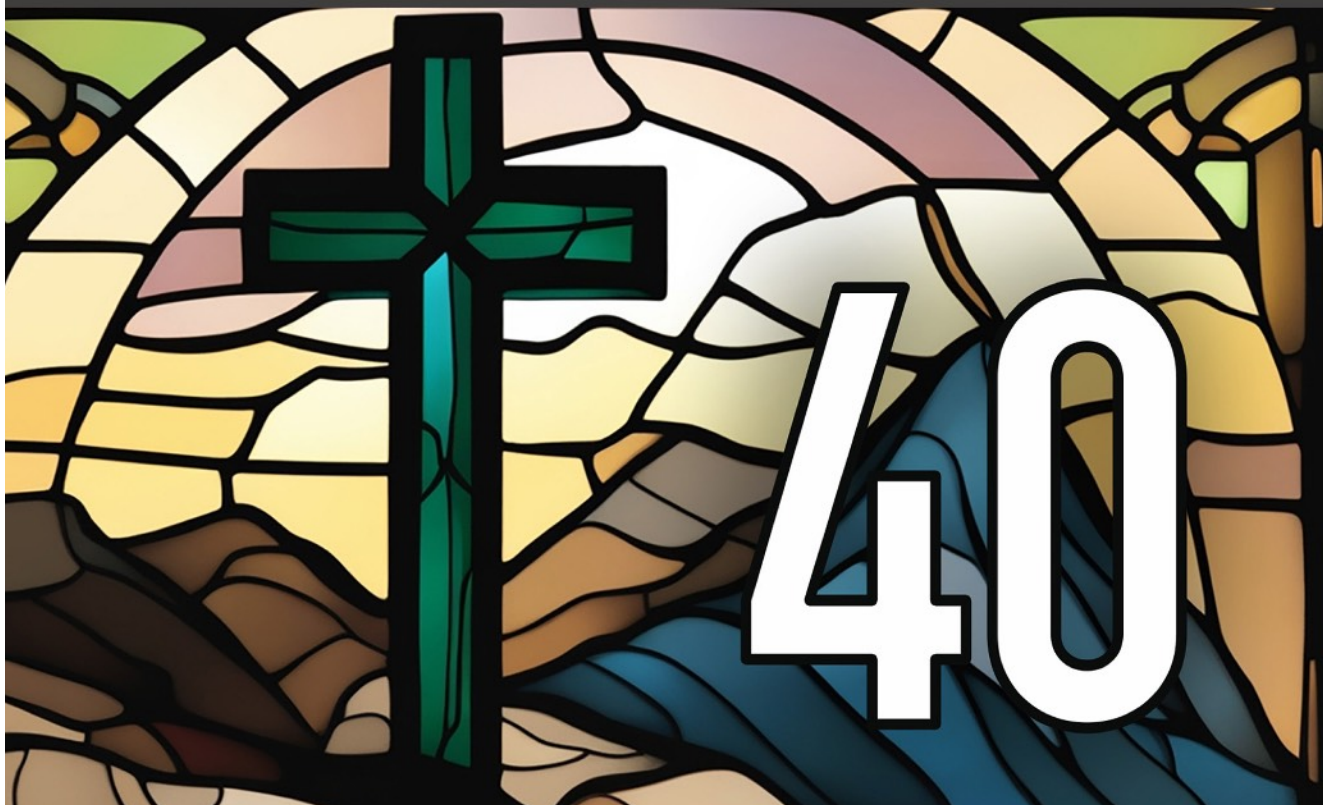


MAR 24-30

40 DAY LENT DEVOTIONAL

PRAYER + FASTING GUIDE



Calvary

LENT 2024

AN INVITATION TO CONSECRATION

Consecration etymology:
con = with | secration = sacred-ness

Associated with the sacred.

To consecrate something is to set it apart as sacred—to set something apart as being for the sake of God and His purposes. Jesus Christ represents consecration in perfection. In Jesus we see a heart, mind, eyes, hands, feet, and life set apart for God, surrendered to the purposes of God, and empowered to take ground for the Kingdom of God. For the next 40 days, you are invited to cooperate with the Spirit who longs to lovingly shape and tenderly fashion you into Jesus' consecrated likeness so you might be empowered to do what Jesus did.

For the next 40 days, we invite you to consecrate yourself to the One who consecrated Himself to you. This guide will invite you into intentional consecration through prayer and fasting, as it meditates on the consecrated heart, mind, eyes, hands, feet, and life of Christ.

**How might the Spirit be beckoning you—
longing to shape you into the likeness of
Jesus this Lent?**

FASTING AS A MEANS OF CONSECRATION

Biblical Scholar and Professor Scot McKnight says that fasting is the people of God's faithful response to sacred moments in the life of faith. Fasting is not using our hunger to manipulate God. Fasting is not a means to piously prove our love and devotion to God. Fasting is simply a faithful response to a sacred moment.

The coming of the season of Lent presents us with a very sacred moment. Historically, the church has viewed the season of Lent as a season of introspection, fasting, and repentance. A 40 day season that parallels Jesus' 40 days of prayer and fasting in the wilderness (which in itself parallels Israel's 40 year journey in the Sinai wilderness). Jesus' 40 days of fasting prepared him for his public ministry; our 40 days of fasting during Lent prepares us to receive the fullness of joy that is Resurrection Sunday.

INVITATIONS TO FAST + ALTERNATIVE INVITATIONS

A Typical Lenten Fast | Fasting from sun-up to sun-down every day in Lent (aside from Sundays). This is a historic rhythm + practice of the church.

7 Day Fast | A complete fast from food during the week. We invite you to prayerfully consider engaging a 7 day fast during the week of 24/7 Prayer (the first full week in Lent–Feb 18-25).

Once-A-Week Fast | A fast from sunrise to sunset one day a week during Lent. According to Polycarp, a second century church Father, the early church practiced communal fasting on Wednesdays and Fridays. You might consider fasting on a Wednesday or a Friday this Lent.

Beginners Fasting | Never fasted before? Start simple and manageable. Try skipping one meal one day a week.

Alternatives to Fasting + Other Invitations | For those who struggle with an eating disorder, body image, or for other health/medical/personal reasons choose not to fast—you could consider giving up sweets, caffeine, alcohol, processed food, screen time, social media, radio/podcasts in the car, your bed (sleep on the floor), and/or frivolous spending.

WEEK 7 HOLY WEEK: ENTERING THE LIFE OF CHRIST

PALM SUNDAY: Lectio Devina

Read | Mark 11:1-11

Take the story text in

Read | Mark 11:1-11

Say aloud any word or phrases that stand out to you.

Read | Mark 11:1-11

Pray into the words or phrases that stand out to you.

Read | Mark 11:1-11

Spend 5-10 minutes in silence

HOLY MONDAY: Lectio Devina

Read | Mark 11:12-19

Take the story text in

Read | Mark 11:12-19

Say aloud any word or phrases that stand out to you.

Read | Mark 11:12-19

Pray into the words or phrases that stand out to you.

Read | Mark 11:12-19

Spend 5-10 minutes in silence

HOLY TUESDAY: Lectio Devina

Read | Mark 11:20-33

Take the story text in

Read | Mark 11:20-33

Say aloud any word or phrases that stand out to you.

Read | Mark 11:20-33

Pray into the words or phrases that stand out to you.

Read | Mark 11:20-33

Spend 5-10 minutes in silence

SPY WEDNESDAY: Lectio Devina

Read | Mark 14:3-11

Take the story text in

Read | Mark 14:3-11

Say aloud any word or phrases that stand out to you.

Read | Mark 14:3-11

Pray into the words or phrases that stand out to you.

Read | Mark 14:3-11

Spend 5-10 minutes in silence

MAUNDY THURSDAY: Lectio Devina

Read | Mark 11:12-26

Take the story text in

Read | Mark 11:12-26

Say aloud any word or phrases that stand out to you.

Read | Mark 11:12-26

Pray into the words or phrases that stand out to you.

Read | Mark 11:12-26

Spend 5-10 minutes in silence

GOOD FRIDAY: Lectio Devina

Read | Mark 15:21-41

Take the story text in

Read | Mark 15:21-41

Say aloud any word or phrases that stand out to you.

Read | Mark 15:21-41

Pray into the words or phrases that stand out to you.

Read | Mark 15:21-41

Spend 5-10 minutes in silence

HOLY SATURDAY: Lectio Devina

Read | Mark 15:42-47

Take the story text in

Read | Mark 15:42-47

Say aloud any word or phrases that stand out to you.

Read | Mark 15:42-47

Pray into the words or phrases that stand out to you.

Read | Mark 15:42-47

Spend 5-10 minutes in silence

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