



LENT 2022

PRAYER GUIDE


CANTON FIRST
church of the nazarene

***"This, then, is how you should pray:
Our Father in heaven,
hallowed be your name.
Your kingdom come.
Your will be done,
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one."***

***For the Kingdom, the Power,
and the Glory are Yours
Now and Forever.
Amen.***

Matthew 6: 9-13

PRAY LIKE THIS....

The season of Lent is upon us once again. Lent is a time to reflect and focus on the temptation and suffering of our Lord Jesus Christ, and upon our own frailties and weaknesses. It is a time for repentance and the healing of our desires as we approach Jesus' death and resurrection at Easter.

Lent can be a powerful time of prayer and spiritual renewal.

Over the next five weeks, we will be journeying through the Lord's Prayer together as a church. This guide contains daily readings and reflection questions that correspond to the theme of each week's sermon. The readings begin on the first Sunday of Lent (March 6) and run through Palm Sunday (April 10).

Between Ash Wednesday and the first Sunday of Lent, I want to encourage you to reflect on the prayer and how God can use this time in your life and in our church to bring us closer to Him and to each other.

I want to invite you to commit to praying the Lord's Prayer daily all the way until Easter. On the next page is a guide to walk you through using the Lord's Prayer as a guide for daily prayer. I pray it will be a powerful and transformative experience for all of us in our daily prayer times.

Our Father in heaven

Take a moment and thank the Lord that He has adopted you into His family and He invites you to call him Father. Praise Him that He is a truly good Father. Praise Him because He sits in heaven and is above all, and yet He is intensely personal.

Hallowed be Your Name

Take a moment and pray thank God for His holiness and perfection and then ask Him to use your life to hallow His Name and to be used for His purposes and glory.

Your Kingdom come

Your will be done on earth as it is in heaven

Pray asking God to make you a Kingdom bearer. May all you say and do today advance His Kingdom. Ask God to equip you to live faithfully according to His will. May your actions and your words and your thoughts be according to His will. Pray that, through you, God would draw many to a saving faith in Him and that He would give you opportunities to spread seeds of the gospel in the lives of many.

Give us today our daily bread

Pray to the Father about the needs that you have. Pray that you would manage well what He gives you and if you have a need, don't hesitate to tell Him what it is!

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

As you take time to name and confess your own sins, examine your relationships, and extend to others generously the forgiveness that you are seeking from the Father.

And lead us not into temptation, but deliver us from the evil one

Pray that the Father would give you strength to stand strong against the strategies of the Devil. Remember, greater is He that is in you than he who is in the world. (1 John 4:4). If you are tempted, pray that the Father allows you to see the way of escape quickly so that you are able to escape. Pray that He would graciously supply the strength and courage to flee from temptation.

**For the Kingdom,
the Power, and the Glory,
Are Yours now and forever.
Amen.**

Week 1:
Our Father in heaven,
hallowed be your name.

Day 1:

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say, 'Father, hallowed be your name., your kingdom come. Give us each day our daily bread. Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.'" - Luke 11:1-4

Reflection/Questions:

How does understanding God as our "Father" teach us about our relationship with God? Think about the different things Jesus taught about the Father. What functions of an earthly parent reflect the parenthood of God?

The first request Jesus places in the prayer is "Hallowed be your name." Based on the Lord's Prayer as a whole, what does that line mean and in what ways can you "hallow" God's name?

Day 2:

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them for your Father knows what you need before you ask him. This, then, is how you should pray: "Our Father in heaven, hallowed be your name." - Matthew 6:7-9

Reflection/Questions:

The striking addressee of the prayer is 'Our Father.' What do we learn from Jesus about *who* the God is that we pray to? Pray the Lord's prayer thinking about the Father who we are addressing.

Day 3:

At that time Jesus said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the learned and have revealed them to little children. Yes, Father, for this was your good pleasure. All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. Come to me, all you who are weary and burdened, and I will give you rest.

- Matthew 11:25-28

Reflection/Questions:

Today we overhear another prayer of Jesus. How does he address God here? Is God far away & hidden or close by & known? Why would Jesus follow this prayer with a call to 'Come to him'?

Day 4:

Those who are led by the Spirit of God are (children) of God. For you did not receive a spirit that makes you a slave again to fear, but you received the spirit of sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs—heirs of God and coheirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. - Romans 8:14-17

Reflection/Questions:

What wonderful things does calling God 'Father' signify in the life of a Christian? Which of these blessings resonate with you? Bring these with you into your time of praying the Lord's prayer.

Day 5:

Moses said to God, "Suppose I go to the Israelites and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' Then what shall I tell them?" God said to Moses, "I am who I am. This is what you are to say to the Israelites: I am who I am has sent me to you." God also said to Moses, "Say to the Israelites, 'The Lord, the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.' This is my name forever, the name by which I am to be remembered from generation to generation. - Exodus 3:13-15

Reflection/Questions:

What name does God reveal to Moses? 'To hallow' is to greatly revere and honor, to hold something as holy. How might this passage inform our hallowing of God's name?

Day 6:

O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger. When I consider your heavens, the work of your fingers, the moon, and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him? - Psalm 8: 1-4

Reflection/Questions:

How does Psalm 8 provide an example of hallowing God's name? How do the two ideas of 'Our Father' and 'Hallowed be your name' come together for you? Pray the Lord's prayer slowly dwelling on that opening phrase and hallow God's name.

Week 2:
Your kingdom come
Your will be done
On earth as it is in heaven.

Day 7:

The Lord declares to you that the Lord himself will establish a house for you: When your days are over and you rest with your fathers, I will raise up your offspring to succeed you, who will come from your body, and I will establish his kingdom. He is the one who will build a house for my Name, and I will establish his kingdom.

- 2 Sam 7:11b-13

Reflection/Questions:

When we pray 'Your Kingdom come' what do we mean? How is God establishing a kingdom? Does this passage help us draw a connection between God's kingdom and the hallowing of God's name?

Day 8:

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God is near. Repent and believe the good news!" - Mark 1:14-15

Reflection/Questions:

How is Jesus connected to God's Kingdom? How should we to prepare for the Kingdom?

Day 9:

The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy he went and sold all that he had and bought that field. Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and everything he had and bought it.
- Matthew 13:44-46

Reflection/Questions:

What does Jesus say the kingdom is like? What does this mean for those around you? Pray the Lord's prayer today thinking of those you live beside.

Day 10:

"Do you refuse to speak to me?" Pilate said. "Don't you realize I have power either to free you or to crucify you?" Jesus answered, "You would have no power over me if it were not given you from above. Therefore, the one who handed me over to you is guilty of a greater sin." From then on, Pilate tried to set Jesus free, but the Jews kept shouting, "If you let this man go, you are no friend of Caesar. Anyone who claims to be a king opposes Caesar." - John 19:10-12

Reflection/Questions:

What do we learn about power from this passage? What are some of the different attitudes to and pictures of kingship in the passage? What does this mean as we pray 'Your Kingdom come'?

Day 11:

The cow will feed with the bear, their young will lie down together, and the lion will eat straw like the ox. The infant will play near the hole of the cobra, and the young child shall put his hand into the viper's nest. They will neither harm nor destroy on all my holy mountain, for the earth will be full of the knowledge of the Lord as the waters cover the sea. - Isaiah 11:7-9

Reflection/Questions:

What picture of earth does this passage present? How might it help us understand what God's will being done on earth might look like?

Day 12:

He went away for a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." - Matthew 26:42

Reflection/Questions:

Today's scripture comes from Jesus in the garden of Gethsemane praying to his Father. What does he pray? How does Jesus' will and his Father's will go together? Pray the Lord's prayer today slowing down over the phrase "your will be done." Think ahead to Easter and what Jesus understood his Father was asking of him.

Day 13:

He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have." When he had said this, he showed them his hands and feet. And while they still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" They gave him a piece of broiled fish, and he took it and ate in their presence. - Luke 24:38-43

Reflection/Questions:

Our text shows Jesus appearing to his disciples after he has been resurrected. Does the resurrected Jesus belong to heaven or earth? How does this shape our hope that God's will might be done on earth?

Week 3:

Give us today our daily bread.

Day 14:

He makes grass grow for the cattle, and plants for man to cultivate—bringing forth food from the earth; wine that gladdens the hearts of man, oil to make his face shine, and bread that sustains his heart. - Psalm 104:14-15

Reflection/Questions:

What do we learn of God from this passage? How does this text enrich our understanding of the line 'Give us today our daily bread' from the Lord's Prayer? Pray the prayer reflecting on God's good provision.

Day 15:

The Israelites said to them, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death." Then the Lord said to Moses, "I am going to rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions." - Exodus 16:3-4

Reflection/Questions:

Recall the story of the Israelites complaining in the wilderness. How did God provide for them? Was God's provision sufficient? Was the Israelite's attitude reasonable? How might we be like the Israelites?

Day 16:

Remember how the Lord your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord. - Deuteronomy 8:2-3

Reflection/Questions:

How do the scriptures describe what God was teaching the Israelites through their experience in the desert? How might this inform our prayer requesting 'our daily bread'?

Day 17:

Two things I ask of you, O Lord; do not refuse me before I die: Keep falsehood and lies far from me; give me neither poverty nor riches; but give me only my daily bread. Otherwise, I may have too much and disown you and say, "Who is the Lord?" Or I may become poor and steal, and so dishonor the name of my God. - Proverbs 30:7-9

Reflection/Questions:

What does the wise person ask of God? Why? What significance does this have for our prayer life?

Day 18:

The rich rule over the poor, and the borrower is the servant to the lender. He who sows wickedness reaps trouble, and the rod of his fury will be destroyed. A generous man will himself be blessed, for he shares his food with the poor. - Proverbs 22:7-9

Reflection/Questions:

What are the principles the wise person encourages us to live by? How might this inform our prayer for 'our daily bread'?

Day 19:

So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans who run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:31-33

Reflection/Questions:

What does Jesus call his followers to do and not to do? How is not worrying and the Kingdom connected? How could praying the Lord's Prayer be part of not worrying?

Day 20:

Command those who are rich in the present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life. - 1 Timothy 6:17-19

Reflection/Questions:

What does Paul instruct Timothy to do? Did you know you are rich in comparison with most of the world? How can you hear these instructions to the rich? How might you pray the Lord's Prayer for others?

How is your Lent journey going?
Share with someone what God has been teaching you
through these first couple of weeks

Week 4:
Forgive us our debts,
as we have also forgiven our debtors

Day 21:

Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit. - Psalm 32:1-2

Reflection/Questions:

This week we reflect on the phrase 'Forgive us our debts, as we have also forgiven our debtors.' What does forgiveness provide? Bring this into your request for forgiveness as you pray the Lord's Prayer today.

Day 22:

Wash and make yourselves clean. Take your evil deeds out of my sight! Stop doing wrong, learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow. Come now, let us reason together, says the Lord. Though your sins are like scarlet, they shall be white as snow; though they are red as crimson, they shall be like wool. - Isaiah 1:16-18

Reflection/Questions:

Who is the Lord having a debate with? How might we be able to witness to the radical forgiveness of God in our society? Who needs to hear this good news?

Day 23:

But if a wicked man turns away from all the sins he has committed and keeps all my decrees and does what is just and right, he will surely live; he will not die. None of the offenses he has committed will be remembered against him. Because of the righteous things he has done, he will live. Do I take any pleasure in the death of the wicked? declares the Sovereign Lord. Rather, am I not pleased when they turn from their ways and live? - Ezekiel 18:21-23

Reflection/Questions:

What is God's desire for humans? How does God want people to live? How should this inform your interactions with your neighbors?

Day 24:

Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, 'Why are you thinking these things? Which is easier: to say to the paralytic, "Your sins are forgiven," or to say, "Get up, take your mat and walk"? But that you may know that the Son of Man has authority on earth to forgive sins—he said to the paralytic—I tell you, get up, take your mat and go home. - Mark 2:8-11

Reflection/Questions:

What is Jesus' relationship to sin? How is this demonstrated in the story? Imagine being one of Jesus' disciples witnessing this event and then imagine receiving from him the Lord's prayer to pray. How does witnessing this healing shape how you understand the Lord's Prayer?

Day 25:

When the people heard this, they were cut to the heart and said to Peter and the other apostles, "Brothers, what shall we do?" Peter replied, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. - Acts 2:37-38

Reflection/Questions:

How does the crowd respond to Peter's first sermon? What are they instructed to do? How does life in Christ begin?

Day 26:

Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins. - Matthew 6:11-15

Reflection/Questions:

Is this a radical prayer? How do people normally treat 'debts? As Jesus gives us his prayer, he also issues a warning; what is his promise? Where in your life do you need to hear these words?

Day 27:

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. - Colossians 3:12-14

Reflection/Questions:

How should those in the church behave toward each other? Is our church characterized by these things? Choose one of these things to embody in your community's life together.

Week 5:
**And lead us not into temptation,
but deliver us from evil**

Day 28:

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. He ate nothing at all during those days, and at the end of them, he was hungry. The devil said to him, "If you are the Son of God, tell this stone to become bread." Jesus answered him, "It is written: Man does not live on bread alone." - Luke 4:1-4

Reflection/Questions:

How does Jesus face his time of trial? How is he delivered from evil? What can we learn from him? Pray the Lord's prayer reflecting on these things.

Day 29:

Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Then he returned to his disciples and found them sleeping. "Could you not keep watch with me for one hour?" he asked Peter. Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." - Matthew 26:38-42

Reflection/Questions:

Our scripture today comes from Jesus in the garden of Gethsemane facing his greatest trial. How does he feel? How does he instruct his disciples? How does he model it? What do we learn from Jesus' example about responding to trials and temptation?

Day 30:

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help in our time of need. - Hebrews 4:15-16

Reflection/Questions:

What does this passage say that Jesus brings to the role of High Priest? How does this affect our coming to him? Bring these reflections into praying the Lord's Prayer today.

Day 31:

Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil—and free those who all their lives were held in slavery by their fear of death. - Hebrews 2:14-15

Reflection/Questions:

What is the relationship between Jesus and the power of death? What has he achieved? What confidence does that bring to your praying of the Lord's Prayer?

Day 32:

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore take up the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and you have done everything, to stand.

- Ephesians 6:10-13

Reflection/Questions:

When you pray "deliver us from the evil one", what do you think of? How does this passage describe the enemies of God's people? Who is and isn't included? What do we bring to being "delivered"?

Day 33:

But the Lord is faithful, and he will strengthen you and protect you from the evil one. We have confidence in the Lord that you are doing and will continue to do the things we command. May the Lord direct your hearts into God's love and Christ's perseverance. - 2 Thessalonians 3:3-5

Reflection/Questions:

How does Paul encourage the believers? How does he speak of the Lord? It is to this

Lord we pray 'do not bring us to the time of trial, but deliver us from evil,' how does knowing what God is like energize your prayer?

Day 34:

Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of suffering. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm, and steadfast. - 1 Peter 5:7-10

Reflection/Questions:

How does this passage describe the experience of facing trials or evil? What are some of the instructions for resisting him? Who might be your suffering family members around the world today or even in our own country? Pray the Lord's prayer with them in mind.

***For Yours is the Kingdom,
and the Power, and the Glory
Forever.
Amen.***