

TEACH US TO PRAY

Lent at new life

Lent at new life



40 DAYS IN THE LORD'S PRAYER

days 1-10



these prayers are between God and





40 DAYS OF PRAYER

Lent at new life

Over the next 40 days we are believing by faith that God is going to do a miraculous work in each of our hearts as we strip away the distractions of this world and lean into the holy presence of God. We are trusting that the God of revival will set our community on fire as we lead in repentance and

earnestly seek him. We will be using the Lord's prayer as our guide, since Jesus himself used it as a template for how to pray. Each week will be focused on a different phrase from this prayer.

Here's how you can get the most out of the 40 days of prayer:

WORSHIP & FAST ON MONDAYS

Each Monday we are challenging you to fast from sun-up to sun-down (specifically from food, but you can modify it to fit your needs). Then, we will come hungry (physically and spiritually) to meet with the Lord together in worship at 6pm in the Worship Center.

PRAY & JOURNAL EACH DAY

In this journal, you'll find a scripture and a prayer prompt each day. We pray these will lead you into deeper communion with your Father. Lent consists of the 40 days leading up to Easter; however, following tradition, Sundays are not included in these 40 days. That will be reflected in this journal. If you'd like to continue the habit on Sundays, feel free to read and reflect on the longer description of the focus of the week.

SIGN UP FOR DAILY PRAYER TEXTS

We believe there is power in the unity of believers. For that reason we'll be sending out a prayer reminder each day at noon. Text "Prayer" to 805-979-2003 to receive the daily texts.

VISIT THE PRAYER WALK

Feel free to utilize our Prayer Walk space as a location to meet with God. The prayer prompts will also follow along with the Lord's Prayer.





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.

And 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 yours is the kingdom, and the power,
and the glory forever. amen.



OUR FATHER IN HEAVEN

Prayer begins, first and foremost,
with an understanding of who you are communing with.

Who is God?

Wow! What a question. Humans have been futilely trying to answer
that question since the beginning of their existence.

Who is my Creator? Can he be trusted? What does he think of me?

Obviously, it will take longer than 40 days to ponder these deep
inquiries, but our hope is that this journey will draw you closer to
the heart of God and give you a deeper understanding of who God is,
how much he loves you and wants to shape you more and more into
who he created you to be...for the sake of others.

At the heart of prayer, of spending time in the presence of God, is
the right understanding of God as your FATHER. When Jesus taught
us to pray he didn't begin with,
"Oh, far away cosmic being..." nor with "Hey, bestie..."

No, he told us to pray to *"Our FATHER in heaven..."*

Because a father is *relational*.

A father is *near*.

A father has *authority*.

A father *recognizes the needs* of his children and *provides for them*.

A father has *more wisdom* than his children.

I don't know all the ways your earthly father shaped your
understanding of what a father is. No matter what, I know that he
fell short of exemplifying a father's love, authority, and wisdom. The
fact of the matter is you were *LOVED into existence* by a heavenly
Father who created you *with intention*, who knows all the facets of
what makes you you, who loves you and *calls you GOOD*. He is FOR
you. He wants to see you not just sleepwalking and surviving the
day-to-days of life...but living...truly LIVING...*fully alive in Him*.



February 22

Our father in heaven

DAY 1

FATHER, I NEED YOU...



DAY 1

FATHER, I NEED YOU...

Psalm 70:4-5

DAY 2

February 23



So you have not received a spirit that makes you fearful slaves.

Romans 8:14-16



And we know
the good

DAY 3

And we know that God causes everything to work together for
the good of those who love God and are called according
to his purpose for them.

FOCUS YOUR HEART ON
THE TRUTH THAT YOUR
HEAVENLY FATHER IS FOR
YOU. HE WANTS TO SEE YOU
THRIVING. HIS PURPOSES
ARE GOOD!

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DÀY 4

OUR COMPASSIONATE FATHER

The Lord is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are; he remembers we are only dust. Our days on earth are like grass; like wildflowers, we bloom and die. The wind blows, and we are gone—as though we had never been here. But the love of the Lord remains forever with those who fear him.

Psalm 103:13-17

WHERE DO YOU NEED TO
EXPERIENCE THE TENDERNESS
OF YOUR FATHER? ALLOW
YOURSELF TO PRAY WITH
VULNERABILITY TODAY.

This image shows a single sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



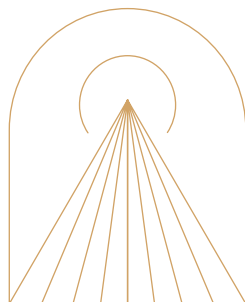
This, then, is how you should pray:

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.
And 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 yours is the kingdom, and the power,
and the glory forever. amen.



HALLOWED BE YOUR NAME



While we celebrate and know that God is our Father, we also must hold in tension the truth that our Father is high and lifted up. He is holy and set apart, very unlike us in every way. In the vastness of the universe and the heavenly realms, *there truly is no one like Him.*

When the prophet Isaiah came face to face with his Creator his reaction was to declare his own filth and unworthiness and accept his own destruction. If you need to be reminded of God's holiness, read through Isaiah chapter 6 today and allow yourself to be in awe at the imagery of God, set apart on His throne as terrifying, heavenly beings sing out,

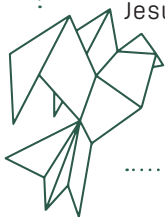
*"Holy, holy, holy is the Lord of Heaven's Armies!
The whole earth is filled with his glory!"*

Our Father is the King and he is worthy of our praise, our devotion, and our reverence. He is LORD and our role is to submit to him every day of our lives...not just because he is a trustworthy, good Father, but also because *his holiness demands it.*

This week we will be praying through a few different names for God. As you enter into God's presence each day, enter in with humility and reverence. Each name of God represents a distinct aspect of his character and is a new reason to worship him.

Jesus taught us to pray to our Father while also hallowing his name. This means to hold these names as *sacred, divine, and anointed.* While we often receive the benefits of God's great character and nature...that isn't really the point. The point is, his provision, his healing, his peace, and his victory in our lives should lead us unto greater and deeper awe and worship. When God provides for your needs, *bless his name.* When God guides you along right paths, *admire him.* When God restores you to wholeness, *honor his holy character.*

All hail, King Jesus • All hail the Lord of heaven and earth • All hail, King Jesus • All hail the Savior of the world • Let every knee, come bow before the King of Kings • Let every tongue, confess that He is Lord • Lift up your shout, let us join with all of Heaven singing holy, singing holy • Cry out holy, singing holy



February 27

Hallowed be your name
DAY 5

JEHOVAH JIREH: OUR PROVIDER

At the moment I have all I need—and more! And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. Now all glory to God our Father forever and ever! Amen.

Philippians 4:18-20

GOD IS A GOD OF
ABUNDANCE WHO WANTS
TO POUR OUT HIS GOODNESS
UPON HIS CHILDREN. ASK
GOD TO PROVIDE FOR YOUR
NEEDS AND SUSTAIN YOU.

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February 28

Hallowed be your name
DAY 6
JEHOVAH RAPHA: OUR HEALER



O Lord, don't rebuke me in your anger or discipline me in your rage.

Have compassion on me, Lord, for I am weak.

Heal me, Lord, for my bones are in agony. I am sick at heart.

How long, O Lord, until you restore me?

Psalm 6:1-3

RECOGNIZE THAT GOD

HAS THE POWER TO HEAL

OUR BODIES, MINDS, AND

SOULS. SPEND TIME PRAYING

HEALING OVER YOURSELF OR

SOMEONE YOU KNOW.



JEHOVAH NISSI: OUR BANNER

Colossians 2:9-10

AS I FACE BATTLES TODAY,
THE BANNER I CARRY WITH
ME IS THE VERY PRESENCE OF
GOD. I DO NOT FIGHT ALONE.
ASK GOD TO BE YOUR HOPE,
STRENGTH AND IDENTITY.



You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock. Lord, you will grant us peace; all we have accomplished is really from you.

March 3

Hallowed be your name

DAY 9

JEHOVAH RAAH: OUR SHEPHERD



The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Surely your goodness and unfailing love will pursue me all the days of my life.

Psalm 23

GOD KNOWS JUST WHERE
TO LEAD YOU. WILL YOU
TRUST HIM TO SHOW YOU
THE WAY? EVEN INTO NEW/
AND UNCHARTED WATERS?
PRAY FOR GUIDANCE TODAY.

TO LEAD YOU. WILL YOU
TRUST HIM TO SHOW YOU
THE WAY? EVEN INTO NEW
AND UNCHARTED WATERS?
PRAY FOR GUIDANCE TODAY.

"If you want to boast, boast only about the Lord."

OUR RIGHTEOUSNESS

