

Lent 2024 at The Belfrey  
PRAY

The Daily Pattern Explained

**Monday – *Listening Days*** – These challenges encourage you to listen to God to guide you as to how to pray. If this is new, you might like to take a time to pause and reflect. Use the Bible or a notepad to help you think and see if God speaks to you through a random thought or a word that pops into your head.

**Tuesdays – *Big Picture prayers*** – These challenges are suggestions to pray for whole people groups. Use the time to pray generally for those in that particular category, try to keep it general unless God highlights someone to pray for specifically.

**Wednesday - *Fasting*** – We will be calling the church to fast specifically on a Wednesday. You can join this by fasting for a whole or half day if you are able to do so. Often we fast for breakthrough, so there will be a focus every Wednesday for Breakthrough Prayer.

**Thursday – *Healing and personal prayer*** - On these days you are invited to think about specific people in your life to pray for. You might like to even be bold and tell them you have prayed for them.

**Friday – *Prayer for York*** – We will be spending time today praying for prosperity for our city.

**Saturday – *Thank You*** – All the prayer prompts today are for us to thank God for something

**Sunday - *Sabbath*** - A day of rest.

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The Forty Day Prayer Plan

1. Ash Wednesday 14 February – Fasting Day – Today we will be fasting for breakthrough for revival in York. That we would see a move if the Spirit that would change the atmosphere;
2. Thursday 15 February – Pray for healing for anyone you know who is sick;
3. Friday 16 February – Pray for your local MP;
4. Saturday 17 February - Thank God for everything you love about your church;

Sunday 18 February – Sabbath.

5. Monday 19 February – Ask God to use you today with those people you meet. Ask him who he wants you to pray for or encourage;

6. Tuesday 20 February – Pray for wisdom and favour for our government;
7. Wednesday 21 February - Fasting Day – Today we will be fasting for breakthrough for our Social Action Programmes including CAP, Wellspring, Foodbank and all those we are involved with in York;
8. Thursday 22 February – Pray for those you know who are struggling with mental health crises or long term issues;
9. Friday 23 February – Pray for the NHS;
10. Saturday 24 February - Thank God for the people in your life who support and encourage you;

Sunday 25 February – Sabbath.

11. Monday 26 February - Pray the prayer of Samuel 'Speak God your servant is listening'. Ask God if there is anything he would like you to do today'
12. Tuesday 27 February – Pray for the elderly who are stuck at home or who are housebound and lonely;
13. Wednesday 28 February– Fasting Day – Today we will be fasting for breakthrough with our impact project. For financial provision, favour with contractors and with the wider community;
14. Thursday 29 February – Pray for someone you know who lives in a different country;
15. Friday 1 March - Pray for your local council workers;
16. Saturday 2 March - Thank God for what he has given you financially;

Sunday 3 March – Sabbath.

17. Monday 4 March – Ask God to show you who he would like you to pray for today. One way to do it is to take a bit of time to wait on him and cycle through your address book or contacts on your phone and see where you pause;
18. Tuesday 5 March – Pray for people who are full time carers for family and friends. Name those who you know personally;
19. Wednesday 6 March – Fasting Day – Today we will be fasting for breakthrough of peace in the world. If it's helpful, pray through the news, focussing on war and conflicts around the world;
20. Thursday 7 March – Pray for your next door neighbours;
21. Friday 8 March – Pray for the businesses and shops in our city;
22. Saturday 9 March - Thank God for your friends and family;

Sunday 10 March – Sabbath.

23. Monday 11 March – Ask God which country he would like you to pray for today. Google it and find out what's happening there and use it as a prompt;
24. Tuesday 12 March – Pray for those who are homeless in our nation;

25. Wednesday 13 March - Fasting Day – Today we will be fasting for breakthrough with couples who are struggling to conceive, in our community and those we know;
26. Thursday 14 March – Pray for any families with newborns that you know;
27. Friday 15 March – Pray for the schools and universities in our city;
28. Saturday 16 March – Thank God for the parts of your health that are good;

Sunday 17 March - Sabbath.

29. Monday 18 March – Ask God what he wants you to work on in your life? Pray and see if there is a situation or decision you need to make where he might have something to say;
30. Tuesday 19 March – Pray for those who are struggling with addiction;
31. Wednesday 20 March – Fasting Day – Today we will be fasting for breakthrough in Church Planting. That we would see favour as we attempt to plant new resource churches and revitalise struggling communities. Pray for Vicky as she prepares for the next Belfrey Plant in Hull;
32. Thursday 21 March – Pray for anyone who you know who does not yet know Jesus;
33. Friday 22 March – Pray for the culture industry and tourists in York;
34. Saturday 23 March - Thank God for the challenges that have allowed you to see his presence more;

Sunday 24 March – Sabbath.

35. Monday 25 March – As we approach Holy Week, ask God which part of the Easter story he would like you to focus on this year. Pray for a fresh understanding or revelation;
36. Tuesday 26 March – Pray for those who are hurting or feeling the pain of bereavement at this time;
37. Wednesday 27 March – Fasting Day – Today we will be fasting for breakthrough in evangelism. Pray for Alpha and all the people you are longing to meet Christ;
38. Maundy Thursday 28 March - Pray a prayer of repentance and ask God's forgiveness for those times you have not followed Jesus' command for us to love one another.
39. Good Friday 29 March - Spend time in contemplative prayer, reflecting on and thanking God for the sacrifice that He made in allowing his only son Jesus to die on the cross, redeeming humanity's sin. You may like to attend our Three Hours at the Cross service, 12pm-3pm at the De Grey Rooms, to do this in community.
40. Holy Saturday 30 March - Fasting Day. A final time to reflect on Jesus' death. Pray that the Holy Spirit will bring you fresh revelation of the meaning of this. You might like to light a candle at the end of the day to remind you of the light and hope that Easter Sunday will bring tomorrow.