

# the Beatitudes

A DAILY READING & PRAYER  
GUIDE FOR LENT



# Daily Lenten Reading & Prayer Guide

## Introduction

Lent is an important time in the life of the church. During this six week period that leads us to Easter, we set aside time for deeper prayer, repentance, fasting, and self-reflection as preparation for the greatest day and season of the year- Easter. During this time, we remember the 40-days of prayer and fasting that Jesus did in the wilderness in Matthew chapter 4 and use him as the example as we spend this time in our own wilderness. During this time, many choose to fast something in their life that is important to them as a form of sacrifice, while some choose to fast something they feel is getting too much of their time or attention. Whether you choose fast this way or not, you are challenged to shake things up in your spiritual life in this season and this Lenten Reading & Prayer Guide is intended to help you do just that.

## How to use this Guide

This guide is a companion to our Lenten sermon series, The Beatitudes. If you happen to miss a week of church, it may be beneficial to go to our church website, Facebook or YouTube channel and listen to the sermon at your leisure before digging into this guide for the week.

This guide is not a devotional. Rather than giving you insights and inspiration from scripture, this guide is a tool that can be used to help you read scripture and pray. Our prayer is that God will give you insights and the inspiration you need as you read these scriptures and pray these prayers.

What makes this guide unique is its versatility. You can use as little or as much of this content as you want. This guide can be used as a supplement to your current devotional time by adding some of the reading or prayers to what you already do, or you can use this as your main form of time with God during Lent. You can choose to read all the scriptures each day, or you can choose to read one or two a day, or even read and pray part in the morning, and the rest in the evening.

Each week, you will be able to meditate on the Beatitude/s we talked about during Sunday morning worship. Every day, you can start by reading the beatitude, then praying the prayer that goes along with it. Feel free to follow the prayer provided with your own prayers. After you pray, read the scriptures given for the day. You may want to have a notebook or journal with you as you go through this in case these scriptures inspire you to write down questions, comments and insights that the Holy Spirit may give you. After your reading time, follow the reading time up with the prayer provided at the bottom of the page.

The goal of this guide is to help you experience God in a new way during this season. However you use this guide, we pray that God will reveal himself to you as you spend this season reflecting, fasting, and growing closer to Him.



# First Week in Lent

## Beatitude

“Blessed are the poor in spirit, for theirs is the kingdom of heaven” - Matt. 5:3

## Daily Prayer

“Lord God, my Father, help me to accept my brokenness, emptiness, and utter need for You. Enable me to reject the values and pride of the world and, by Your grace, to make wise choices today that I may climb up the ladder of humility towards You. “God have mercy on me, a sinner” (Lk. 18:13). Amen.”

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## Readings

Sunday: Psalm 91:1-2, 9-16; Luke 4:1-13

Monday: Psalm 17; 1 Chronicles 21:1-17; 1 John 2:1-6

Tuesday: Psalm 17; Zechariah 3:1-10; 2 Peter 2:4-21

Wednesday: Psalm 17; Job 1:1-22; Luke 21:34-22:6

Thursday: Psalm 27; Genesis 13:1-7, 14-18; Philippians 3:2-12

Friday: Psalm 27; Genesis 14:17-24; Philippians 3:17-20

Saturday: Psalm 27; Psalm 118:26-29; Matthew 23:37-39

## The Confession Prayer

“MOST MERCIFUL GOD, WE CONFESS THAT WE HAVE SINNED AGAINST YOU IN THOUGHT, WORD, AND DEED, BY WHAT WE HAVE DONE, AND BY WHAT WE HAVE LEFT UNDONE. WE HAVE NOT LOVED YOU WITH OUR WHOLE HEART; WE HAVE NOT LOVED OUR NEIGHBORS AS OURSELVES. WE ARE TRULY SORRY AND WE HUMBLY REPENT. FOR THE SAKE OF YOUR SON JESUS CHRIST, HAVE MERCY ON US AND FORGIVE US; THAT WE MAY DELIGHT IN YOUR WILL, AND WALK IN YOUR WAYS, TO THE GLORY OF YOUR NAME. AMEN.”

# Second Week in Lent

## Beatitude

**“Blessed are those who mourn, for they will be comforted.” – Matt. 5:4**

## Daily Prayer

**“Lord, help me to find safety in You as I embrace my vulnerability, humanity, and limits. Provide grace for me to not pretend or lie or deny the pain of life, thus avoiding both reality and You. May I pay attention this day to the loss and grief around me, and be willing to wait for You in what often appears to be a “confusing in-between.” I place my hope in You, O Lord, and in Your unfailing love. Amen.”**

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## Readings

**Sunday: Genesis 15:1-12, 17-18; Psalm 27; Philippians 3:17-4:1**

**Monday: Psalm 105:1-42; Exodus 33:1-6; Romans 4:1-12**

**Tuesday: Psalm 105:1-42; Numbers 14:10b-24; 1 Corinthians 10:1-13**

**Wednesday: Psalm 105:1-42; 2 Chronicles 20:1-22; Luke 13:22-31**

**Thursday: Psalm 63:1-8; Daniel 3:19-30; Revelation 2:8-11**

**Friday: Psalm 63:1-8; Daniel 12:1-4; Revelation 3:1-6**

**Saturday: Psalm 63:1-8; Isaiah 5:1-7; Luke 6:43-45**

## The Lord's Prayer

**“Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power, and the glory, For ever and ever, Amen.”**



# Third Week in Lent

## Beatitudes

“Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled.” - Matt. 5:5-6

## Daily Prayer

“Lord, grant me grace today to wait on You. You know my tendency to get angry, frustrated, and impatient with others, myself and my circumstances. Almighty God, help me to drop my defenses this day and be approachable, kind, merciful, non-defensive and appropriately assertive. “I wait for the Lord, my soul waits, and in His word I put my hope” (Ps. 130:5). Amen.”

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## Readings

Sunday: **Isaiah 55:1-9; Psalm 63:1-8; Luke 13:1-9**

Monday: **Psalm 39; Jeremiah 11:1-17; Romans 2:1-11**

Tuesday: **Psalm 39; Ezekiel 17:1-10; Romans 2:12-16**

Wednesday: **Psalm 39; Numbers 13:17-27; Luke 13:18-21**

Thursday: **Psalm 32; Joshua 4:1-13; 2 Corinthians 4:16-5:5**

Friday: **Psalm 32; Joshua 4:14-24; 2 Corinthians 5:6-15**

Saturday: **Psalm 32; Exodus 32:7-14; Luke 15:1-10**

## Daily Prayer

“Lord, may I seek You above all else this day, for “Your love is better than life” (Ps. 63:3). Help me to actively make wise choices today that will satisfy my deep hunger for You. Enable me to persevere in faithfulness through any “dark night of the soul” you may choose for me. Purge my soul of all polluted affections, habits and rebellions. May your Spirit saturate my spirit, and may your deepest desires, longings and dreams become mine, O Lord. Fulfill Your will through my earthly life this day. Amen.”

# Fourth Week in Lent

## Beatitudes

“Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God.” - Matt. 5:7-8

## Daily Prayer

“Lord, enable me this day to slow down and eliminate hurry, that I might remember You and the richness of Your mercy towards me. Today I offer you my hurts, anger, bitterness and disappointments. Enable me to forgive as generously and consistently as You forgive me. Teach me how to appropriately process any anger toward You, others and myself. I wait on You and trust in You, Lord. Show me the way of Your wisdom and love this day. Amen.”

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## Readings

**Sunday:** Psalm 32; 2 Corinthians 5:16-21; Luke 15:1-3, 11b-32

**Monday:** Psalm 53; Leviticus 23:26-41; Revelation 19:1-8

**Tuesday:** Psalm 53; Leviticus 25:1-19; Revelation 19:9-10

**Wednesday:** Psalm 53; 2 Kings 4:1-7; Luke 9:10-17

**Thursday:** Psalm 126; Isaiah 43:1-7; Philippians 2:19-2

**Friday:** Psalm 126; Isaiah 43:8-15; Philippians 2:25-3:1

**Saturday:** Psalm 126; Exodus 12:21-27; John 11:45-57

## Daily Prayer

“Lord, I ask you today for a pure “clean, uncluttered” heart. I long to see Your face, that there would be nothing between You and me. Lord, show me what to say “no” to, so I will have time and energy to reflect on my heart before You. Cleanse my heart from gluttony, lust, greed, uncontrolled anger and impatience, self-pity, laziness, competitiveness with others, and pride. May I surrender to Your will this day, remembering Your loyal love. May it soften my will and transform me to follow Your leading and presence in every decision I make this day. Amen.”

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# Fifth Week in Lent

## Beatitude

**“Blessed are the peacemakers, for they will be called sons of God. ” - Matt. 5:9**

## Daily Prayer

**“Lord, help me to follow Jesus in bringing true peace to the world around me. Deliver me today from living a “false peace” by avoiding conflict and appeasing others out of fear. Give me courage to disrupt false peace around me when needed. Fill me with the love and humility of Jesus as I step out in faith to do this. Give me wisdom and prudence to discern how to proceed. Finally, grant me the inner authority, the clarity, and the grace to persevere as I follow You in being a true peacemaker today. Amen.”**

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## Readings

**Sunday: Psalm 126; Philippians 3:4b-14; John 12:1-8**

**Monday: Psalm 20; Exodus 40:1-15; Hebrews 10:19-25**

**Tuesday: Psalm 20; Judges 9:7-15; 1 John 2:18-28**

**Wednesday: Psalm 20; Habakkuk 3:2-15; Luke 18:31-34**

**Thursday: Psalm 31:9-16; Isaiah 53:10-12; Hebrews 2:1-9**

**Friday: Psalm 31:9-16; Isaiah 54:9-10; Hebrews 2:10-18**

**Saturday: Psalm 31:9-16; Leviticus 23:1-8; Luke 22:1-13**

## Prayer for Peace

**“Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.**

—Prayer of St. Francis of Assisi



# Holy Week

## Beatitude

“Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. ” - Matt. 5:10-12

## Daily Prayer

“Lord, You say true peacemaking will lead, at times, to rejection by the world. Fill me with courage to speak and live the truth – even when it is not popular or convenient. Today I choose the narrow road of: poverty of spirit, mourning, meekness, hunger and thirst for You, mercy, purity of heart, and true peacemaking. Help me, Lord, not to love the world or anything in it (1 Jn.2:15), that I may love You alone with all my heart, mind, soul and strength. Amen.”

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## Readings

Palm Sunday: **Psalm 118:1-2, 19-29; Luke 19:28-40**

Holy Monday: **Isaiah 42:1-9; John 12:1-11**

Holy Tuesday: **Isaiah 49:1-7; John 12:20-36**

Holy Wednesday: **Isaiah 50:4-9; John 13:21-32**

Maundy Thursday: **Psalm 116:1-2, 12-19; John 13:1-17, 31-35**

Good Friday: **Psalm 22; John 18:1-19:42**

Holy Saturday: **Lamentations 3:1-9, 19-24; Matthew 27:57-66**

## The Serenity Prayer

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time. Accepting hardships as the pathway to peace. Taking, as he did, the sinful world as it is, not as I would have it. Trusting that he will make all things right if I surrender to His will; that I may be reasonably happy in this life, and supremely happy with Him forever. Amen.”

—Reinhold Niebuhr, 1892-1971