



# MARCH

## Lent



### Prepare Yourself

Many people like to give something up for Lent. Chocolate, coffee, that extra helping of dinner, one less hour of Netflix or scrolling through social media—whatever it is, you can make what you're giving up for Lent a prayer as well: as prayer-in-action. During this time, pray and ask God to:

- forgive your mistakes
- fill you with His Spirit
- restore and strengthen you
- grant you wisdom
- protect your mind
- bless the work of your hands
- identify any unforgiveness in your heart

### Pray for others

During Lent, we can pray for others by asking God to help us be compassionate and supportive, and to join with those who are suffering. We can also volunteer or donate to help others in need.

### Prayer Resource

In time for Lent, the Mustard Tree is releasing a collation of prayer ideas and resources aimed at supporting and encouraging people in their individual prayer time and when praying in small groups.

Using some of the ideas listed in the resource may help you to pray creatively and powerfully for yourself, your family, your friends and others you know who need God to reach them.



### Prayer Meeting:

Friday 7<sup>th</sup> March  
2:00pm @ Oldland URC,  
as part of the National Day of  
Prayer



**Matthew 5:43-48**  
**Matthew 7:7-12**  
**1 Timothy 2:1-4**  
**Isaiah 41:10**