



# PRAYER GUIDE | LENT



FORMED BY FAITHFULNESS  
LEARNING TO TRUST GOD IN THE WILDERNESS

# Welcome

## Liturgical Rhythms for Everyday Life

This prayer guide is offered with the hope that it will serve as a gentle companion in your walk with Jesus throughout the season of Lent.

This project is rooted in a simple conviction: we are formed not only by what we believe, but by what we practice. The habits we keep shape our desires, our attention, and ultimately our lives. As a church, we believe the rhythms of gathered worship are meant to spill over into the week—becoming patterns that form us into the likeness of Jesus.

Lent is a season of honest self-examination and renewed trust. It invites us to slow down, to tell the truth about our lives, and to attend more carefully to the ways we resist or forget God. This is not a season of earning God's favor, but of returning—again and again—to the God who is faithful to meet us in our weakness, restore what is broken, and lead us in the way of life.

Each day of this guide offers liturgically inspired practices—the same rhythms we engage together on Sundays, now extended into daily life. These aren't tasks to check off, but invitations to make space: for confession and repentance, for deeper dependence on grace, and for renewed attentiveness to God's presence as he continues his work of formation in us.

The Scripture readings follow the Revised Common Lectionary Daily Readings, used by churches around the world, with the Sunday page highlighting each sermon passage in bold. The readings from Monday through Wednesday reflect back on the previous Sunday's sermon, while the readings from Thursday through Saturday prepare us for the passage we will hear the following week.



# Waiting on the Lord

This guide is meant to be flexible. Use it in the morning, evening, or whenever it fits naturally into your day. It can be used individually or with others. However you engage it, our prayer is that it helps you walk through Lent with humility and hope—learning to trust God’s faithfulness more deeply as he shapes us, often slowly and quietly, into the likeness of Christ.

**For Families with Kids:**

Let these rhythms gently shape your life together. Consider weaving one or two practices into moments you already share—a meal prayer, a bedtime routine, or time in the car. You might read a short passage of Scripture, offer a simple prayer of confession and gratitude, or reflect together on where you’ve needed God’s help that day. Don’t feel the need to do it all. Start small, and allow these simple practices to form your family as you learn together what it means to return to God, trust his grace, and walk in his ways.

# SUNDAY

**FEB 22 | LENT 1**

Psalm 32;

**Genesis 2:15-17; 3:1-7;**

Romans 5:12-19;

Matthew 4:1-11

**MAR 1 | LENT 2**

**Psalm 121;**

Genesis 12:1-4a;

Romans 4:1-5, 13-17;

John 3:1-17

**MAR 8 | LENT 3**

Psalm 95;

**Exodus 17:1-7;**

Romans 5:1-11;

John 4:5-42

**MAR 15 | LENT 4**

**Psalm 23;**

1 Samuel 16:1-13;

Ephesians 5:8-14;

John 9:1-41

**MAR 22 | LENT 5**

Psalm 130;

**Ezekiel 37:1-14;**

Romans 8:6-11;

John 11:1-45

**MAR 29 | PALM SUNDAY**

Psalm 31:9-16;

Isaiah 50:4-9a;

Philippians 2:5-11;

**Matthew 21:1-11**

## Call

*Hear God call you to prayer through his word.*

...rend your hearts and not your garments.

Return to the LORD your God,

**for he is gracious and merciful,**

**slow to anger, and abounding in steadfast love;**

**and he relents over disaster.**

(Joel 2:13 ESV)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and your need for God's grace.*

**Almighty God,**

**unto whom all hearts are open,**

**all desires known,**

**and from whom no secrets are hidden—**

**cleanse the thoughts of our hearts**

**by the inspiration of your Holy Spirit,**

**so that we may perfectly love you,**

**and worthily magnify your holy name;**

**through Christ our Lord. Amen.**

—Book of Common Prayer (1552)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

14 how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to serve the living God.

(Hebrews 9:14 ESV)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God.*

Let your mighty hand and outstretched arm, O Lord, still  
be our defense;  
your mercy and loving kindness in Jesus Christ your dear  
Son, our salvation;  
your true and holy Word, our instruction;  
your grace and Holy Spirit, our comfort and consolation  
unto the end, and in the end. Amen.  
—John Bradford (1510–1555)

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

7 The LORD will keep you from all evil;  
he will keep your life.  
8 The LORD will keep  
your going out and your coming in  
from this time forth and forevermore.  
(Psalm 121:7-8 ESV)

# MONDAY

**FEB 23**  
Psalm 32;  
1 Kings 19:1-8;  
Hebrews 2:10-18

**MAR 2**  
Psalm 128;  
Numbers 21:4-9;  
Hebrews 3:1-6

**MAR 9**  
Psalm 81;  
Genesis 24:1-27;  
2 John 1:1-13

**MAR 16**  
Psalm 146;  
Isaiah 59:9-19;  
Acts 9:1-20

**MAR 23**  
Psalm 143;  
1 Kings 17:17-24;  
Acts 20:7-12

**MAR 30 | HOLY  
MONDAY**  
Psalm 36:5-11;  
Isaiah 42:1-9;  
Hebrews 9:11-15;  
John 12:1-11

## Call

*Hear God call you to prayer through his word.*

O Lord, open my lips,  
**and my mouth will declare your praise.**  
(Psalm 51:15 ESV)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and your need for God's grace.*

1 Have mercy on me, O God,  
according to your steadfast love;  
according to your abundant mercy  
blot out my transgressions.  
2 **Wash me thoroughly from my iniquity,  
and cleanse me from my sin!**  
(Psalm 51:1-2 ESV)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

“Come now, let us reason together, says the LORD:  
though your sins are like scarlet,  
they shall be as white as snow;  
though they are red like crimson,  
they shall become like wool.”  
(Isaiah 1:18 ESV)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God:*

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.

—Book of Common Prayer

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

“For you shall go out in joy  
and be led forth in peace;  
the mountains and the hills before you  
shall break forth into singing,  
and all the trees of the field shall clap their hands.”

(Isaiah 55:12 ESV)

# TUESDAY

## FEB 24

Psalm 32;  
Genesis 4:1-16;  
Hebrews 4:14-5:10

## MAR 3

Psalm 128;  
Isaiah 65:17-25;  
Romans 4:6-13

## MAR 10

Psalm 81;  
Genesis 29:1-14;  
1 Corinthians 10:1-4

## MAR 17

Psalm 146;  
Isaiah 42:14-21;  
Colossians 1:9-14

## MAR 24

Psalm 143;  
2 Kings 4:18-37;  
Ephesians 2:1-10

## MAR 31 | HOLY TUESDAY

Psalm 71:1-14;  
Isaiah 49:1-7;  
1 Corinthians 1:18-31;  
John 12:20-36

## Call

*Hear God call you to prayer through his word.*

I wait for the LORD, my soul waits,  
**and in his word I hope;**  
(Psalm 130:5 ESV)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and your need for God's grace.*

**O Lord,  
in whose hands are life and death,  
by whose power we are sustained,  
and by whose mercy we are spared—  
forgive us that we have neglected the calling you have given us  
and allowed our days to pass without faithfulness or care.  
Teach us to remember that each day is your gift  
and to live it in obedience to your will,  
through Jesus Christ our Lord. Amen.**

—Samuel Johnson (1709–1784)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

The LORD is merciful and gracious,  
slow to anger and abounding in steadfast love.  
(Psalm 103:8 ESV)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God.*

O Lord,  
give us grace to trust you not only in times of comfort  
but in seasons of uncertainty and waiting.  
Guide your church in the way of truth.  
Have mercy on those who are anxious, weary, or discouraged,  
and grant wisdom to all who lead and serve others.  
Teach us to rely not on our own strength  
but on your faithful care,  
through Jesus Christ our Lord. Amen.  
—Augustine (354–430)

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

Let me hear what God the LORD will speak,  
for he will speak peace to his people, to his saints.  
(Psalm 85:8 ESV)

# WEDNESDAY

## FEB 25

Psalm 32;  
Exodus 34:1-9, 27-28;  
Matthew 18:10-14

## MAR 4

Psalm 128;  
Ezekiel 36:22-32;  
John 7:53-8:11

## MAR 11

Psalm 81;  
Jeremiah 2:4-13;  
John 7:14-31, 37-39

## MAR 18

Psalm 146;  
Isaiah 60:17-22;  
Matthew 9:27-34

## MAR 25

Psalm 143;  
Jeremiah 32:1-9, 36-41;  
Matthew 22:23-33

## APRIL 1 | HOLY WEDNESDAY

Psalm 70;  
Isaiah 50:4-9a;  
Hebrews 12:1-3;  
John 13:21-32

## Call

*Hear God call you to prayer through his word.*

Seek the LORD while he may be found;

**call upon him while he is near;**

(Isaiah 55:6 ESV)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess your faith using these ancient words.*

**I believe in God the Father Almighty, Maker of heaven and earth; and in Jesus Christ his only Son our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there he will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.**

—The Apostles' Creed, 2nd century

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God.*

### **Our Father in heaven, hallowed be your name**

*Thank God for who He is and His abundant faithfulness.*

### **Your Kingdom come, your will be done on earth as it is in heaven**

*Pray for God's rule and reign to become a reality.*

### **Give us this day our daily bread**

*Pray for God's daily provision in your life.*

### **Forgive us our debts as we forgive our debtors**

*Confess your sins to the Lord, and forgive people who have wronged you.*

### **Lead us not into temptation**

*Ask for God to guide you in 'paths of righteousness for His name sake.'*

### **But deliver us from evil**

*Pray for God's protection against any of the strategies of Satan.*

### **For yours is the kingdom, and the power, and the glory, for ever and ever. Amen.**

## Receive

*Receive God's blessing on this day.*

5 May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, 6 that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

(Romans 15:5-6 ESV)

# THURSDAY

## Call

*Hear God call you to prayer through his word.*

Remember your mercy, O LORD, and your steadfast love,  
**for they have been from of old.**  
(Psalm 25:6 ESV)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and your need for God's grace.*

**Cleanse us from our secret faults, O Lord,  
and forgive the harm we have caused through our sin.  
We do not contend with you in judgment,  
for if you, O LORD, should mark iniquities,  
who could stand?  
Have mercy on us, we pray. Amen.**  
—Augustine (354–430)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

If you, O LORD, should mark iniquities,  
O Lord, who could stand?  
But with you there is forgiveness,  
that you may be feared.  
(Psalm 130:3–4 ESV)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

### FEB 26

Psalm 121;  
Isaiah 51:1-3;  
2 Timothy 1:3-7

### MAR 5

Psalm 95;  
Exodus 16:1-8;  
Colossians 1:15-23

### MAR 12

Psalm 23;  
1 Samuel 15:10-21;  
Ephesians 4:25-32

### MAR 19

Psalm 130;  
Ezekiel 1:1-3, 2:8-3:3;  
Revelation 10:1-11

### MAR 26

Psalm 31:9-16;  
1 Samuel 16:11-13;  
Philippians 1:1-11

### APRIL 2 | MAUNDY THURSDAY

Psalm 116:1-2, 12-19;  
Exodus 12:1-14;  
1 Corinthians 11:23-26;  
John 13:1-17, 31b-35

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God.*

Almighty God,  
look with compassion on your people.  
Strengthen those who suffer,  
comfort the afflicted,  
and sustain all who bear heavy burdens.  
Grant peace where there is conflict,  
justice where there is oppression,  
and hope where there is despair.  
Unite your church in love and faithfulness,  
that we may bear faithful witness to your grace in the world.  
Through Jesus Christ our Lord. Amen.  
—John Chrysostom (347–407)

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

Therefore the LORD waits to be gracious to you,  
and therefore he exalts himself to show mercy to you.  
For the LORD is a God of justice;  
blessed are all those who wait for him.  
(Isaiah 30:18 ESV)

# FRIDAY

## FEB 27

Psalm 121;  
Micah 7:18-20;  
Romans 3:21-31

## MAR 6

Psalm 95;  
Exodus 16:9-21;  
Ephesians 2:11-22

## MAR 13

Psalm 23;  
1 Samuel 15:22-31;  
Ephesians 5:1-9

## MAR 20

Psalm 130;  
Ezekiel 33:10-16;  
Revelation 11:15-19

## MAR 27

Psalm 31:9-16;  
Job 13:13-19;  
Philippians 1:21-30

## APRIL 3 | GOOD FRIDAY

Psalm 22;  
Isaiah 52:13-53:12;  
Hebrews 10:16-25;  
John 18:1-19:42

## Call

*Hear God call you to prayer through his word.*

Our soul waits for the LORD;  
**he is our help and our shield.**  
(Psalm 33:20 ESV)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and your need for God's grace.*

**Almighty God and heavenly Father,  
we confess that we have sinned against you  
in thought, word, will, and deed.  
We have trusted ourselves more than we have trusted you  
and have lived as though your mercy were small.  
For the sake of your glory and your grace,  
receive us again as your children,  
forgiving our sins through Jesus Christ. Amen.**  
—John Oecolampadius (1482–1531)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

Since we have been justified by faith, we have peace with God through our Lord Jesus Christ.  
(Romans 5:1 ESV)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God.*

O God,  
renew our hearts by your Holy Spirit.  
Where we are divided, bring reconciliation.  
Where we are fearful, give courage.  
Where we are complacent, awaken love and obedience.  
Grant that our lives may reflect your mercy  
and that our words and actions may honor you.  
Keep us faithful in prayer and steadfast in hope,  
through Jesus Christ our Lord. Amen.  
—Ambrose (340–397)

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

23 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 He who calls you is faithful; he will surely do it.  
(1 Thessalonians 5:23-24 ESV)

# SATURDAY

## FEB 28

Psalm 121;  
Isaiah 51:4-8;  
Luke 7:1-10

## MAR 7

Psalm 95;  
Exodus 16:27-35;  
John 4:1-6

## MAR 14

Psalm 23;  
1 Samuel 15:32-34;  
John 1:1-9

## MAR 21

Psalm 130;  
Ezekiel 36:8-15;  
Luke 24:44-53

## MAR 28

Psalm 31:9-16; Lamentations  
3:55-66;  
Mark 10:32-34

## APRIL 4 | HOLY SATURDAY

Psalm 31:1-4, 15-16;  
Lamentations 3:1-9, 19-24;  
1 Peter 4:1-8;  
Matthew 27:57-66

## Call

*Hear God call you to prayer through his word.*

To you I lift up my eyes,

**O you who are enthroned in the heavens!**

(Psalm 123:1 ESV)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and your need for God's grace.*

**O Lord,  
you have mercy on all.**

**Take away our sins**

**and kindle in us the fire of your Holy Spirit.**

**Remove our hearts of stone**

**and give us hearts that love and delight in you,  
for Christ's sake. Amen.**

—Ambrose (340–397)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.  
(Ezekiel 36:26 ESV)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Pause and become attentive to God's presence. Use these prompts to guide your prayer as you reflect on the week that has passed and prepare for the week ahead.*

1. **Notice God's presence.** Rest quietly, remembering that God is near.
2. **Review the week with gratitude.** Give thanks for moments of grace, however small.
3. **Pay attention to your emotions.** Name what you are carrying and bring it honestly to God.
4. **Pray from one moment.** Choose a single experience from the week and speak with God about it.
5. **Look toward tomorrow.** Entrust the coming week to God, asking for grace to walk faithfully.

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

- 31 For the Lord will not  
cast off forever,  
32 but, though he cause grief, he will have compassion  
according to the abundance of his steadfast love;  
(Lamentations 3:31-32 ESV)











## About Grace Pasadena

Grace Pasadena is a community rooted in the life-giving grace of Jesus. In a world that is often hurried, fractured, and weary, we long to be a place where people encounter his presence, find rest in his love, and are sent out to share that grace with others.

Our mission, vision, and values flow out of this hope—shaping who we are and how we live as a church in Pasadena and beyond.

## Mission

Grace Pasadena exists to experience and extend the life-giving grace of Jesus.

## Vision

We envision a community transformed by grace—where renewed lives and healed relationships bring hope and flourishing to Pasadena and beyond.

## We Live This Out

- As we grow in the knowledge of the gospel
- In every sphere of life
- For the good of our neighborhoods, city, and the world

*Want to learn more or get connected? [Tap here](#) or scan the QR code below.*



