



MCC[®]

ST. JOHN'S METROPOLITAN
COMMUNITY CHURCH



*Keeping
a Holy Lent*

**Prayer / Fasting
Journal**

March 9th-14th

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!

Lent 2020 Journal

Take some time and journal what your experience has been thus far. What have you learned? Are there things that you would like to add to your fasting experience? What are your goals for the next 7 days?

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

Monday, March 9th
Day 11
Acts 1:8 & Acts 2:1-40

Pray for: Inviting the Holy Spirit into Our Lives

God, thank you for this day and all the opportunities you have given me, recognized or not. Lord, I believe in the sacrifice that you made in and through Jesus Christ that I may be with you. Your word says that when Jesus had overcome death and ascended into heaven that the Holy Spirit and all Jesus' power became available to me, and that apart from you, I can do nothing. I need Your presence and the gifts of Your Holy Spirit, I ask in the name of Jesus Christ, that you send your Holy Spirit to surround me and all in our church, and fill us now. I pray that all the power, protection, guidance, strength and wisdom of Your Spirit be made known to us, enabling us to rely upon Your Spirit and Strength today and in the days ahead. In Jesus name, Amen.

Thoughts/prayer requests for today:

.....

.....

.....

.....

.....

Answered Prayers:

.....

.....

.....

Tuesday, March 10th
Day 12
Galatians 5:22-26

Pray for: Asking for the Fruits of the Spirit

O God, I thank You for Your indwelling Holy Spirit who resides within me. We ask that Your Holy Spirit now produce within each of us the fruit of the Spirit—Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control. In Jesus name, Amen.

Thoughts/prayer requests for today:

.....

.....

.....

.....

.....

.....

.....

.....

Answered Prayers:

.....

.....

.....

Wednesday, March 11th
Day 13
John 1:3-7

Pray for: Relationship

Creator, we thank you for Your unconditional love that you have poured over us. We thank you for enabling us to make that love manifest within us each day. We pray now that in and through Your Love, we are able to establish, cultivate, and nurture healthy Relationship with ourselves, with each other, and with You! Realizing that it is through our relationships that we are able to experience Your Divine presence. Help us to Reclaim the gift of relationship that you have given us! Amen.

Thoughts/prayer requests for today:

.....

.....

.....

.....

.....

.....

.....

Answered Prayers:

.....

.....

.....

Thursday, March 12th
Day 14
Acts 2:42-27

Pray for: Prayer Ministry

Lord, we thank you for always answering our prayer. We lift up to You the Prayer Ministry at SJMCC. We know all things happen when they are supposed to and when they need to, You are in the midst of them. So, we thank You for the power of prayer and for the dedicated team of individuals that are our Prayer Ministry. Be with them as they pray for our community of faith! In Jesus name, Amen.

Thoughts/prayer requests for today:

.....

.....

.....

.....

.....

.....

.....

.....

Answered Prayers:

.....

.....

.....

Friday, March 13th
Day 15
Hebrews 13:2

Pray for: Guests

Heavenly Creator, We thank You for the guests that You send into our Church and our lives! We have all been here for the first time before. Please remind us that they are YOUR guests while they are here... may we be the hospitable hosts that You have called us to be. May the all who enter these doors for the first time, Hear You, See You and Feel You. Open our eyes and our hearts today. In the Name of Jesus, who welcomed ALL, Amen.

Thoughts/prayer requests for today:

.....

.....

.....

.....

.....

.....

.....

.....

Answered Prayers:

.....

.....

.....

Saturday, March 14th
Day 16
Psalm 147

Pray for: Worship... Offering Hope

Heavenly Creator, we are humbled with thanksgiving for the opportunity to worship You. Prepare our hearts as we come to worship tomorrow. Allow us to hear Your words and feel Your Love more than ever. Reveal Yourself to us in new ways! We pray Hope into lives of many of us searching for Hope that only you can provide. Worshipfully praying in the Name of Jesus, Amen!

Thoughts/prayer requests for today:

.....

.....

.....

.....

.....

.....

.....

Answered Prayers:

.....

.....

.....

Sunday, March 15th

What are you thankful for:

.....

.....

.....

.....

.....

.....

.....

.....

Sermon Notes:

.....

.....

.....

.....

.....

.....

.....

.....

.....

St. John's Metropolitan Community Church
622 Maywood Avenue, Raleigh, North Carolina 27603
Phone: (919) 834-2611

www.StJohnsMCC.org

Reclaiming Connection

God • Ourselves • The World



Rev. Vance E. Haywood, Jr.
Senior Pastor