

MAR 10-16

40 DAY LENT DEVOTIONAL

PRAYER + FASTING GUIDE



Calvary

LENT 2024

AN INVITATION TO CONSECRATION

Consecration etymology:
con = with | secration = sacred-ness

Associated with the sacred.

To consecrate something is to set it apart as sacred—to set something apart as being for the sake of God and His purposes. Jesus Christ represents consecration in perfection. In Jesus we see a heart, mind, eyes, hands, feet, and life set apart for God, surrendered to the purposes of God, and empowered to take ground for the Kingdom of God. For the next 40 days, you are invited to cooperate with the Spirit who longs to lovingly shape and tenderly fashion you into Jesus' consecrated likeness so you might be empowered to do what Jesus did.

For the next 40 days, we invite you to consecrate yourself to the One who consecrated Himself to you. This guide will invite you into intentional consecration through prayer and fasting, as it meditates on the consecrated heart, mind, eyes, hands, feet, and life of Christ.

**How might the Spirit be beckoning you—
longing to shape you into the likeness of
Jesus this Lent?**

FASTING AS A MEANS OF CONSECRATION

Biblical Scholar and Professor Scot McKnight says that fasting is the people of God's faithful response to sacred moments in the life of faith. Fasting is not using our hunger to manipulate God. Fasting is not a means to piously prove our love and devotion to God. Fasting is simply a faithful response to a sacred moment.

The coming of the season of Lent presents us with a very sacred moment. Historically, the church has viewed the season of Lent as a season of introspection, fasting, and repentance. A 40 day season that parallels Jesus' 40 days of prayer and fasting in the wilderness (which in itself parallels Israel's 40 year journey in the Sinai wilderness). Jesus' 40 days of fasting prepared him for his public ministry; our 40 days of fasting during Lent prepares us to receive the fullness of joy that is Resurrection Sunday.

INVITATIONS TO FAST + ALTERNATIVE INVITATIONS

A Typical Lenten Fast | Fasting from sun-up to sun-down every day in Lent (aside from Sundays). This is a historic rhythm + practice of the church.

7 Day Fast | A complete fast from food during the week. We invite you to prayerfully consider engaging a 7 day fast during the week of 24/7 Prayer (the first full week in Lent–Feb 18-25).

Once-A-Week Fast | A fast from sunrise to sunset one day a week during Lent. According to Polycarp, a second century church Father, the early church practiced communal fasting on Wednesdays and Fridays. You might consider fasting on a Wednesday or a Friday this Lent.

Beginners Fasting | Never fasted before? Start simple and manageable. Try skipping one meal one day a week.

Alternatives to Fasting + Other Invitations | For those who struggle with an eating disorder, body image, or for other health/medical/personal reasons choose not to fast–you could consider giving up sweets, caffeine, alcohol, processed food, screen time, social media, radio/podcasts in the car, your bed (sleep on the floor), and/or frivolous spending.

WEEK 5 THE HANDS OF CHRIST

4TH SUNDAY IN LENT: A Prayer Poem

Give me Your hands, Jesus.

Your hands that were learned in Joseph's trade.

Your hands that knew the aches and pains and wear and tear of day labor.

Your hands that were quick to open and slow to clench.

Your hands that were constantly folded together in prayer.

Your hands that touched the leper clean.

Your hands that lifted Jairus' daughter out of her bed.

Your hands that broke the bread of Your body

Your hands that poured the wine of Your blood.

Your hands that were pierced and pounded with nails and opened wide on the cross in wounded love.

Give me Your hands, Friend of Sinners.

Amen.

MONDAY: The Hands: The Hand Hyperbole?

Invocation | Immortal Invisible God, I welcome You into this new week. I pray for that in Your grace and by Your Spirit, my hands would be consecrated into the likeness of Your hands, Jesus. Amen.

Scripture | "And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell." (Mt 5:30).

Silence

Meditation | Our hands have the capacity to do great good. Healing, comforting, blessing, giving, hugging, embracing. Our hands also have the capacity to do great evil—so great is the evil our hands are capable of that they alone can drag our entire body into hell.

Silence

Yielding Prayer | Maker of Heaven and Earth, I give you my hands. They are not as clean as I'd like them to be. Unclench my fists. Warm my open palms to clasp onto Your grace. I need Your hands; give me Your hands, Jesus. Amen.

T U E S D A Y: Examine My Hands (Part 1)

Invocation | Jesus, would You encounter me now by Your Holy Spirit. As the week progresses, reveal the true condition of my hands with greater and greater clarity. Amen.

Silence

Reading | Proverbs 12:20-24

Silence

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Reflection + Listening Prompt | “Diligent hands will rule” (Pro 12:24a). Are my hands diligent? Do they enable me to live well? Do they hinder me from faithfully following Jesus? I take a moment to reflect on what role my hands play in my life and how they affect my relationship with You, Jesus.

Silent Reflection

Prayer of Surrender | Lord Jesus Christ, I long to use my hands in the same way and in the same manner that You did. I long for my hands to welcome, to build, to heal, and to bless. I need Your hands; give me Your hands, Jesus. Amen.

W E D N E S D A Y: Examine My Hands (Part 2)

Invocation | Holy God, the One who is and who was and who is to come, I invoke You to break forth like the dawn. Come close. Be with me today. Amen.

Silence

Reading | Psalm 24

Silence

Reading | Psalm 24

Reflection + Listening Prompt | How do I use my hands? Are my hands clean? Does the use of my hands reflect that they are operated and driven by a pure heart? Or are my hands a bit dirty? Do I touch things with them I’m not supposed to touch? Do I use them to hoard what I have? Do I use them to consume more than I need or more than what’s good for me?

Silent Reflection

Prayer of Surrender | Good Shepherd, You alone know how I’ve used my hands in ways that are incoherent with Your Divine intentions. I place my dirty hands inside of Your perfectly pure hands. Make them clean. Amen.

THURSDAY: Examine My Hands (Part 3)

Invocation | Incarnate God, God with hands and feet and eyes and ears, show me how to properly and lovingly use my hands. Amen.

Silence

Reading | Mark 10:13-16

Silence

Reading | Mark 10:13-16

Reflection + Listening Prompt | Jesus, You use Your hands to bless the lowest and the least. I use my hands for self-seeking and self-gratification. You use Your hands to give and forgive. I use my hands to take and to hoard. In the silence, I see my own hands compared to Yours.

Silent Reflection

Prayer of Surrender | Clean and calibrate my hands, O God, to move in and by Your grace and for Your glory. I need Your hands; give me Your hands, Jesus. Amen.

FRIDAY: Purify my Hands (Part 1)

Invocation | Perfectly Holy and Purifying Lord, I submit myself to the ministry of Your painful yet freeing healing. My hands do not look like Yours, Jesus. Come close to me and heal me as I confess and repent. Amen.

Silence

Reading | James 4:4-10

Silence

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Reflection + Listening Prompt | “Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded” (Jas 4:8). I choose to embody these words now. I draw near to You God. Wash my hands in Your Living Water of grace. I confess and repent of the sins of my hands.

Silent Prayer of Confession + Repentance

Prayer of Surrender | Receive my confession. Pardon my sin. Empower my repentance. I need Your hands; give me Your hands, Jesus. Amen.

SATURDAY: Purify My Hands (Part 2)

Invocation | Come, Holy Spirit. As I commit to a life lived on the other side of confession and repentance, I pray that You would lead me and guide me. Prosper the work of my hands. Amen.

Silence

Reading | Psalm 90

Silence

Reading | Psalm 90

Reflection + Listening Prompt | Having confessed and repented of the sins and sinfulness of my hands, I now commit my hands to Your ministry Jesus. Lord, give me hands that heal. Lord, give me hands that bless. Lord, give me hands that welcome. Lord, give me the very hands of Jesus. In the silence I say, “Yes” to You and the ministry of Your hands, Jesus.

Silent Prayer of Consecration + Commitment

Prayer of Surrender | Consecrated Christ, into Your hands I commit my hands. Use them for Your Kingdom and for Your glory. Amen.

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Calvary

400 Beeline Road
Holland, MI 49424

info@calvaryholland.com

(616) 396-7500

www.calvaryholland.com