

For the season of Lent (February 17 - April 3), NewCom is seeking to unleash defiant faith by practicing **40 Days of Living Prayerfully**. We're challenging everyone to **take courageous steps to experience God through prayer & fasting**. Use this worksheet to build your plan.

With God's help, I will take courageous steps to experience God by committing to the following intentional prayer times, communal prayer spaces, and sacrificial prayer & fasting practices:

	INTENTIONAL PRAYER	COMMUNAL PRAYER	SACRIFICIAL PRAYER THROUGH FASTING
<b>WEEK ONE</b> FEB 17-27			
<b>WEEK TWO</b> MAR 1-6			
<b>WEEK THREE</b> MAR 8-13			
<b>WEEK FOUR</b> MAR 15-20			
<b>WEEK FIVE</b> MAR 22-27			
<b>WEEK SIX</b> Mar 29 - APR 3			

**NOTES:**

- Make a plan that **will challenge you**. This is about taking courageous steps, which will look different for each person.
- In historical Lenten practice, Sundays are considered "Feast Days," meaning that you may break your fast in a limited way in order to delight in God's grace and sustenance.

## INTENTIONAL PRAYER

Set aside time for regular, intentional prayer by signing up for 30-minute time slots from 5am-11pm. You are welcome to sign up for as many time slots as you want, and you can pray on your own or invite people to join you. Part of being intentional is planning ahead, so we recommend signing up for several slots in advance.

Sign up for your prayer times:  
[bit.ly/livingprayerfully](https://bit.ly/livingprayerfully)

You may spend this time praying as you feel led, but if you need help getting started, we suggest interspersing silence and stillness with the ACTS prayer model:

**Adoration:** Celebrate God for being who He is!

**Confession:** Acknowledge individual or corporate sins & brokenness. Ask for forgiveness.

**Thanksgiving:** Express gratitude to God for what He has done for you and others.

**Supplication:** Express your needs and the needs of others to God.

## COMMUNAL PRAYER

Set aside time for prayer with others.

### How to Join:

Zoom Meeting ID: 817 6490 2780

Passcode: newcom

Or use this link: [bit.ly/newcomprayer](https://bit.ly/newcomprayer) (case-sensitive)

### MONDAY AT 7:30PM: Praying The Lord's Prayer

Join us for a time of corporate prayer. We will be using a specific line from The Lord's Prayer each week to guide our time of prayer.

### FRIDAYS AT 7:30PM: Praying Our Hearts

Join us as we focus our time praying and listening with our hearts, engaging creative and/or contemplative practices as we pray together.

### SATURDAYS AT 10AM: Praying Our Requests

Join us as we share our individual requests in community and lift up our collective requests to God in prayer.

\*\* These communal prayer gatherings are welcome to everyone, regardless of your experiences with prayer. If praying is unfamiliar or new to you, these spaces can help you experience God through prayer in community. Rest assured, you will not be required to pray aloud in front of others.

## SACRIFICIAL PRAYER THROUGH FASTING

Deepen your appetite for God by abstaining from specific items, such as food (ex: meat) and habits that are a part of your everyday life (ex: watching TV). Fasting is a form of prayer that purposefully disrupts your everyday routine to make more room for God. When you fast, you experience the opportunity to deepen your reliance on God (vs. self). Fasting enables you to experience Jesus' words in a deeper manner: "People do not live by bread alone, but by every word that comes from the mouth of God." (Matthew 4:4)

Thoughtfully consider what you will abstain from during the next 40 days. Consider creating a plan that will honor both God and your unique self (and personal needs)! Consider how this disruption will impact your everyday life and how you can fill the "void" that you will likely experience with prayerful activity. Your plan could look like choosing one additional sacrifice each week (an incremental approach), fasting from the same food or habit for the entire 40 days, fasting from one meal each week, etc. Your plan will be unique to you so walk in the freedom to discern what will help you take courageous steps to experience God during this 40-day period.

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## GUIDING WORDS FOR 40 DAYS OF LIVING PRAYERFULLY

### • Reflection Questions

- What areas of my life might God be asking me to surrender?
- What areas of my life is God wanting to heal or restore?

### • Community Commitments

As you make your plan and move through this experience in community, please keep the following commitments close to your heart:

- We are committing to take courageous steps during this 40-day period
- Invite a friend or your life/micro group into awareness of your plan
- Maintain encouraging talk in community. For example:
  - **DO** express genuine struggles and request prayer from the people you have invited in
  - **DON'T** focus your discussion/commentary of your experience with fasting on weight loss, commenting on each other's appearance, giving over-attention to food, complaining about what you can't do

## FAMILY PRAYER

Parents, we encourage you to invite your kids and youth to participate in this season of prayer. Have a family conversation about your personal commitments, and then come up with shared commitments or activities that you can do as a family. Those could include:

- **Intentional Prayer Together:** Sign up for a 30-minute Intentional Prayer time slot as a family and do a prayer activity together.
- **Recite the Lord's Prayer:** At dinner or before bed, recite or sing the Lord's Prayer together.
- **Praise & Prayer Box:** Decorate a box and write a praise or prayer on a piece of paper and put it in the box every day or once a week.
- **Theme Prayers:** Every day pray for a different theme together (Mondays: our teachers, Tuesdays: people who need healing, Wednesdays: NewCom, etc...)
- **Tech Sabbath:** Take an afternoon break from digital activities to do a fun family prayer activity and be present with each other.