



# LENT

~~40 Days of Prayer, Sacrifice, Service~~



MARCH 5 - APRIL 17



## WHAT IS LENT?

Traditionally, Lent is 40 days before Resurrection Sunday, not including Sundays, where people take time for focused prayer, fasting, and giving. It is based on Jesus' 40 days in the wilderness where he prayed and fasted. The aim is to turn our lives toward God as we prepare to honor His death and resurrection.

## WHY DO WE PRACTICE LENT?

As a family, Victory Bible Church is committed to becoming more faithful disciples. Lent gives us all an opportunity to turn down the volume on the demands of life and and focus in on our need for and dependence upon God. Is it possible that getting to the next level requires us to take an honest evaluation of what's holding us back? What sins do we need to turn from, what unnecessary pleasures do we need to give up, and what ways can we make more room for God?

## HOW DO WE PRACTICE LENT?

Over the next 40 days, in addition to prayer and reflecting on God's word, we encourage everyone to practice the discipline of fasting or abstaining and the discipline of service. Fasting/abstaining is choosing to give up something, typically food, or something that may require discipline. Service or almsgiving, is the practice of giving your time, talents, or treasure (money) is service to others. Remember the aim is not about how one can suffer the most, but how you can grow closer to God.

# PREPARING FOR THE NEXT 40 DAYS?

Take some time to **pray** and ask God to show you what it would look like for you to intentionally engage in Lent. What are you going to give up or abstain from? How will you engage in serving others and giving sacrificially?

Lent is **March 5 - April 17**. As you'll see in this devotional, 40 days ends on April 13 and then there's Holy Week. Some people choose not to fast on Sundays and take their fast into Holy Week, while others end their fast and engage Holy Week differently. The choice is yours.

The devotional has a passage of scripture for each week that you will use the **SOAP method** to engage with. Yes, you're using the same scripture for every day that week. You'll be surprised how God will speak and reveal something to you daily. We'll also be using the **prayer of intention** as a discipline throughout Lent.

As you prepare, **prepare your heart, prepare your spirit, and prepare your space**. Be sure to write down what God is leading you to fast from and how He is calling you to serve others.

WHAT I'M GIVING UP/FASTING FROM:

HOW I WILL SERVE OR GIVE TO OTHERS:

# USE S.O.A.P

The SOAP Bible study method is a simple way to dig into God's Word. The simplicity and practical focus of this method makes it a powerful tool for getting to know God better and allowing his truth to saturate daily life.

## SCRIPTURE

Before reading, always pray and ask Holy Spirit to give you insight and understanding. Read the passage at least twice and write down the verse(s) that stand out to you.

## OBSERVATION

Simply take notes on what you read. Don't make assumptions or interpret. Answer the 5 W's if you can ( who, what, when ,where, and why?). What stands out about the passage? Is there anything you haven't noticed before about the characters, the context, or the details of what is happening?

## APPLICATION

The key to application is honest reflection and developing specific action steps for you to apply what you just read. What truth is God revealing and how can you apply it your life?

## PRAYER

Pray about what you've read and how the Holy Spirit is leading you. Thank God for his truth and faithfulness. Ask him for understanding and wisdom. Submit to the work that the Holy Spirit is doing in you.

# EXAMPLE

## SCRIPTURE

1 Peter 2:1-10

“Living stones, and a holy priesthood”

“You also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ.” (v. 5)

## OBSERVATION

Peter says that we should come to Christ through reading His word. As we pursue His word, we grow in respect to our salvation. We are called “living stones,” as the true living stone, Jesus Christ, lives in us and transforms us. As living stones, we make up a holy priesthood, offering pleasing sacrifices to God through Jesus Christ.

## APPLICATION

I need to consider what pleasing sacrifices are to God. As a living stone, I want to offer these sacrifices in my daily life. One will be proclaiming His “excellencies” to others. (v. 9)

## PRAYER

Lord, thank you for making me a living stone by your grace.

Help me to live as a part of your holy priesthood by proclaiming your excellencies to others.

# PRAYER OF INTENTION

*The prayer of intention is a model we use to pray that guides us into a clear, deeper time of prayer. It allows us to pray from a space of confidence, clarity, and aligned with the Word of God. There are many ways you can pray, this is just one model we encourage you to practice.*

## **1. Clear your conscience**

*Hebrews 9:11-16; 1 Timothy 1:18-19*

We start from a place of understanding that we have access to God and we cleansed because of Jesus' sacrifice, not from any sacrifice of our own.

## **2. Meditate**

*Joshua 1:8, Mark 5:25*

Quiet your internal voice, call it into focus and align it to God and His word. Meditate on what you want to see happen.

## **3. Pray**

*Psalm 19:14*

Pray aloud with your heart aligned to the Truth

## **4. Pray in the Spirit**

Praying in the Spirit fortifies you. These are ways scripture references praying the spirit: Tongues (*1 Cor. 14:2*), Speaking God's word (*Matt 4:20, 2 Tim. 3:16*), Groanings (*Rom. 8:26*), Tears (*Psa. 56:8*)

## **5. Listen**


*1 Samuel 3:7-10*

Quiet your internal voice, open your heart and ears to hear what God wants to say.



Pastor Jon explained and demonstrated the prayer of intention during the NYE Service. This is a great resource to watch if needed.

# WEEK 1

- 
- Read Matthew 4
  - **SOAP** daily, using what stands out to you in Matthew 4
  - Practice the prayer of intention daily
  - Take time to reflect and journal about your week. What was the most challenging aspect of practice LENT this week what was the most rewarding or enjoyable.

**SCRIPTURE**

**OBSERVATION**

**APPLICATION**

**PRAYER**



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# WEEK 2

- 
- Read Matthew 6
  - **SOAP** daily, using what stands out to you in Matthew 6
  - Practice the prayer of intention daily
  - Take time to reflect and journal about your week. What was the most challenging aspect of practice LENT this week what was the most rewarding or enjoyable.

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# WEEK 3



- Read Mark 9
- **SOAP** daily, using what stands out to you in Mark 9
- Practice the prayer of intention daily
- Take time to reflect and journal about your week. What was the most challenging aspect of practice LENT this week what was the most rewarding or enjoyable.

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# WEEK 4

- 
- Read John 15 & 16
  - SOAP daily
  - Practice the prayer of intention daily
  - Take time to reflect and journal about your week. What was the most challenging aspect of practice LENT this week what was the most rewarding or enjoyable.

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# WEEK 5



- Read Matthew 21
- **SOAP** daily
- Practice the prayer of intention daily
- Take time to reflect and journal about your week. What was the most challenging aspect of practice LENT this week what was the most rewarding or enjoyable.

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# WEEK 6

- 
- Read Luke 19
  - SOAP daily
  - Practice the prayer of intention daily
  - Take time to reflect and journal about your week. What was the most challenging aspect of practice LENT this week what was the most rewarding or enjoyable.

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# HOLY WEEK



- Read Luke 22-24, Compare it to other accounts of Jesus' final week.
- SOAP daily
- Take time to pray and meditate on Jesus' final week
- Take time to reflect and journal about what God revealed to about Himself and yourself during the Lent season.

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