



MCC[®]

ST. JOHN'S METROPOLITAN
COMMUNITY CHURCH



*Keeping
a Holy Lent*

**Prayer / Fasting
Journal**

Week 1

St. John's Metropolitan Community Church

WELCOME

Welcome to a wonderful 40 day journey with God!!! We're excited you chose to journey with God in this way during this Lenten Season as a Community of Faith. It is our prayer as you to into the Easter Season, you will be fulfilled and closer to God!

Rev. Vance Haywood, Senior Pastor

Fred Cannady-Kelderman, Associate Pastor

How to use this journal:

Each day you will be given a scripture to reflect on for the day. A topic that is important to the life of our community of faith and a short prayer in connection to the topic. Please know, you are free to pray your own prayer. All we ask is that you stay focused on the topic for the day.

You are also provided a space to write our prayer requests or thoughts for that particular day.

We will begin Ash Wednesday and continue 40 days counting Monday thru Saturday. Sunday's are "mini Easter celebrations as we journey to the Resurrection Morning! We encourage you on Sunday's to reflect on what you are thankful for and on the sermon for that day!

Remember, fasting is more than about food. It is about sacrifice! Give up something for 40 days, that you will miss and ask God to strengthen you as you sacrifice that thing for God.

If at any time you have questions, do not hesitate to reach out to any of us!

FASTING

In order to remain mindful of what you are fasting during this time of Lent, we are providing you a space to write down your choice of fast.

We also invite you to share this page with Pastor Vance and Pastor Fred so that we may be prayer with you during this Lenten Journey. Email us vanceh@stjohnsmcc.org or see us and we can make a copy for you!

“With God’s help, I will fast.
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During the time of Lent!

In Christ name, Amen!

Name:

Email:

Wednesday, February 26th
Day 1
John 5:17-20

Pray for: Joining in God's Work:

O Divine Beloved, who has created all things and is ever creating, we thank You that You are ever at work among us, and that You invite us to work along side You. Open our spiritual eyes so that we may see what You are doing in our lives, our church, our community, and our world. As we discern Your actions, show us how we may join You in that work. May we, like Jesus, watch what You are doing and then devote ourselves to working with You daily that Your will be accomplished on earth as it is in heaven. In the Name of Jesus Christ, the Word made Flesh, amen.

Thoughts/prayer requests for today:

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Answered Prayers:

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Thursday, February 27th
Day 2
Ephesians 4:11-16

Pray for: Uniting in the Body of Christ

Lord God, please help us all to be unified in seeing/hearing Your will, growing in our desire to be like Your son Jesus and reaching out to others in need. Humble us, help us, strengthen us in unity and enable us to work together to bring about Your will on this earth using our unique talents, and gifts in our own way, Amen!

Thoughts/prayer requests for today:

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Answered Prayers:

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Friday, February 28th
Day 3
John 1:3-7

Pray for: St. John's and our Family/Friends

Dear Lord, of ALL... Praise Your Holy Name. Thank you for this wonderful fellowship of faith. All around us, the Body of Christ is growing... in love for You as well as for one another! Help us to see and respond to the needs of our sisters and brothers. Encourage us to be merciful, kind and patient. Remind us that there are still people that need fellowship, love and support. Send us out—or bring them in Oh God, that we may share Your love with the ALL of those we encounter through our actions, our words, and our hearts. We pray in the power of Jesus' Name, Amen.

Thoughts/prayer requests for today:

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Answered Prayers:

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Saturday, February 29th
Day 4
Psalm 24

Pray for: Worship

Creator, You call us to remember. Help us to remember with our whole hearts. Help us to remember that when the whole world seems to be crumbling, You are God. Help us find our way to our knees and pray. Let us worship You with all that we are, even before we know the “smoke will clear”. Build in us a hunger that as we pray this prayer, you will shape our hearts as alters to worship You with our lives. Amen.

Thoughts/prayer requests for today:

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Answered Prayers:

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Sunday, March 1st

What are you thankful for:

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Sermon Notes:

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Monday, March 2nd
Day 5
Jeremiah 33:3

Pray for: Pastors

Heavenly Creator, we pray that our pastors always remember that You are the source of Love. Help them to turn to You before they in all matters. Allow them to be like Solomon and call out to You., dear Lord, asking for discerning hearts to govern and to distinguish between right and wrong. In Jesus' name we pray, amen!

Thoughts/prayer requests for today:

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Answered Prayers:

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Tuesday, March 3rd
Day 6
Romans 8:28, Matthew 6:25-34

Pray for: Provision for the Body of Christ

Heavenly Creator, You have been so generous to our church community! Our lives are full of Your blessings! Yet, it is often hard for us to trust You with the events and people of our lives when we care desperately about them. Lord, help us to truly understand that You will work ALL things out for our good. Teach us to know and really believe with joy that it is safe to step into Your will for our lives. Endow us with Your spirit of generosity that we may be a giving people, wisely using the provisions You have given us. We pray in the power of Jesus' Name, Amen.

Thoughts/prayer requests for today:

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Answered Prayers:

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Wednesday, March 4th
Day 7
Acts 2:38-39

Pray for: Anointing by the Holy Spirit

God, we thank You for Your love and we surrender to You. In doing so, we yield everything to you—our bodies, our souls, minds, and spirits. We ask for forgiveness and repentant heart. We also ask for your special anointing of the Holy Spirit on the church as a body and on each of us as an integral part of the body. We ask all this, with confidence, in the name of Jesus Christ, Amen.

Thoughts/prayer requests for today:

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Answered Prayers:

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Thursday, March 5th
Day 8
Philippians 4:8

Pray for: Openness & Responsiveness to the Holy Spirit

O Lord, let us not fear that we will see the “bad” in others, but rather, let us hope and expect to see the good and virtuous in every person we lock eyes with today. Open our eyes to see the need in another and give us the courage to give them of our very best; even if all we have to offer is a kind word. Give us a hunger for You, Loving God, that we may without fear also be open and responsive to your presence through the Holy Spirit this day. In Jesus’ name we pray, Amen!

Thoughts/prayer requests for today:

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Answered Prayers:

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Friday, March 6th
Day 9
John 16:7, 13-15, Ephesians 3:16-20

Pray for: Joining God in the Holy Spirit

O God, You have blessed St. John's MCC throughout our history. You have given us leaders who have continually prayed for Your will and for You to be glorified in all activities of the church. You have not put us in this community by accident. Use us to shine the light of Your truth on the world around us. We can only succeed through seeking the power of the Holy Spirit. In these days, open our eyes to all You are doing around us, and quicken our hearts to desire to join You in Jesus' Name, Amen.

Thoughts/prayer requests for today:

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Answered Prayers:

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Saturday, March 7th
Day 10
Acts 11:15-16

Pray for: Worship: We are Empowered by the Holy Spirit

Come Holy Spirit of God, come! Prepare our hearts today so that as we worship, we will be baptized anew with Your power and presence. Open our minds and hearts to the grace of our Lord Jesus Christ so that our worship will be joyful. Remove all fear of Your presence in our lives and free us to praise and worship with ALL of who we are; bound together in the love and unity of Jesus Christ our Lord. Fill us Holy Spirit, with Your gifts that we may use them to build up those around us. Bless all who lead and all who come to worship. We pray in the power of Jesus' Name, Amen.

Thoughts/prayer requests for today:

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Answered Prayers:

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Sunday, March 8th

What are you thankful for:

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Sermon Notes:

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Reclaiming Connection

God • Ourselves • The World



Rev. Vance E. Haywood, Jr.
Senior Pastor