

A dark green vertical bar on the left side of the page. An orange arrow points to the right from the bar, containing the text "LENT 2021".

LENT 2021

Preparing for Easter

Praying simple prayers each day,
breathing in, breathing out

Several thin, curved lines in shades of green and grey, resembling grass or reeds, extending from the bottom left towards the center of the page.

Prayer is as important in one's life as breathing. During the coming Lenten season we will learn to inhale and exhale the word of God through prayer. Below you will find 20 scripture verses. Copy these verses two times and cut them into individual prayers. When you are done you will have 40 short prayers to pray during the 40 days of Lent. Take these prayers and fill an empty jar with them and place it next to where you sleep. When you awake each morning start your day with a prayer by taking one of these out of the jar and reading it out loud, breathing in and breathing out. Do this a couple of times. As you do this give thanks for the gift of life. May the Lord bless your Lenten journey.

Psalm 46:10

Inhale: Be still

Exhale: and know that
you are God

Psalm 23

Inhale: I will not be afraid

Exhale: for You are with
me

Psalm 56:3

Inhale: When I am afraid

Exhale: I will trust you

Revelation 22:20

Inhale: Come

Exhale: Lord Jesus

2 Corinthians 12:9

Inhale: Your grace

Exhale: is enough for me

Psalm 46:1

Inhale: You are our refuge

Exhale: and our strength

Romans 8:38-39

Inhale: Nothing can
separate me

Exhale: from God's love

Philippians 4:7

Inhale: Peace of Christ

Exhale: guard my heart and
mind

Matthew 11:28-30

Inhale: Humble and gentle
One,

Exhale: you are rest for my
soul

John 15

Inhale: True Vine and
Gardener,
Exhale: I abide in You.

Matt. 6:10

Inhale: On earth
Exhale: as it is in heaven.

2 Cor. 12:9

Inhale: Your grace
Exhale: is enough for me.

1 John

Inhale: There is no fear
Exhale: in your Love.

Psalms 74:16

Inhale: Both day and night
Exhale: belong to You.

Psalms 91:1

Inhale: I find rest
Exhale: in Your shelter.

Psalms 103: 4-5

Inhale: You surround me
with love
Exhale: and tender mercies.
Inhale: You fill my life
Exhale: with good things.

Luke 18:38

Inhale: Lord Jesus Christ, Son
of God,
Exhale: have mercy on me a
sinner.

Luke 22:42

Inhale: Not my will
Exhale: but yours be done.

Isaiah 6:8

Inhale: Here I am

Exhale: send me Lord.

John 15

Inhale: True Vine and Gardener,

Exhale: I abide in You.