

# 40 Day Lent Prayer Guide

ST ANDREW'S CATHEDRAL



# A word from the Vicar

R E V D L E W I S L E W

**Church**, as part of our focus on “**a Deeper Life in Christ**” we want to enter into this season of Lent a bit differently.

Prayer is the direct line with our Heavenly Father. God tells us, “if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” (2 Chron 7:14). Church, God hears our prayers from Heaven when we seek His face together as a people of God.

This Lent season, we need to step-up prayers for our nation, for our Diocese, for our deaneries, for Cathedral, and for ourselves. I want to encourage you to set aside time daily to pray and as the Lord enables you to fast from food or from things that are distracting you from coming to God.

To help us commit to pray together as a Cathedral community through the 40 days of Lent, you can sign-up ([tinyurl.com/lentprayerfast](http://tinyurl.com/lentprayerfast)) as a family, as a connect group or as individuals - to pray on a certain day or certain time slots.

This **40 day Lent Prayer Guide** put together by our Cathedral's intercessors will guide you to pray for the different prayer focuses. All the information, sign-up for prayers and Lent resources will be available on our website under Lent & Easter programme. ([www.cathedral.org.sg](http://www.cathedral.org.sg))

My hope as we focus on PRAYER during this Lent Season, is for us to go deeper in Christ and to experience Personal Revival that will lead us to a deeper relationship with Christ. May the Lord help us! Amen!

## CONTENTS OF THIS PRAYER GUIDE

There are 4 areas of focus in this 40 Day Prayer Guide:

- **Our Lord's Prayer** (pages 6-17)
- **Our Cathedral** (pages 18-29)
- **Our Diocese** (pages 30-47)
- **Singapore** (pages 48-56)

We begin our 40 Day Lent Fast & Prayer on a more personal note with the Lord's Prayer. Taking a phrase or a clause from the Lord's Prayer for each day of Prayer, you are invited to ponder and meditate on what it means to you and how you can pray that phrase/clause in a more personal way.

The other areas of focus (Our Cathedral, Our Diocese & Singapore) have a specific header for each item, accompanied by a Scripture text(s), Prayers for thanksgiving and the prayer pointers. Please pray as the Holy Spirit leads you; listen and wait to hear what He says and record your impression in your journal.

The 40th day ends with a time for

**Personal Consecration and Renewing  
our covenant with the Lord** (page 57).

### **Acknowledgements**

This Prayer Guide has been put together with the help of the Cathedral Intercessors, the Vicars and clergy of our 27 Parishes, the Deans of our overseas Deaneries and LoveSingapore.

A special thanks to LoveSingapore for their generosity in permitting the use of the sections on "How to Fast" and "How to Enjoy Fasting" from their 40 Day Prayer Guide and also for permitting the use of their prayer pointers for our prayer focus on Singapore (Day 32 to Day 38).

## HOW TO FAST

You may fast and pray on your own or do it as a group with your family, friends, office colleagues or your connect group.

You are free to fast however the Spirit leads you. Here are some options:

- Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.

### Total Fast

- Abstain from solid foods and beverages for 24 hours. Take only water.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you've learned in tangible actions.

### Partial Fast

- Abstain from solid foods for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.

### 1-Meal Fast

- Sacrifice one full meal a day.
- Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.
- Be alert. Besides fasting from food, fast from things that distract, such as TV, social media, cyber-games, or things that destroy such as coarse jesting or careless words.

### Beverage Fast

- Abstain from solid foods for 24 hours. Take only water and liquid foods such as milk or other health beverages.
- Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chilli or acidic foods as much as possible.

### Daniel Fast

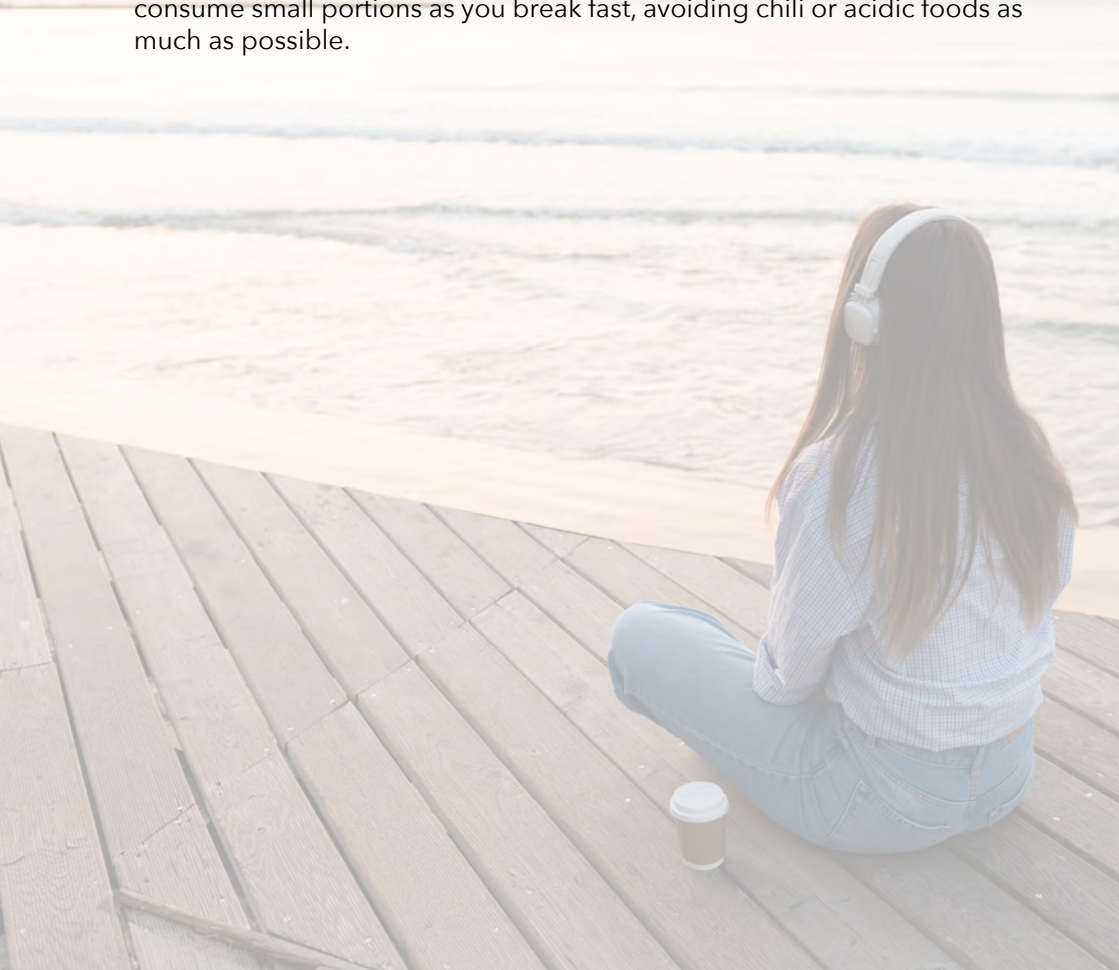
- Abstain from meats and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. You may practise this as a 40 Day routine. Or as Daniel 1:12 suggests, make this a 10-day fast.

### Esther Fast

- Abstain from solid foods for 24 hours for 3 days. (Esther 4:16)

## HOW TO ENJOY FASTING

- Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.
- Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you've learned in tangible actions.
- Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.
- Be alert. Besides fasting from food, fast from things that distract, such as TV, social media, cyber-games, or things that destroy such as coarse jesting or careless words.
- Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding chili or acidic foods as much as possible.



## A Prayer To Prepare Our Hearts

'God our Heavenly Father, King of kings and Lord of lords of the vast universe You have created. You are high and lifted up, resplendent in beauty and perfect in holiness. Yet You chose in Your immeasurable love to dwell among sinful humanity in the person of our Lord Jesus Christ, to reveal Yourself to us, to redeem us from the enslavement of sin through Christ's death on the cross and to make us Your very own. You sent your life giving Spirit to indwell every believer that we may know You intimately.

As we enter the season of Lent, grant us Your grace to emulate the example of our Lord Jesus Christ who fasted and prayed for 40 days in the wilderness.

Cause us to know Your thoughts and Your will as we commit the next 40 days to being in Your presence and to be fully present with You.

Lead us by Your Spirit into the inner sanctuary as we bring our lives under the searchlight of Your Holy Spirit, deal with areas of sinfulness and align our hearts and wills to Yours.

Teach us how to pray as we ought that we may partner You in Your Kingdom's work and glorify Your Name.

In Jesus' Name we pray, **Amen.**







# THE LORD'S PRAYER



## DAY 1

### Our Father in heaven

"For you did not receive the spirit of slavery to fall back into fear; but you have received the Spirit of adoption as sons, by whom we cry, 'Abba! Father!'" (Romans 8:15)

God is my Abba ("Daddy"). Take a moment to ponder what "Father God is **my** Daddy" means to you.

#### Think about:

His tender compassion towards you

".....But while he (the prodigal son) was still a long way off, his father saw him and felt **compassion**, and ran and embraced him and kissed him." (Luke 15:20)

(My Father's relentless love for me)

"And when Jesus heard this (John the Baptist's beheading), he withdrew to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore he saw a great crowd, and he had **compassion** on them and healed their sick." (Matt. 14:13-14)

(My Father's selfless love for me)

His desire for intimacy with you

"Call to me and I will answer you, and will tell you great and hidden things that you have not known." (Jeremiah 33:3)

#### Ask:

1. How have I truly appreciated God's relentless and selfless love for me?
2. Do I desire intimacy with Him?
3. Am I attentive to His voice?
4. Is my daily quiet time filled with tender moments with my daddy or is it a dutiful bible study?

#### Pray:

- Repent of your lack of desire for God and your superficial relationship with Him.
- For a deep hunger for God "As the deer pants for flowing streams, so pants my soul for God, for the living God..." (Psa. 42:1-2)
- That you may hear His voice and respond to His tender love.
- That you will do what it takes to draw close to God.



### Hallowed be Your Name

"Sing praises to the LORD, O you His saints, and give thanks to His holy name." (Psa. 30:4)

"Bless the Lord O my soul, and all that is within me, bless His holy name!" (Psa. 103:1)

"He sent redemption to His people; He has commanded His covenant forever. Holy and awesome is His name!" (Psa. 111:9)

In Jewish thought, a name is not merely an arbitrary designation, a random combination of sounds. The name conveys the nature and essence of the thing named. It represents the history and reputation of the being's name.<sup>1</sup>

God's name is often described as "holy". To hallow God's name is to recognise its holiness by giving God the reverence which is His due. The prophets were concerned that God's name should not be profaned by His people's sinful behaviour.<sup>2</sup>

#### Think about:

The awesome holiness of His Name

"Worship the LORD in the splendour of holiness; tremble before him, all the earth!" (Psa. 96:9)

(Respond to God's holiness in worship)

Your worshipful response to His awesome holiness

"Through him (Jesus) then let us continually offer up **a sacrifice of praise** to God, that is, the fruit of lips that acknowledge his name." (Hebrews 13:15)

"I appeal to you therefore, brothers, by the mercies of God, to present **your bodies as a living sacrifice**, holy and acceptable to God, which is your spiritual worship." (Roman 12:1)

#### Ask:

1. How have I acknowledged the awesome holiness of God's Name and given Him the reverential worship which is His due?
2. How have I hallowed His Holy Name?
3. How have I profaned His Holy Name?

<sup>1</sup>Jewish concepts. See The Name of God ([jewishvirtuallibrary.org](http://jewishvirtuallibrary.org))

<sup>2</sup>R.T. France, The New International Commentary on the New Testament, The Gospel of Matthew, Wm B. Eerdmans Publishing Co, 2007, 246.

### Pray:

- Repent of the things you have done that have dishonoured God's Holy Name
- For sanctified lips that exalt His Name in worship and in edifying speech.
- For a sanctified life that is living sacrifice, holy and acceptable to God.
- For a heart of obedience to His command: ".....You shall be holy, for I am holy." And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile," (1 Pet. 1:16,17)

## DAY 3

### Your Kingdom Come

"The Kingdom is God's rule actively invading the kingdom of Satan.

Jesus separated the present and future visitations of the Kingdom".<sup>3</sup>

"From that time Jesus began to preach, saying, "Repent, for ***the kingdom of heaven has come near.***" (Matt. 4:17 NIV)

(Present visitation of the Kingdom through Christ's incarnation)

**"When the Son of Man comes in His glory,** and all the angels with him, then He will sit on his glorious throne. Before Him will be gathered all the nations, and He will separate people one from another as a shepherd separates the sheep from the goats. And He will place the sheep on His right, but the goats on the left. Then the King will say to those on His right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world.'" (Matt. 25:31-34)

(Future visitation of the Kingdom at the end of the age)

### Think about:

The Kingdom of God (God's active rule) that is present now.

"The seventy-two returned with joy, saying, 'Lord, even the demons are subject to us in Your name!' And he (Jesus) said to them, 'I saw Satan fall like lightning from heaven.'" (Lk. 10:17-18)

(The mission of the 72 disciples in the name of Christ asserted the presence and power of the Kingdom)

<sup>3</sup>Evangelical Dictionary of Theology, Baker Academic, 2001, 658.

Praying "Your Kingdom Come" is praying that "God's Kingship may be fully implemented as people submit to His sovereignty."<sup>4</sup> That means:

- Captives are set free (redemption of the world)
- Evil is defeated

### Ask:

1. Am I submitting to God's Kingship in my life?
2. Do I seek first the Kingdom of God and His righteousness above the earthly things of this earthly life?
3. How am I living in the reality of His Kingdom Come and in the expectancy of His Kingdom Come at the end of the age?

### Pray:

- Repent of areas where you have not submitted to God's Kingship in your life.
- That you will seek first His Kingdom and His righteousness and trust Him for your physical needs. (Matt. 6:33)
- That you will see the world from Kingdom perspective. "Seeing with the love of the Creator for this His spectacularly beautiful creation and seeing it with deep grief for the battered and battle-scarred state in which the world now finds itself." (Tom Wright)
- That you will live in a manner that experiences "His Kingdom Come" in the present and looks with expectancy for "His Kingdom Come", at the end of the age.
- For the redemption of the world, the radical defeat and uprooting of evil.
- That you will be "a Kingdom-bearer, a healed healer and a Servant of the Lord." (Tom Wright)

## DAY 4

### Your will be done on earth as it is in heaven

"And he (Jesus) said, 'Abba Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.'" (Mark 14:36)  
(Jesus' complete obedience to the Father, even unto death)

### Think about:

"Doing the will of God" is for Matthew, a potent summary of disciples' lives<sup>5</sup>  
"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven."  
(Matt. 7:21)

<sup>4</sup> R.T. France, The New International Commentary on the New Testament, The Gospel of Matthew, Wm B. Eerdmans Publishing Co, 2007, 246.

<sup>5</sup> R.T. France, The New International Commentary on the New Testament, The Gospel of Matthew, Wm B. Eerdmans Publishing Co, 2007, 24

“For whoever does the will of my Father in heaven is my brother and sister and mother.” (Matt. 12:50)

Tom Wright’s description of doing God’s will

“It is the way we re-tune our instruments to play God’s oratorio for the world to sing.”

In heaven, God’s Name is hallowed, His Kingship is acknowledged and His will is done.

May this also be the case on earth in our execution of His divine will.

**Ask:**

1. Am I an instrument that is in tune to play God’s oratorio or am I out of tune?
2. What is the revealed will of God that I need to obey?
3. Have I signed on for the work of the Kingdom?

**Pray:**

- Repent of disobedience to God’s will, be it sins of commission or sins of omission.
- That you will willingly submit to the will of God.
- That you will sign on for the work of the Kingdom.

## DAY 5

### Give us this day our daily bread

“Then the LORD said to Moses, ‘Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day’s portion every day, that I may test them, whether they will walk in my law or not.’” (Exo. 16:4)

(Bread was a symbol of God’s provision for His people’s needs, needs which go beyond physical sustenance to encompass sustenance of our whole lives.

Asking for bread daily is to acknowledge our daily dependence on God for His provision.)

**Think about:**

My Father knows my need for physical food

“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all.” (Matt. 6:31-32)



My Father also knows I need more than physical food to sustain me through life

"Our fathers ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.' Jesus then said to them, 'Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. For the bread of God is he who comes down from heaven and gives life to the world.'" They said to Him, 'Sir, give us this bread always.' Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.'" (John 6:31-35)

(I need Jesus who nourishes me spiritually and satisfies the deep spiritual longings of my soul)

### Ask:

1. Do I trust in my Father to provide for my daily needs or am I anxious that I will suffer lack?
2. Do I come to Jesus for daily spiritual nourishment and look to Him to satisfy the deep spiritual longings of my soul?

### Pray:

- That you will not worry about your physical needs but trust God to provide all that you need for each day.
- That you will re-order your priorities so that you "Seek first His Kingdom and His righteousness and all these things will be added to you." (Matt. 6:33)
- That you will crave for more of the "Bread of life" who alone can nourish you spiritually and satisfy the deep spiritual longings of your soul.

## DAY 6

### And forgive us our debts, as we also have forgiven our debtors

"Father, I have sinned against heaven and before you." (Luke 15:21)

(The account of the repentant prodigal son portrays vividly the Father's lavish love for wayward sinners like us. It was totally undignified for an older man to run to a younger man, even more so, his son who had disgraced the family name, but the father threw all dignity to the wind for the love of his son.

Forgiveness is reciprocal. As we receive God's forgiveness, we must release forgiveness to those who have offended us.)

**Think about:**

**And forgive us our debts**

The extent of the Father's love for you

"but God shows His love for us in that while we were still sinners, Christ died for us." (Romans 5:8)

The Father's promise of forgiveness when we repent

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)

Live in freedom from sin's condemnation

"There is therefore no condemnation for those who are in Christ Jesus." (Romans 8:1)

**As we also have forgiven our debtors**

God's forgiveness of us must be mirrored in our forgiveness of others.

"And in anger his master delivered him over to the jailers, until he should pay all his debt. So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart." (Matt. 18:34-35; read the whole parable of the unforgiving servant in Matt. 18:23-35)

(In this parable, God's forgiveness comes first but it is withdrawn when the person forgiven refused to forgive another)

To ask God's forgiveness while at the same time refusing to forgive is hypocritical.

Like God, we must be concerned with repairing broken personal relationships.

**Ask:**

1. Do I place a premium on my relationship with God and with my fellow men?
2. Will I seek God's forgiveness for the specific sins I have committed against him?
3. Will I forgive the specific offences of others and seek reconciliation with them?

### Pray:

- For the Holy Spirit to examine your heart and to reveal areas where you have sinned against God.
- Ask God to forgive specific sins and to change your heart.
- Ask God for grace to forgive specific sins done to you (in some cases, this may be a long drawn out process), for His healing of hurts inflicted on you and for His enabling to reconcile with the ones who have offended you.
- For a fresh commitment to live in love and peace with all our Christian brothers and sisters.

## DAY 7

### And lead us not into temptation but deliver us from evil

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil." (Matt. 4:1)

(The Greek for "tempted" can also mean "test". God clearly never tempts anyone to do evil (James 1:13) but he uses circumstances to test our character (Heb. 11:17). The devil is the one who tempts us. Such testings are part and parcel of our Christian life where Kingdom values and worldly values clash.)

### Think about:

Jesus exhorts us to pray "Lead us not into temptation" could mean<sup>6</sup>:

- Let us escape the great tribulation that is coming on the world.
- Do not let us be led into temptation that we are unable to bear.
- Enable us to pass safely through the testing of our faith.

Jesus exhorts us also to pray "deliver us from evil"<sup>7</sup>.

### This does not mean:

- A head-in-the sand approach – pretend it doesn't exist.
- Wallow in evil and see it everywhere.
- Adopt a gung-ho attitude and unthinkingly charge to battle it.

### What it means is:

- Recognise evil is real and powerful. It is not only out there but within each of us.
- But recognise also that Jesus' victory over evil is also real and powerful.

<sup>6</sup> Tom Wright, THE LORD AND HIS PRAYER, Society for Promoting Christian Knowledge, Holy Trinity Church, Marylebone Road, London NW1 4DU.

<sup>7</sup> Ditto

- “Deliver us from evil” is to enforce the victory of the cross. It entails signing on for a struggle and a battle. If Jesus, after His baptism had to go into the wilderness and be tempted by the devil, why should we be spared of the same thing?

We are called to pray alongside Jesus Himself “as He weeps in Gethsemane and staggers on to Calvary.” We can’t do that from a safe distance. We can only pray “deliver us from evil” when we say ‘Yes’ to the call to follow Jesus to Gethsemane. By giving us this prayer, then, Jesus invites us to walk ahead into the darkness and discover that it too, belongs to God.<sup>8</sup>

### Ask:

1. Do I recognise that testing is part and parcel of the Christian life and how would I handle it?
2. What are some of the struggles that I am going through now and how shall I handle them?
3. Can I walk into the darkness and discover for myself that it too, belongs to God?

### Pray:

- The Lord teach you what it means to pray “Lead us into temptation but deliver us from evil”.
- For victory over whatever temptation you may be facing now.
- For courage and strength to follow Jesus to Gethsemane.

## DAY 8

### “For Yours is the Kingdom, the Power and the Glory, Forever and Ever<sup>9</sup>”

This concluding sentence is not found in either the Gospels of Matthew or Luke but has been included in the liturgy of the Western church. It was already well established within a century of Jesus’ time and is believed to have been intended from the beginning as a fitting conclusion to the Lord’s Prayer. It also fits well with the message of the prayer: God’s Kingdom, God’s Power and God’s Glory are what the prayer is all about.

The prayer encapsulates the whole life and work of Jesus. John summed it up as “The Word became flesh and made His dwelling among us. We have seen

<sup>8</sup>Ditto

<sup>9</sup>This entire section is an adaptation from Tom Wright, THE LORD AND HIS PRAYER, Society for Promoting Christian Knowledge, Holy Trinity Church, Marylebone Road, London NW1 4DU.



His glory, the glory of the one and only Son, who came from the Father, full of grace and truth." (John 1:14)

### **Think about:**

The glory of Augustus Caesar (a Roman Emperor in Jesus' time) was full of brute force and ambiguity but the glory of God's Kingdom is full of grace and truth.

This is what it looked like when the glory of the Lord would be revealed for all flesh to see: "a young Jew, riding over the Mount of Olives in tears, driving the traders out of the Temple, and dying at the behest of Caesar's kingdom."

This is the ultimate redefinition of the kingdom, the power and the glory. Caesar's plans for his own glory are turned by God into the establishment of the true Kingdom.

### **Ask:**

1. How am I living in the kingdom where Christ is King?

### **Pray**

3 ways in which we can take the final sentence of this prayer and "breathe in" Jesus' message, His agenda His very life, and make it our own:

1. Prayer of mission and commission

If Jesus is the true King of all the world, whose kingdom redefines power and glory so that they are now seen in the manger, on the cross, and in the garden, then to pray this prayer is to pray that this kingdom, power and glory may be seen in all the world.

And to pray as well as to work towards this vision becoming a reality.

2. Prayer of incarnation and empowerment

Jesus is King and we who join Him in calling God "Abba, Father" pray this prayer as the new royal family which lives by the radical redefinition of kingship, of royalty which we discover in the manger and on the cross. To pray this prayer is to invoke the power of the Spirit of Jesus, as we work for the glory of God.

3. Prayer of confidence and commitment

It is because Jesus is King that we can pray with confidence. The gospel contains many promises about what happens when people pray in the name of Jesus. Praying in Jesus' Name is to invoke the name of the Stronger than Strong; it is to pray to the One who has taken the power of the world and has defeated it with the power of the cross, has confronted the glory of the world and has outshone it with the glory of the cross.

Charles Wesley captured the mood at the end of the Lord's Prayer when he wrote:

**"Yea, Amen! Let all adore thee,**

**High on thine eternal throne;**

**Saviour, take the power and glory;**

**Claim the Kingdom for thine own:**

**O come quickly, O come quickly**

**Alleluia! Come, Lord, Come!"**

