



Lent 2010
A 40 Day
Adventure in Prayer

An experiment first begun
by Ben Johnson

In his 1983 book, "*An Adventure in Prayer*," Ben Johnson claimed that in 30 days you would 'become aware of God at a depth you've never known before.' He began praying according to a pattern outlined by Bethel Theological Seminary professor Dr. Robin Wainwright. This pattern involved praying for a few minutes morning and night in a quiet place. The following is an adaptation of Professor Wainwright's pattern, and Ben Johnson's experiment.



Friends,

Easter is the great celebration of the church, the day when we proclaim that Christ is risen! Lent is the forty-day season of preparation for Easter.

Why 40 days? Because Jesus fasted and was tempted in the wilderness for 40 days. Lent, then, is a time of prayer, fasting and repentance. Lent is not required anywhere in scriptures, but has become a Christian tradition practiced for over two millennia.

Did you ever stop to realize that Lent is actually 46 days long? The 40 days of Lent are supposed to be days of fasting: days of discipline and self-restraint. However, Sunday, the Lord's Day, should never be a day of fasting, but a day of celebration! So each Sunday we suspend our Lenten disciplines and celebrate.

What follows is an invitation to prayer; a 40 day adventure to deepen our relationship with God. I hope and pray that you will join me and your church family on this journey together.

Yours In Christ,

Pastor Andy

Why?

What breathing is to the body, prayer is to the soul. This is a Lenten opportunity to enter the "prayer lab;" a thoughtful journey into a deeper relationship with God, adding new insight into the power of prayer, and transforming your life and others by God's grace.

How?

Each Day you will set aside 5-15 minutes in the morning and 5 minutes in the evening to enter your "prayer lab.:

In the Morning

Be still-

Find a quiet place, get comfortable and relax. Take a few breaths. Remind yourself: "I am here to meet God. No other appointment competes in importance." Read a daily Bible Verse. (*I've offered suggestions for each day.*)

Adoration-

Think about the greatness of God. Be humbled that God seeks to know you and bless you. Adore God.

Thanksgiving-

Name the many things God has given you for which you are thankful: family, friends, health, work, church, fun, food, etc.

Dedication-

Review the vows you have made in your life as a Christian, church member, spouse and employee. Reaffirm them and ask God to help you fulfill each one this day.

Guidance-

Envision your day with God, who is with you. Ask God to lead you in your relationships, work, leisure and those unscheduled events and encounters. Ask God for guidance.

Intercession-

Write down the names and situations that cry out for God's grace. You may picture each person in God's presence or you may call out their name, asking God to act on their behalf.

Petition-

Tell God what you most deeply desire in your life, remembering that Jesus said, "whatever you ask for in prayer with faith, you will receive" (Matt. 21:22). As you spend more time in God's presence, your desires will change. Persist in asking and you will be-

gin to know what your true needs are.

Act of Trust-

Having prayed, trust that God is acting to answer in faith your prayers lifted by faith.

Wait-

In the silence, wait for God. Repeat the passage for the day and reflect on it. You may wish to write it down on a slip of paper and carry it with you through the day.

In the Evening

Review the Day-

Identify the places God has been at work in your life and give thanks.

Confession-

Note your feelings, actions, and choices which have been against God's will in Christ. Be specific. Acknowledge them and receive God's forgiveness.

Commitment-

Release yourself to God for the night. Pray for holy rest and renewal for the coming day.

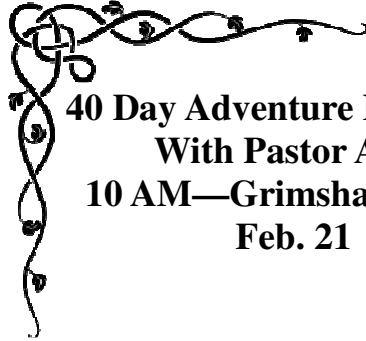
Ash Wednesday

Day 1—(John 3:16)

Day 2—(John 3:17)

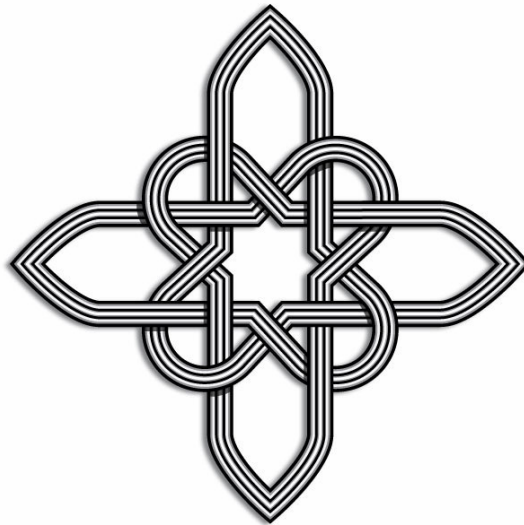
Day 3—(Matthew 4:18-20)

Day 4—(Matthew 4:23)



**40 Day Adventure Discussion
With Pastor Andy
10 AM—Grimshaw Room
Feb. 21**

Sunday—What are you celebrating today?



Week One

Day 6—(Matthew 5:3)

Day 7—(Matthew 5:4)

Day 8—(Matthew 5:5)

Day 9—(Matthew 5:6)

Day 10—(Matthew 5:7)

Day 11—(Matthew 5:8)

Sunday—What are you celebrating today?

**Blessings to you! First week accomplished.
How have you been aware of God this week?
What are your struggles in prayer?
Have you told anyone about your experiment?**

Week Two

Day 13—(Matthew 5:9)

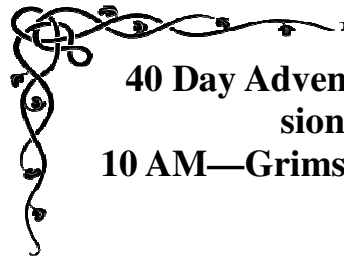
Day 14—(Matthew 5:10)

Day 15—(Matthew 5:43-45)

Day 16—(Matthew 6:7)

Day 17—(Matthew 6:9-13)

Day 18—(Matthew 6:14)



**40 Day Adventure Discus-
sion
10 AM—Grimshaw Room**

Sunday—What are you celebrating today?

**Blessings abound! Second week accomplished.
What has been different in the “prayer lab” this
week? Has prayer made you more aware of your
thoughts, feelings and actions? Are you viewing other
people/situations differently because they are before
God in prayer?**

Week Three

Day 20—(Matthew 6:24)

Day 21—(Matthew 6:26-27)

Day 22—(Matthew 7:7-8)

Day 23—(Matthew 7:13-14)

Day 24—(Matthew 9:28-29)

Day 25—(Matthew 19:26)

Sunday—What are you celebrating today?

Three weeks and still at it! Do you find yourself praying or thinking about God through the day? What resistance to God do you find in yourself? What “coincidences” have occurred?

Week Four

Day 27—(Matthew 21:22)

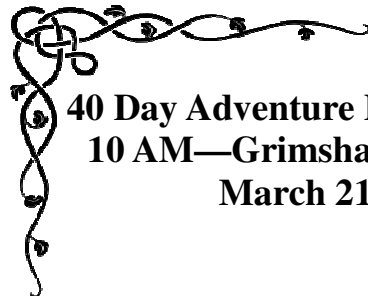
Day 28—(John 6:35-37)

Day 29—(John 12:44-46)

Day 30—(John 13:13-15)

Day 31—(John 13:20)

Day 32—(John 13:34)



**40 Day Adventure Discussion
10 AM—Grimshaw Room
March 21**

Sunday—What are you celebrating today?

Week Five

Day 34—(John 16:33)

Day 35—(Psalm 23:1-3)

Day 36—(Psalm 23:4)

Day 37—(Psalm 51:1-2)

Day 38—(Psalm 51:10-12)

Day 39—(Psalm 51:15-17)

Sunday—What are you celebrating today?



Week Six

Day 41—(Psalm 139:1-2)

Day 42—(Psalm 103:1-4)

Day 43—(Psalm 104:1-4)

Day 44—(1 John 4:7-12)

Day 45—(Psalm 104:1-4)

Day 46—(1 John 4:7-12)

Sunday—What are you celebrating today?

**You have finished the challenge. Surprised?
What are the most important discoveries you've made
in this experiment? In what ways have you been
changed during this past 40 days? Will you continue to
incorporate the discipline of daily prayer in your life?
If so, in what ways? Who will hold you accountable?
Record your insights on the following page.**

