

Lent Week 5 — Prayer Guide

Theme: Between Asking and Trusting
Focus: “Ask... seek... knock...” — Luke 11:9

Monday — “Lord, Teach Me to Pray”

Scripture: Luke 11:1 “Lord, teach us to pray.”

Prayer Direction: Start simply. Don’t try to impress God—just come honestly.

Prayer Prompt: “Lord, I don’t always know how to pray, but I want to learn. Teach me to come to you.”

Practice: Spend 3–5 minutes in quiet, simply talking to God about your day.

Tuesday — ASK

Focus: Bringing Your Needs to the Father

Scripture: Gospel of Luke 11:9 “Ask, and it will be given to you.”

Prayer Direction: Bring specific needs to God.

Prayer Prompts:

- What do I need from God today?
- Where do I need help, strength, or provision?

Prayer Example: “Father, I ask for your help in _____. I trust you to provide what I need.”

Practice: Write down 2–3 specific requests and pray for them throughout the day.

Wednesday — SEEK

Focus: Pursuing God Himself

Scripture: Psalms 27:8 “Your face, Lord, do I seek.”

Prayer Direction: Move beyond requests—seek God’s presence.

Prayer Prompts:

- Where do I need to draw closer to God?
- What distractions are pulling me away?

Prayer Example: “Lord, I don’t just want answers—I want you. Draw me closer today.”

Practice: Spend a few quiet moments with no agenda—just being aware of God’s presence.

Thursday — KNOCK

Focus: Trusting God with Closed Doors

Scripture: Revelation 3:8 “Behold, I have set before you an open door.”

Prayer Direction: Bring before God the situations that feel stuck or unresolved.

Prayer Prompts:

- What door in my life feels closed right now?
- Where am I waiting on God?

Prayer Example: “Father, I bring this situation to you. I trust you to open the right door in your time.”

Practice: Physically pause and place your hand out (like Sunday), symbolizing trust.

Friday — CONFESS & RECEIVE

Focus: Repentance and Grace

Scripture: 1 John 1:9 “If we confess our sins, he is faithful and just to forgive...”

Prayer Direction: Confess sin honestly and receive forgiveness.

Prayer Prompts:

- Where have I drifted from God this week?
- What do I need to bring into the light?

Prayer Example: “Lord, forgive me for _____. Thank you that in Christ I am cleansed and restored.”

Practice: Sit for a moment after confessing and receive God’s grace.

Saturday — TRUST THE FATHER

Focus: God’s Goodness

Scripture: Gospel of Luke 11:13 “How much more will the heavenly Father give...”

Prayer Direction: Rest in God’s character.

Prayer Prompts:

- Do I believe God is good?
- Where do I struggle to trust Him?

Prayer Example: “Father, even when I don’t understand, I trust that you are good and faithful.”

Practice: Thank God for 3 ways He has been faithful in your life.