



2026

LENT
PRAYER
GUIDE



Week One | The Week of Preparation

Ash Wednesday, February 18th

Today, we remember that we come from dust and to dust we shall return.

Scripture reading: Psalm 90:1-6

Prayer focus: Meditate on the brevity and beauty of life, giving thanks for every breath.

Thursday, February 19th

Today, we invite the Lord to examine our hearts to uncover anything that does not please Him.

Scripture reading: Psalm 139

Prayer focus: Present yourself to the Lord and humbly listen for His rebuke. If you hope to seek and find the Lord this Lent, then your journey must begin by addressing any brokenness in your relationship with Christ.

Friday, February 20th

Today, we repent for sinful actions, thoughts and desires in preparation for seeking the Lord.

Scripture reading: Hebrews 12:4-13

Prayer focus: If the Lord rebuked you yesterday, do not be discouraged. Remember that the Lord corrects those He loves like a parent correcting their children. If you feel shame, reject it. If you feel conviction, embrace it by confessing and repenting of your sins. Humble yourself before the Lord and He will lift you up.

Saturday, February 21st

Today, we give thanks for the forgiveness of sins and the freedom of the Gospel.

Scripture reading: Psalm 103

Prayer focus: The Lord's love for us is as high as the heavens above. He carries our sins as far as the east is from the west. Give thanks for what He has done and who He is!



Week Two | The Week of Seeking

Sunday, February 22nd

Join us for prayer tonight at 6pm!

Scripture reading: Isaiah 55

Weekly prayer theme: Seeking the Lord.

Monday, February 23rd

Today, we ask the Lord to reveal Himself to us in big ways.

Scripture reading: Exodus 19:1-19

Prayer focus: As we seek the Lord this week, ask Him to show up in a mighty, unmistakable way.

Pray that the Lord's presence grants us confidence, wisdom and direction for the days ahead.

Tuesday, February 24th

Today, we search for the Lord in the stillness.

Scripture reading: 1 Kings 19:11-13

Prayer focus: If we are too eager for awesome showings of God's presence, we can miss the subtle messages He may be sending us in the mundane. Listen for the Lord's still, small whisper.

Wednesday, February 25th

Today, we pause to rest in who our God is.

Scripture reading: Psalm 46

Prayer focus: Be still and know that He is God.

Thursday, February 26th

Today, we consider the Lord's example in others.

Scripture reading: Philippians 4:8-9

Prayer focus: Think about believers in your life that you would consider to be saints. How do you see God at work in them? Pray that God does the same work in you this Lent.

Friday, February 27th

Today, we meditate on the Lord's revelation in Scripture.

Scripture reading: 2 Timothy 3:16-17

Prayer focus: Meditate on your favorite Bible verse. How does it shape your understanding of who Jesus is and who he wants you to be? What might the Spirit be saying to you through it?



Saturday, February 28th

Today, we look for God's presence in the wonders of the natural world.

Scripture reading: Psalm 8

Prayer focus: Go into nature today (as you are able) and marvel at its beauty. Recognize the evidence of God there. Give thanks to Him for the power of the wind, the splendor of the stars, the endurance of the waves, the glory of the treetops and the foundations of the earth.



Week Three | The Week of Testing

Sunday, March 1st

Join us for prayer tonight at 6pm!

Scripture reading: Matthew 4:1-11

Weekly prayer theme: Resisting temptation.

Monday, March 2nd

Today, we ask the Lord to keep us vigilant against the schemes of the enemy.

Scripture reading: 1 Peter 5:5-11

Prayer focus: Evaluate your own heart: where are you most vulnerable to temptation? Has the enemy been assaulting you recently? Pray to the Lord for discernment and clarity.

Tuesday, March 3rd

Today, we remember that there is no temptation we cannot overcome with the Spirit's help.

Scripture reading: 1 Corinthians 10:12-13

Prayer focus: Think of the last time you fell into temptation. Which sin tempted you? What circumstances did you find yourself in? How did God provide you a way out? Take note of this and be mindful of the Lord's escape routes the next time you find yourself being tempted.

Wednesday, March 4th

Today, we celebrate the purity and righteousness of the Lord.

Scripture reading: Psalm 145

Prayer focus: Worship the Lord for His righteousness and faithfulness.

Thursday, March 5th

Today, we pray for the resilience of our community against the devil's designs.

Scripture reading: Ephesians 6:10-18

Prayer focus: Pray for the resilience of our loved ones, family, friends and neighbors. Pray also for the city of Hillsboro, that we would become a people seeking the Lord.

Friday, March 6th

Today, we pray for brothers and sisters overseas facing persecution and death for the faith.

Scripture reading: Romans 8:31-39

Prayer focus: Pray for the persecuted, for their courage, strength and faithful witness. Pray for their families and friends. Remember that the apostle Paul began as a persecutor himself. Pray for persecutors like him that they too would come to know the truth, forgiveness and power of Jesus Christ!



Saturday, March 7th

Today, we pray for our foreign missionaries amidst spiritual warfare.

Scripture reading: James 1:12-18

Prayer focus: Pray for the blessing and success of any missionaries you know. Pray especially for the missionaries who will visit our church this year: Lucas & Carol Neves (Argentina), Carlos & Robin Radi (Argentina), and Rob & Cindy North (Australia).

Week Four | The Week of Declaration

Sunday, March 8th

Join us for prayer tonight at 6pm!

Scripture reading: Luke 4:14-30

Weekly prayer theme: Declaring who Jesus is.

Monday, March 9th

Today, we declare that Jesus is the bread of life.

Scripture reading: John 6:25-40

Prayer focus: Jesus provides everything we need for eternal life, yet many come to Jesus lacking belief and demanding a sign instead. Ask the Lord to deepen your faith and trust in him. Rely on him for your needs and be careful not to put him to the test.

Tuesday, March 10th

Today, we declare that Jesus is the light of the world.

Scripture reading: John 8:12-20

Prayer focus: Jesus shows us the truth but many question his authority. Submit to the Lord's will over your life and ask him to reveal any stumbling blocks in your path.

Wednesday, March 11th

Today, we declare that Jesus is the good shepherd and gate for the sheep.

Scripture reading: John 10:1-18

Prayer focus: Jesus is our protector and friend. Anyone who contradicts him is a liar and thief. Call on the Lord's protection and ask him to open your eyes to any bad influences around you.

Thursday, March 12th

Today, we declare that Jesus is the resurrection and the life.

Scripture reading: John 11:17-44

Prayer focus: At the end of time, Jesus will raise the dead and give them life. This is GREAT news! Thank the Lord for his victory over death and bask in the hope of the resurrection.

Friday, March 13th

Today, we declare that Jesus is the Way and the Truth and the Life.

Scripture reading: John 14:1-14

Prayer focus: Jesus shows us the way to the Father. He promises that those who believe in him will do works even greater than he has done! Ask the Lord if there is something He is calling you to do in His name.



Saturday, March 14th

Today, we declare that Jesus is the true vine.

Scripture reading: John 15:1-17

Prayer focus: Jesus is the true vine and we are his branches. If we do not remain in him, we cannot produce fruit. To “remain” is to act out of continuing belief in and loyalty to Jesus. Use this prayer time to enjoy fellowship with our Lord and so receive the necessary nourishment to produce fruit in your spirit!



Week Five | The Week of Service

Sunday, March 15th

Join us for prayer tonight at 6pm!

Scripture Reading: Matthew 20:20-28

Weekly prayer theme: Serving our neighbors.

Monday, March 16th

Today, we recognize that Jesus wasn't afraid of dirty jobs.

Scripture reading: John 13:1-17

Prayer focus: Service is humbling. Humility is a choice. Look for opportunities to serve humbly this week. As you serve, thank God for the opportunity to emulate Jesus.

Tuesday, March 17th

Today, we remember that Jesus met physical needs.

Scripture reading: Matthew 25:31-46

Prayer focus: Prayerfully consider making a special gift to meet the physical needs of someone this week. If you are looking for such an opportunity, consider donating generously to the Mooberry food drive at HNC this month.

Wednesday, March 18th

Today, we celebrate that Jesus loved kids.

Scripture reading: Mark 10:13-16

Prayer focus: To enter the Kingdom is to embrace a childlike faith. Think about one of the kids in your sphere. What lessons might God teach you through them this week? Pray for the kids in your life, our HNC Kids ministry, and for Cindy Bartell and her leadership team.

Thursday, March 19th

Today, we are glad that Jesus cared for outcasts.

Scripture reading: Luke 19:1-10

Prayer focus: Allow the Lord to challenge you today: who in your sphere of influence is an outcast? Who has society neglected? Are you neglecting them too? Consider making contact with someone on the fringe this week and tangibly show them the love of Christ.



Friday, March 20th

Today, we thank Jesus for teaching us.

Scripture reading: Matthew 5-7

Prayer focus: Read the Sermon on the Mount. Ask yourself: which of Jesus' teachings are the most challenging for me to follow? Why? How can I renew my efforts to live like Jesus this year?

Saturday, March 21st

Today, we praise Jesus for laying down his life.

Scripture reading: 1 John 3:16

Prayer focus: We only know what love is because of what Jesus did for us. In the same way he laid down his life for us, he calls us to lay down our lives for others. Spend time in prayer thanking the Lord for his sacrifice and seek his guidance on how you can live more sacrificially for your Christian brothers and sisters.



Week Six | The Week of Worship

Sunday, March 22nd

Join us for prayer tonight at 6pm!

Scripture reading: John 4:1-26

Weekly prayer theme: Worshipping the Lord in the Spirit and in Truth.

Monday, March 23rd

Today, we sing praises and make music to the Lord.

Scripture reading: Psalm 96

Prayer focus: Choose some favorite hymns or choruses and sing them to the Lord. Play an instrument if you can. If you are not a musical person, listen to a recording online and focus on the lyrics. Sing praise and make music to the Lord!

Tuesday, March 24th

Today, we fall at the Lord's feet.

Scripture reading: Luke 17:11-19

Prayer focus: Posture is something many Westerners don't think about in prayer but much of our communication comes through body language. Consider the message communicated by the cleansed leper who threw himself at Jesus' feet. By shifting our posture during prayer (sitting, kneeling, lying down, etc.), we can demonstrate humility, loyalty and honor. As you are able, try a different posture for your prayers today.

Wednesday, March 25th

Today, we thank the Lord by practicing gratitude.

Scripture reading: Psalm 100

Prayer focus: Practicing gratitude can shift your entire perspective on life. Instead of pining for what you don't have, give thanks for your family, friends, job, home, health, church, freedoms, hobbies, and met needs. Above all, give thanks for the Lord's patience, forgiveness and steadfast love.

Thursday, March 26th

Today, we write poetry for the Lord.

Scripture reading: Psalm 23

Prayer focus: Have you ever written a poem for the Lord? Many great men and women of faith have: Moses, David, Miriam, Mary and more. Stretch yourself today by writing your own Psalm praising God. Use creative imagery to describe who He is and what He has done.



Friday, March 27th

Today, we embrace the Lord's gift of rest.

Scripture reading: Matthew 11:28-30

Prayer focus: Christians do not observe the Sabbath in the same way that our Jewish ancestors did, but rest remains a gift and a necessity. Practice sabbath from sundown tonight to sundown tomorrow. Do no work. Instead, spend time with the people you love and with the Lord. Take time to do the things that bring you joy. Sometimes, the holiest thing you can do is take a nap!

Saturday, March 28th

Today, confess that Jesus is the Messiah.

Scripture reading: Matthew 16:13-20

Prayer focus: On his fateful journey to Jerusalem, Jesus asked his disciples to tell him who they thought he was. Bold Peter declared, "You are the Messiah, the Son of the Living God." Many people, agendas, interests, distractions and sirens seek our attention and devotion. Today, we intentionally push them aside to declare our ultimate allegiance again. We do not follow a religion. We embrace a relationship with the Messiah, the very Son of the Living God. Boldly declare who Jesus is today and reassert your devotion to him!



Week Seven | The Week of the Passion

Palm Sunday, March 29th

Join us for prayer tonight at 6pm!

Scripture reading: John 12:12-19

Weekly prayer theme: Praying for the Kingdom to come.

Monday, March 30th

Today, we follow the Lord into the temple.

Scripture reading: Mark 11:15-18

Prayer focus: Our gentle Lord made a whip out of cords and drove all from the temple area.

Why? Because they desecrated the sacred and used the Lord's house to turn a profit. Consider how you treat the sacred in your day-to-day life. Would the Lord be pleased with how you use His name, His word, His people and His house? Let the Lord's passion ignite in you a zeal for the sacred things of God.

Tuesday, March 31st

Today, we observe Mary anointing the Lord.

Scripture reading: John 12:1-11

Prayer focus: Mary's loving action is legendary. The pint of pure nard she poured on Jesus would cost about a year's wages for a day laborer. Letting down her hair to wipe Jesus' feet was a humiliating and intimate action which would make her the subject of the ridicule of her peers. This was more than simple devotion: Mary lovingly prepared Jesus for his burial. As you pray, consider what gift you would offer if you were in Mary's place. How would you honor the Lord's sacrifice? Step away from the hypothetical: is there something you would give or do for the Lord **today**? What is stopping you from showing the Lord your incredible love for him?

Wednesday, April 1st

Today, we pray the prayer our Lord taught us to pray.

Scripture reading: Luke 11:1-13

Prayer focus: Say the Lord's Prayer five times. With each recitation, focus on the words you are saying. Consider their meaning. Consider what you are praying for and promising to do.

The Lord's Prayer:

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.



Maundy Thursday, April 2nd

Today, we sit at the Lord's table.

Scripture reading: Matthew 26:17-30

Prayer focus: As we prepare for Good Friday, reflect on what it would have been like to sit at the Last Supper with Jesus. What would you do when Jesus revealed there was a traitor in your midst? How would you feel about Jesus' prediction that all his disciples would abandon him in his time of need? Why did Jesus choose to institute the sacrament of communion on this night? Meditate on these questions and place yourself at the table with the Lord.

Good Friday, April 3rd

Tonight, we remember.

Scripture reading: Isaiah 53

Prayer focus: *Join us for a traditional Seder Meal and pray with us at HNC tonight!*

Holy Saturday, April 4th

Prayer focus: Today, there is no Scripture reading. Instead, we remember that Jesus' body was laid in the tomb. Hope died on Good Friday. In the agony of grief, his disciples feared that all was lost. Do not skip over their dark night of their soul in your eagerness for Easter. Instead, sit in prayerful silence to honor the Lord's passing. Consider declaring a holy fast and abstain from food until tomorrow morning. Place yourself in the disciples' sandals for the day but tonight get ready... ***for tomorrow we declare that HE IS RISEN!***

Easter Sunday, April 5th: Worship with us at HNC! **He is RISEN! HE IS RISEN INDEED!!!**