turn off distractions and set your timer with a simple opening prayer, "Come, Lord Jesus, come. I'm here to be with you and listen to whatever you want to say." Then discern whatever you felt He said by checking if it aligns with the Bible and God's heart.

### DAILY PRAYER

#### Some prompts to help direct your prayers throughout the week:

- *What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead. - Philippians 3:8-11*
- Repent and surrender areas that may be getting in the way of intimacy with God.
- Ask for deeper intimacy with God for you personally and for our church family.
- Ask for family/friends who don't know Jesus to come to have a relationship with him.
- Praise the Lord for who He is and all that He's done in your life, especially His powerful work on the cross.





# WEEK THREE

MARCH 4-10

## DEEPER IN MISSION

### PRACTICE

Join TLC and area churches to cover our city in prayer, 24 hours a day for an entire week! This prayer event will happen at the Prayer Garage in downtown GR and its focus is to “ask God to share His heart for the city with us and to cultivate in us a love that is sacrificial and takes action.”

TLC has reserved the Prayer Garage for prayer on March 14, 6AM-6PM. Sign up for an hour during our church’s time [here](#) or stop by anytime during the week to pray with other believers from around GR.

*Stockbridge Boiler Room Prayer Garage: 713 5th St NW (park on street). Door keypad code is 0713.*

### DAILY PRAYER

#### Some prompts to help direct your prayers throughout the week:

- *Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. - Matthew 28:19-20*
- Ask for deeper relationships with our community partners and opportunities to share the Gospel with them: Ken-O-Sha, ICCF, Belong Project, Love for a Child Camp.
- Ask for eyes to see God’s invitation to us as ambassadors of His love and justice to partner with Him in the flourishing of our city (*homelessness, incarceration, trafficking, racial tension, foster care system, abortion, refugee crisis*).
- Ask for God’s love to break out in our city so that people would come to know Jesus as their Lord and Savior.
- Ask for the desire to share the goodness of Jesus with those around you in all the ways He leads. Pray and discern where God is calling you to partner with Him in His mission by sharing the Gospel.





# WEEK FOUR

MARCH 11-17

## DEEPER IN FAITH

### PRACTICE

Spend time in contemplative prayer this week, practicing a breath prayer for 2-5 minutes each day. Below are some ideas inspired by scripture. You'll breathe in and breathe out the following statements, repeating the process a few times with a pause in between to center your mind on God's presence and truth.

### BREATH PRAYERS

- In: Be still and know // Out: That He is God
- In: I fix my eyes on Jesus // Out: The author and perfecter of my faith
- In: I choose to trust the Lord // Out: With all my heart
- In: I walk by faith // Out: Not by sight
- In: I live by faith // Out: In the Son of God

### DAILY PRAYER

#### Some prompts to help direct your prayers throughout the week:

- *"Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."* - Matthew 17:20
- Ask for God to increase our faith and dependence on the Spirit with what He wants to do in your life, our church, and our city.
- Pray for deepened faith and participation with God as He leads TLC to prepare for our first church plant.
- Ask for God to reveal any barriers or blind spots that may be subtly or overtly preventing you from deepening in faith and trust. (i.e. legalistic tendencies, childhood experiences, misunderstandings of His word, past hurts that He wants to heal)
- Praise God for what He is doing behind the scenes, even if we can't always see what He is up to (*For we live by faith, not by sight.* - 2 Corinthians 5:7)





# WEEK FIVE

MARCH 18-24

## DEEPER IN COMMUNITY

### PRACTICE

Pray with others this week! Invite the Lord into the space and conversations that you have with your family, roommates, coworkers, Local Group, etc. more intentionally during this week.

Take time to pray in the moments for someone who shares a need, schedule a prayer call, or consider gathering with a small group to encourage one another and spur each other on to bring the big, ambitious prayers to the foot of the cross.

### DAILY PRAYER

#### Some prompts to help direct your prayers throughout the week:

- *And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. - Hebrews 10:24-25*
- Ask for unity among churches and believers in our city and that there would be an awakening in hearts across every generation in Grand Rapids.
- Ask for our small groups at TLC to go deeper into Scripture, vulnerability, healing, prayer, and friendship.
- Ask for those who are hurting and lonely in our church and across our city to find a place of community and belonging in a local church and grow closer to Jesus.
- Praise God for the friendships and relationships He has brought into your life that help build you up and strengthen your faith.





# WEEK SIX

MARCH 25-31

## HOLY WEEK | DEEPER IN SCRIPTURE

### PRACTICE

Journey with Jesus through the words of His disciple John. Create time each day to read John's account of Jesus' last days recorded in John 17-21.

Read with a deepened sense of His love for His people – His love for you. See yourself in Jesus' story. Imagine being with Him and walking beside Him each step of the way.

### DAILY PRAYER

#### Some prompts to help direct your prayers throughout the week:

- *As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. - Isaiah 55:10-11*
- Ask for God's living and active word to become alive in you.
- Ask for a renewed sense of Jesus' deep, abiding love for you as you reflect on the story of his death and resurrection.
- Repent for areas of unbelief and sin as you reflect on the amazing reality of Jesus' death on the cross.
- Praise God for the ways He reveals Himself to us through scripture.





# NEXT STEPS

## GOING DEEPER

### PRAYER APP

Begin and/or end your day with God through scripture and prayer by using the Lectio 365 app. Take a few minutes to download the app if you don't have it already, make an appointment with God on your calendar each morning or evening, and share time with Him in this space.

### SCRIPTURE

Spend the next month in April reading through one of the Gospels that give an account of Jesus' life (Matthew, Mark, Luke, and John).

### LOCAL GUIDES

This new ministry at TLC provides mentorship for people from our church. A Local Guide walks alongside someone who:

- recently made a significant spiritual decision
- wants to grow in their faith and relationship with Jesus
- needs support during a hard season

Contact [carly@localgr.org](mailto:carly@localgr.org) for more information

### JOIN TLC ON MISSION

- Restore homes with ICCF Serve Month April 8-May 5
- Belong Project duffle bag delivery team for youth in foster care
- Belong Buddies, providing 1:1 guidance for kids at TLC on Sunday mornings
- Ken-O-Sha Elementary School Spring Clean-up (date TBD)
- Love for a Child Summer Camp for children in foster care

Contact [emily@local.org](mailto:emily@local.org) for more information