



*these prayers are between God and*

---





# 40 DAYS OF PRAYER

*Lent at new life*

Over these 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 (except April 3) 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,





Forgiveness is about freedom.

Forgiveness is about letting go of that which you were never meant to carry.

Have you ever experienced that in your physical life? Have you ever been hiking, or walking around Disneyland all day carrying a heavy backpack? And then, you finally have a chance to take it off and set it down for a few moments?

Oh the sweet relief!

This is what Jesus offers us.

***Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."***

Jesus wants us to live freely, and lightly...and HE is the key to that sort of life. It all starts with repentance. Ultimately, repentance is about REALIGNING our lives with the heart of God and the good news of His Kingdom. It is a daily, moment by moment process.

In order to live in the freedom of forgiveness, we need to experience forgiveness for our own actions and we also need to learn to forgive others...one of the truly hardest spiritual practices.

You were never meant to carry the burdens of your own sin, LET ALONE the sins of others. It's too much. It's time to release it.

This week, we will spend some time of honest confession before our Heavenly Father who responds with compassion and grace. We will also use a few of our prayer times to release others from our grip of unforgiveness...NOT for their sake...but for the sake of our freedom and peace of mind.



















*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.**

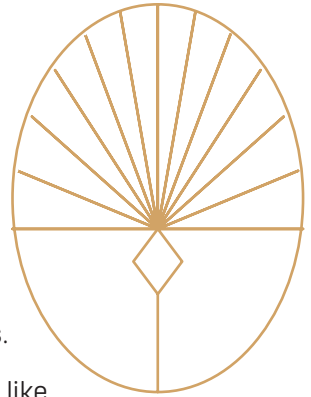
For yours is the kingdom, and the power,  
and the glory forever. amen.



# LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL

Jesus, as he taught us what to pray for and how to pray, recognized that there was a spiritual battle happening for our very souls.

Yikes.



The truth is, we have an enemy. One who would like to see our lives to destruction...or at least see us live boring, mundane lives of little consequence.

Sometimes our enemy is our own complacency and selfish desires.

Sometimes our enemies are the messages of the world that surround us. Messages that love to tell us that the world revolves around us, while simultaneously declaring that we will never be enough or measure up. Confusing, I know. And sometimes, our enemy is the evil one, the great deceiver. This enemy loves to amplify the voices of our other enemies (the world and our flesh). He loves to see us give into temptation so that he can make us feel shame and a sense of defeat.

Lucky for us, Jesus knew the antidote to the schemes of the enemy.

## **Prayer.**

Prayer, and time spent in God's presence is the most powerful tool we have against all of our enemies.

***A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.***

Spend some time now in that battle. Armor up for today and in the weeks to come. Jesus has given you the power to overcome sin and temptation. Boldly ask your Heavenly Father to deliver you from the clutches of the evil one.



















*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.**





# FOR YOURS IS THE KINGDOM, AND THE POWER, AND THE GLORY FOREVER. AMEN.



This phrase, is (most likely) not actually in the original text of Jesus' prayer.

It has been added throughout Christian tradition as a finality and conclusion to the Lord's Prayer, the same way we might conclude a prayer, "In Jesus' name, Amen."

This phrase, while not explicitly scripture, carries an important reminder for us.

After we have just placed before our Heavenly Father all of our requests for provision, protection, and forgiveness, concluding our prayers with the acknowledgment that it's not about us or our wants and desires...it is about God's will. This phrase helps us to yield once more to God's kingdom, power and glory...in our world, and in our lives. He has the power to accomplish all we have prayed for, and we humbly submit ourselves before him.

This phrase is also a great reminder that we know how the story ends. While we may be consumed with worry over the schemes of the evil one or our lack of daily bread...this ending doxology puts into perspective the reality of what's to come. Jesus is seated on the throne and every knee will bow and every tongue will confess that HIS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER AND EVER AND EVER AND EVER. AMEN.

We will conclude our 40 days of prayer during Holy Week with some time in reverent worship before the King of kings. We will yield to God's will once more and declare who is on the throne of our lives receiving all the glory He deserves!







April 5



*For yours is the kingdom...*

# DAY 37

JESUS HOLDS THE POWER

I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. Now he is far above any ruler or authority or power or leader or anything else - not only in this world but also in the world to come.

*Ephesians 1:19-21*

ALL POWER BELONGS TO JESUS AND HE WIELDS IT GENEROUSLY. HIS POWER IS AVAILABLE TO YOU. PRAY TO SEE JESUS' POWER REVEALED IN A SPECIFIC AREA OF YOUR LIFE.

Handwriting practice lines consisting of multiple horizontal orange lines for writing.













