



PART OF THE  
Jesus Culture  
FAMILY

# Lent Journey

Walking in the Bible and prayer

**17 FEBRUARY – 3 APRIL 2021**

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**In this year's Lent season, we want to journey together in God's word as well as step out in prayer and intercession for the neighbourhoods where we live, work and do life together.**

The 40 days of Lent start on Ash Wednesday (the day after Pancake Day) which this year is 17 February, and they help us recall the 40 days Jesus spent in the wilderness.

Jesus emerged from the desert full of the power of the Spirit and entered into a new season of ministry, preaching and demonstrating the Kingdom of God. As we give time to scripture and prayer we believe we will be formed more into his likeness.

Each week of Lent we will have a particular theme and there will be five Bible passages to read and one prayer walk. That's six things per week, or one thing per day – because Sundays don't count towards the 40 days of Lent!

We'll send you an email each Sunday with the Bible readings and prayer walk ideas for the week ahead. We'll also provide you with some written prayers to help kickstart your prayer time.

If you want to mark the season of Lent in other ways too – like fasting – then go for it!

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# Bible Readings

**Each week will have five Bible passages – ideal for one each weekday.**

A really simple way to get the most out of reading shorter passages of the Bible is to go through these four steps, based on the *Lectio Divinia*, an ancient way of reading scripture that has been used by Christians since the 4th Century AD:

## **1. READ**

Read the passage, out loud if you can, taking your time over the words.

## **2. REFLECT**

Take a few moments to ask what the passage is saying. What does it mean? What could that look like in your life?

## **3. PRAY**

Ask God to work within you to help you live out what you've read.

## **4. WAIT**

Take a moment to be still and silent with the Lord. Don't rush away, just rest in him.

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# Prayer Walks

**As part of each week's theme we're inviting you to get outside for a prayer walk.**

We recognise that this might not be possible for everyone, so if you need to join in from home then that is just fine too. Some tips you might find helpful for prayer walking:

## **MAKE A PLAN**

In conversation with the Holy Spirit, choose a day, time and route for your prayer walk.

## **DO IT TOGETHER**

Either go with someone from your household or meet up with one other person outside your household for exercise. There's huge encouragement in doing this together!

## **STAY FLEXIBLE**

As you walk, be open to God's voice directing you to a random act of kindness, a specific building or person to pray for, or even a slight detour.

## **WRITE IT DOWN**

Write down (on paper or on your phone) what you feel like God is saying to you and share it with us. Tag @vinelifemcr in your social media posts or email [hello@vinelife.co.uk](mailto:hello@vinelife.co.uk)



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