



40 DAY LENT PRAYER GUIDE

LENT

40 Day Prayer Guide

The season of Lent is a forty-day journey that prepares our hearts and lives for Easter. It is a journey dedicated to slowing down, paying attention, and returning to God with renewed focus. For centuries, followers of Jesus have used these days to pray more intentionally, to repent honestly, and to realign their lives with the love of Jesus. Just as Jesus spent forty days in the wilderness before beginning His public ministry, we step into our own wilderness—a place of reflection, surrender, and deepening trust in the God who knows us and sees us.

Lent invites us to examine what fills our lives and gently ask, is this drawing me closer to God or distracting me from Him? It isn't meant to be heavy or guilt-driven, but hopeful. This is a season of grace for us. We make room by releasing distractions, confessing sin, and creating space for God to speak to us. We fast from the things that bring us comfort so we can hunger for what truly satisfies. We pray so we can hear the still, small voice of our heavenly Father who loves us and calls us His own. We give so our hearts become freer and more like Jesus.





We've created this forty-day prayer guide to equip you for the journey through Lent.

Each day's Scripture, reflection, and prayer is designed to help you walk faithfully toward Easter with intention. Rather than rushing from one busy week to the next, this guide offers a daily rhythm—time to pause, listen, and respond. Day by day, God shapes us. Small, faithful moments of prayer soften our hearts, clarify our priorities, and deepen our dependence on Him. The Word of God roots us in His promises. Over time, these practices form us spiritually, preparing us not just to celebrate Easter, but to experience it.

Think of these forty days as training for your soul. As you pray, you may notice God bringing healing to old wounds, conviction where change is needed, or fresh joy in His presence. You may discover new gratitude, courage, or compassion. Lent prepares us by clearing away what dulls our faith so that we can more fully receive the life Jesus offers us through His death and resurrection.

By the time Easter arrives, we don't simply remember the story—we're prepared for it—spiritually, mentally, relationally, and emotionally. Our hearts have walked the road to the cross. Our prayers have created space for resurrection hope. The celebration becomes deeper because the preparation has been intentional.

Let us enter this season together with openness to the Holy Spirit. Give God your attention each day. Trust that He will meet you in this journey. And allow these forty days of prayer and Bible engagement to lead you into a fuller experience of the joy, freedom, and new life that Easter promises.

Day 1 – Return with Your Whole Heart

- Scripture: “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Joel 2:12-13
- Encouragement: Lent begins with an invitation, not a demand. God is not pushing you away because of failure; He is calling you home because of His grace. The starting place of renewal is simply turning your heart toward Him again. You don’t have to have everything figured out—just return to God.
- Confession: Where have I drifted or grown distant from God? What distractions or sins have quietly taken first place in my life?
- Prayer: (2 minutes of silence) Lord, I turn my whole heart back to you today—receive me with your mercy.

Day 2 – Be Still Before God

- Scripture: He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10
- Encouragement: God often speaks most clearly in stillness. Lent invites you to slow your pace and quiet the noise that fills your mind. In silence, we remember that God is in control and we are safe in His care.
- Confession: How has busyness or constant distraction kept me from listening to God?
- Prayer: (2 minutes of silence) God, quiet my heart and help me rest in your presence today.

Day 3 – Search Me, O God

- Scripture: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24
- Encouragement: God already knows you completely—and loves you fully. Confession is not about shame but freedom. When we invite Him to search us, He gently reveals what needs healing and guides us toward new life.
- Confession: Ask God to reveal attitudes, habits, or hidden sins that need to be surrendered.
- Prayer: (2 minutes of silence) Father, show me what needs to change and lead me into your holiness.

Day 4 – Create in Me a Clean Heart

- Scripture: Create in me a pure heart, O God, and renew a steadfast spirit within me. Psalm 51:10
- Encouragement: We cannot remake ourselves—but God can. He is the one who creates, renews, and restores. Lent reminds us that transformation is God’s work, and our role is to surrender.
- Confession: Where do I keep trying to manage sin on my own instead of asking God to transform me?
- Prayer: (2 minutes of silence) God, cleanse my heart and renew my spirit by your grace.

Day 5 – Walk in the Light

- Scripture: 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. 1 John 1:7
- Encouragement: God does not ask you to hide your struggles. Walking in the light means honesty—with Him and with others. Freedom grows where there is openness, because Jesus has already paid for your forgiveness.
- Confession: What am I hiding or pretending isn't there? Where do I need to be honest before God?
- Prayer: (2 minutes of silence) Jesus, I bring every hidden place into your light and I ask you to make me whole.

Day 6 – Hunger for What Truly Satisfies

- Scripture: "Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6
- Encouragement: We all hunger for something—success, comfort, approval—but only God truly satisfies. Fasting and prayer retrain our desires. As we let go of lesser things, our appetite for God grows stronger.
- Confession: What have I been depending on to satisfy me instead of God?
- Prayer: (2 minutes of silence) Lord, replace my lesser cravings with a deep hunger for you.

Day 7 – Abide in Christ

- Scripture: "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." John 15:4-5
- Encouragement: The goal of Lent isn't striving harder but staying closer. Jesus invites you to abide—to remain, to dwell, to live connected to Him. Fruitfulness flows naturally from relationship, not effort.
- Confession: Where have I been trying to live in my own strength instead of staying connected to Jesus?
- Prayer: (2 minutes of silence) Jesus, help me remain in you today and depend on you for everything.

Day 8 – Trust with All Your Heart

- Scripture: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6
- Encouragement: Trust is the foundation of surrender. We often cling to control because we're afraid of what might happen if we let go. But God sees what we cannot see. Lent teaches us to loosen our grip and place our confidence in His wisdom instead of our own.
- Confession: Where am I trying to control outcomes instead of trusting God?
- Prayer: (2 minutes of silence) Father, teach me to trust you more than my own understanding.

Day 9 – Lay Your Burdens Down

- Scripture: "Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28
- Encouragement: Jesus doesn't ask you to carry your weight alone. He welcomes the tired, the overwhelmed, and the anxious. Lent reminds us that rest is not earned—it is received in His presence.
- Confession: What worries, fears, or pressures am I still carrying instead of giving them to Jesus?
- Prayer: (2 minutes of silence) Jesus, I place my burdens in your hands and receive your rest.

Day 10 – Seek First the Kingdom

- Scripture: "But seek first his kingdom and his righteousness, and all these things will be given to you as well." Matthew 6:33
- Encouragement: Our lives often get crowded with lesser priorities. Jesus calls us to reorder our hearts—to put God first and trust Him with the rest. When the kingdom comes first, everything else finds its proper place.
- Confession: What has taken first place in my life that belongs to God alone?
- Prayer: (2 minutes of silence) Lord, reorder my priorities so that your kingdom comes first in me.

Day 11 – Daily Dependence

- Scripture: "Give us today our daily bread." Matthew 6:11
- Encouragement: God invites us to live one day at a time. Rather than stockpiling security or worrying about tomorrow, we learn to trust Him for today's needs. Lent forms in us a simple, childlike dependence on our faithful Father.
- Confession: Where am I anxious about the future instead of trusting God for today?
- Prayer: (2 minutes of silence) God, provide what I need today and help me trust you for tomorrow.

Day 12 – Surrender Your Will

- Scripture: "Father, if you are willing, take this cup from me; yet not my will, but yours be done." Luke 22:42
- Encouragement: In the garden, Jesus modeled true surrender. He did not deny His struggle, but He entrusted Himself to the Father's will. Surrender is not weakness—it is courageous trust that God's plan is better than our own.
- Confession: Where am I resisting God's will or holding tightly to my own plans?
- Prayer: (2 minutes of silence) Father, align my will with yours and give me courage to obey.

Day 13 – Walk by the Spirit

- Scripture: So I say, walk by the Spirit, and you will not gratify the desires of the flesh. Galatians 5:16
- Encouragement: Spiritual growth isn't fueled by willpower alone but by the Spirit's presence within you. As you stay close to God, His Spirit reshapes your desires and strengthens your obedience. Victory flows from relationship, not striving.
- Confession: Where have I relied on my own strength instead of the Spirit's help?
- Prayer: (2 minutes of silence) Holy Spirit, guide my steps and empower me to live your way today.

Day 14 – Perfect Love Casts Out Fear

- Scripture: There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 1 John 4:18
- Encouragement: Fear often keeps us from fully trusting God—fear of failure, loss, or the unknown. But God's love is stronger than every fear. As you rest in His love, courage grows and freedom follows.
- Confession: What fears are shaping my decisions more than God's love?
- Prayer: (2 minutes of silence) Lord, fill me so completely with your love that fear loses its hold on me.

Day 15 – A Broken and Contrite Heart

- Scripture: My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise. Psalm 51:17
- Encouragement: God is not impressed by outward performance—He desires honesty of heart. When we come to Him with humility instead of pretending we have it all together, He draws near. Repentance is not rejection; it is the doorway to deeper intimacy with God.
- Confession: Where have I been defensive, prideful, or unwilling to admit my need for God?
- Prayer: (4 minutes of silence) Lord, give me a humble and honest heart before you.

Day 16 – Wash and Be Clean

- Scripture: Wash and make yourselves clean. Take your evil deeds out of my sight; stop doing wrong. Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow. Isaiah 1:16-17
- Encouragement: Repentance is not only turning from sin but turning toward a new way of living. God cleanses us so we can live differently—with compassion, justice, and obedience. Forgiveness leads to transformation.
- Confession: What patterns or behaviors do I need to leave behind so I can walk in obedience?
- Prayer: (4 minutes of silence) God, cleanse my life and teach me to walk in your ways.

Day 17 – Take Up Your Cross

- Scripture: Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me." Mark 8:34
- Encouragement: Following Jesus is not just believing the right things—it's surrendering our lives. The cross represents dying to selfishness and choosing love, obedience, and sacrifice. Though costly, this path leads to true life.
- Confession: Where am I clinging to comfort or self-interest instead of following Jesus sacrificially?
- Prayer: (4 minutes of silence) Jesus, help me lay down myself and follow you faithfully today.

Day 18 – Offer Yourself to God

- Scripture: Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Romans 12:1
- Encouragement: Worship is more than songs—it is the offering of our everyday, ordinary lives. Every choice, conversation, and action can become an act of surrender to God. Lent trains us to live as people fully given to Him.
- Confession: What parts of my life have I kept off the altar—unwilling to surrender to God?
- Prayer: (4 minutes of silence) Father, I offer my whole life to you as an act of worship.

Day 19 – The Mind of Christ

- Scripture: In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Philippians 2:5-8
- Encouragement: Jesus chose humility over status and service over power. His life redefines greatness. As we grow to think like Jesus, pride loosens its grip and love becomes our way of life.
- Confession: Where have pride or selfish ambition shaped my attitudes toward others?
- Prayer: (4 minutes of silence) Jesus, form your humility and servant heart in me.

Day 20 – Run with Perseverance

- Scripture: Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:1-2
- Encouragement: The spiritual life is a journey that requires endurance. Some things weigh us down—habits, distractions, or compromises. Lent helps us lay these aside so we can move forward freely, focused on Jesus.
- Confession: What is hindering my walk with Jesus or slowing my obedience?
- Prayer: (4 minutes of silence) Lord, help me release what entangles me and keep my eyes fixed on you.

Day 21 – Walk in Love

- Scripture: “My command is this: Love each other as I have loved you.” John 15:12
- Encouragement: The cross shows us what love looks like—self-giving, patient, and sacrificial. As we near Easter, Jesus calls us not just to reflect on His love but to embody it. Loving others is the clearest sign that the life of Jesus is shaping us.
- Confession: Is there someone I need to forgive, serve, or love more intentionally?
- Prayer: (4 minutes of silence) Jesus, teach me to love others the way you have loved me.

Day 22 – Let Your Light Shine

- Scripture: “In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” Matthew 5:16
- Encouragement: A life changed by Jesus cannot stay hidden. Quiet acts of faithfulness, kindness, and integrity shine brighter than we realize. When we live differently, people notice—and their attention is drawn not to us, but to God.
- Confession: Where have I hidden my faith or avoided living boldly for Jesus?
- Prayer: (4 minutes of silence) Father, let my life shine in a way that points others to you.

Day 23 – Clothe Yourself with Humility

- Scripture: In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.” 1 Peter 5:5
- Encouragement: Humility is beautiful in a world obsessed with status. When we choose gentleness over self-promotion and service over recognition, we reflect the heart of Jesus. God’s grace rests on those who lower themselves for the sake of others.
- Confession: Where have pride or the desire for recognition shaped my actions?
- Prayer: (4 minutes of silence) Lord, dress my heart in humility and free me from pride.

Day 24 – Serve Like Jesus

- Scripture: “For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Mark 10:45
- Encouragement: Jesus redefined greatness through service. Every small act—helping, listening, giving, showing up—mirrors His love. Serving others becomes a powerful testimony to a watching world.
- Confession: Who have I overlooked or failed to serve because it was inconvenient?
- Prayer: (4 minutes of silence) Jesus, make me attentive to the needs around me and quick to serve.

Day 25 – Love in Action

- Scripture: Dear children, let us not love with words or speech but with actions and in truth. 1 John 3:18
- Encouragement: Love is more than intention or feelings—it shows up in practical ways. When our love becomes tangible, people experience God's care through us. Authentic love builds bridges for the Gospel.
- Confession: Where have my words of love lacked follow-through in action?
- Prayer: (4 minutes of silence) God, help me love others in concrete and meaningful ways today.

Day 26 – Bear with One Another

- Scripture: Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4:2
- Encouragement: Community is formed not by perfection but by patience. Choosing grace, forgiveness, and gentleness in relationships reflects Jesus more than being right. Our unity becomes a witness to the world.
- Confession: Is there someone I need to be more patient or gracious with?
- Prayer: (4 minutes of silence) Father, give me patience and gentleness that reflect your heart.

Day 27 – Do Everything in Love

- Scripture: Do everything in love. 1 Corinthians 16:14
- Encouragement: This simple command reshapes our everyday, ordinary life. Emails, meetings, chores, conversations—everything becomes sacred when done in love. When love defines our posture, others glimpse the character of Jesus
- Confession: Where have I acted out of frustration, selfishness, or indifference rather than love?
- Prayer: (4 minutes of silence) Lord, let love guide my every word and action today.

Day 28 – Be Ready to Give an Answer

- Scripture: But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect. 1 Peter 3:15
- Encouragement: A humble, loving life sparks questions. As others notice the hope and peace you carry, God opens doors for conversation. We witness not with pressure, but with gentleness and authenticity, trusting the Spirit to work.
- Confession: Have I missed opportunities to speak about Jesus out of fear or hesitation?
- Prayer: (4 minutes of silence) Jesus, fill me with such hope and grace that others are drawn to you through me.

Day 29 – Do Not Grow Weary

- Scripture: Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9
- Encouragement: Faithfulness can feel slow and unseen. Lent reminds us that God is always at work. Small, steady obedience matters more than dramatic moments. Don't give up—God is growing fruit you cannot yet see.
- Confession: Where have I grown discouraged or tempted to quit doing what is right?
- Prayer: (4 minutes of silence) Lord, renew my strength and help me remain faithful.

Day 30 – Fix Your Eyes on Jesus

- Scripture: Fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:2
- Encouragement: Distractions pull our attention in every direction, but transformation happens when our focus returns to Jesus. As we near the cross, we center our hearts again on Him—His life, love, sacrifice.
- Confession: What distractions have drawn my attention away from Jesus?
- Prayer: (4 minutes of silence) Jesus, help me keep my eyes fixed on you alone.

Day 31 – My Grace Is Sufficient

- Scripture: But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9
- Encouragement: We often try to hide our weakness, but God meets us there. His strength shows up most clearly when we admit our need. Lent teaches us to depend on grace, not performance.
- Confession: Where am I pretending to be strong instead of admitting my need for God?
- Prayer: (4 minutes of silence) Father, let your strength be made perfect in my weakness.

Day 32 – Set Your Mind Above

- Scripture: Set your minds on things above, not on earthly things. Colossians 3:2
- Encouragement: Our hearts drift toward temporary concerns. God gently lifts our gaze toward eternal realities—His kingdom, His promises, His presence. A heavenly focus reshapes how we live today.
- Confession: Where have temporary worries crowded out eternal priorities?
- Prayer: (4 minutes of silence) God, lift my eyes and anchor my heart in what truly lasts.

Day 33 – The Lord Is Near

- Scripture: Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:5–6
- Encouragement: As Easter approaches, we remember this beautiful truth: God is near. We don't walk toward the cross alone. His presence steadies our hearts and replaces anxiety with peace.
- Confession: What anxieties do I need to release into God's hands?
- Prayer: (4 minutes of silence) Lord, I bring you my worries and rest in your nearness.

Day 34 – Wait for the Lord

- Scripture: Wait for the Lord; be strong and take heart and wait for the Lord. Psalm 27:14
- Encouragement: Waiting is one of the hardest spiritual practices. Yet God often forms us most deeply in the quiet spaces of trust. Lent slows us down so we can learn patience and expectancy.
- Confession: Where am I rushing ahead instead of waiting for God's timing?
- Prayer: (4 minutes of silence) Father, teach me to wait for you with trust and courage.

Day 35 – Your Life Hidden in Christ

- Scripture: For you died, and your life is now hidden with Christ in God. Colossians 3:3
- Encouragement: Your identity is secure in Christ. You no longer have to prove yourself or chase approval. Hidden in Him, you are safe, loved, and held. From this place of security, you can live freely for others.
- Confession: Where am I still seeking validation apart from Jesus?
- Prayer: (4 minutes of silence) Jesus, I root my identity fully in you.

Day 36 – The Humble King

- Scripture: "Say to Daughter Zion, 'See, your king comes to you, gentle and riding on a donkey, and on a colt, the foal of a donkey.'" Matthew 21:5
- Encouragement: Jesus enters not with force but with humility. His kingdom is marked by gentleness and peace. As we welcome Him, we surrender our expectations and receive Him as the King He truly is.
- Confession: Do I resist the kind of King Jesus is because He doesn't meet my expectations?
- Prayer: (5 minutes of silence) King Jesus, reign in my life with your humble and gentle rule.

Day 37 – Serve One Another

- Scripture: “Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet.” John 13:14
- Encouragement: On the night before the cross, Jesus chose a towel instead of a throne. Love kneels. True greatness serves. Our witness grows strongest when we follow His example.
- Confession: Where do I resist serving because it feels beneath me?
- Prayer: (5 minutes of silence) Lord, give me the heart of a servant like yours.

Day 38 – Watch and Pray

- Scripture: “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” Matthew 26:41
- Encouragement: In the garden, Jesus invited His disciples to stay awake with Him. Lent calls us to spiritual attentiveness—staying close, aware, and prayerful. Dependence keeps us steady.
- Confession: Where have I grown spiritually sleepy or inattentive?
- Prayer: (5 minutes of silence) Father, keep me alert and prayerful in every moment.

Day 39 – The Cross of Love

- Scripture: But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8
- Encouragement: The cross is the clearest picture of God’s love. Jesus took our place, carrying our sin and shame. Today we pause in gratitude and awe, remembering the cost of our redemption.
- Confession: Take time to quietly confess your sins and thank Jesus for His sacrifice.
- Prayer: (5 minutes of silence) Jesus, thank you for loving me enough to go to the cross.

Day 40 – Waiting in Hope

- Scripture: Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Psalm 37:7
- Encouragement: Holy Saturday is the day in between—after the sorrow of the cross and before the joy of resurrection. It is the space of silence, when prayers seem unanswered and hope feels fragile. The disciples waited in grief and confusion, not yet knowing what God was about to do. Yet even in the quiet, God was working. Lent teaches us to trust that when life feels still or uncertain, God is never absent. He is preparing resurrection in ways we cannot yet see.
- Confession: Where am I struggling to trust God in the waiting or in circumstances I don’t understand?
- Prayer: (5 minutes of silence) Faithful God, help me wait with trust, believing you are working even in the silence.