

# 40 DAYS OF LENT: Read, Pray, Fast

“...that you may continue to believe  
that Jesus is the Messiah, the Son of  
God.” *John 20:31*

## GOSPEL OF JOHN

**READ** the daily chapter

**PRAY** the daily prayer

**FAST** the 40 days of Lent  
*What are you giving up for Lent?*

☐ **WED MAR 5TH** ✝  
Silent Prayer  
John 1

☐ **THU MAR 6TH**  
Relinquishing Prayer  
John 2

☐ **FRI MAR 7TH**  
Formation Prayer  
John 3

☐ **SAT MAR 8TH**  
Reaching Prayer  
John 4

☐ **MON MAR 10TH**  
Discover Church  
John 5

☐ **TUE MAR 11TH**  
Radical Prayer  
John 6

☐ **WED MAR 12TH**  
Silent Prayer  
John 7

☐ **THU MAR 13TH**  
Relinquishing Prayer  
John 8

☐ **FRI MAR 14TH**  
Formation Prayer  
John 9

☐ **SAT MAR 15TH**  
Reaching Prayer  
John 10

☐ **MON MAR 17TH**  
Discover Church  
John 11

☐ **TUE MAR 18TH**  
Radical Prayer  
John 12

☐ **WED MAR 19TH**  
Silent Prayer  
John 13

☐ **THU MAR 20TH**  
Relinquishing Prayer  
John 14 & 15

☐ **FRI MAR 21ST**  
Formation Prayer  
John 16

☐ **SAT MAR 22ND**  
Reaching Prayer  
John 17

☐ **MON MAR 24TH**  
Discover Church  
John 18

☐ **TUE MAR 25TH**  
Radical Prayer  
John 19

☐ **WED MAR 26TH**  
Silent Prayer  
John 20

☐ **THU MAR 27TH**  
Relinquishing Prayer  
John 21

☐ **FRI MAR 28TH**  
Formation Prayer  
John 1

☐ **SAT MAR 29TH**  
Reaching Prayer  
John 2



**Silent Prayer** is praying without words. Find a solitary place. Rest in silence for 5 mins until the noise of your busy thoughts give way to the whisper of God's voice in your heart.

**Relinquishing Prayer** is letting go of your pain, unforgiveness, anxiety, pride etc. Pray and release a person, pain-point, or worry to God and be free in Jesus today.

**Formation Prayer** is praying to be close to God so that we can be transformed by Him. Cry out to God today to be changed in a certain area.

**Reaching Prayer** outward focussed prayer for our friends and family. Pray for at least ONE person to meet Jesus.

**Discover Church** – Pray for our vision to see the 500k unchurched people of Casey and Frankston impacted by the Gospel today!

**Radical Prayer** is when we pray with big faith, believing that God will do impossible miracles. Ask God to meet a radical need in someones life today!

# ◀ THE SIX PRAYER TYPES

☐ **MON MAR 31ST**  
Discover Church  
John 3

☐ **TUE APR 1ST**  
Radical Prayer  
John 4

☐ **WED APR 2ND**  
Silent Prayer  
John 5

☐ **THU APR 3RD**  
Relinquishing Prayer  
John 6

☐ **FRI APR 4TH**  
Formation Prayer  
John 7

☐ **SAT APR 5TH**  
Reaching Prayer  
John 8

☐ **MON APR 7TH**  
Discover Church  
John 9

☐ **TUE APR 8TH**  
Radical Prayer  
John 10

☐ **WED APR 9TH**  
Silent Prayer  
John 11

☐ **THU APR 10TH**  
Relinquishing Prayer  
John 12

☐ **FRI APR 11TH**  
Formation Prayer  
John 13

☐ **SAT APR 12TH**  
Reaching Prayer  
John 14 & 15

☐ **MON APR 14TH**  
Discover Church  
John 16

☐ **TUE APR 15TH**  
Radical Prayer  
John 17

☐ **WED APR 16TH**  
Silent Prayer  
John 18

☐ **THU APR 17TH** 🕯️  
Relinquishing Prayer  
John 19

☐ **FRI APR 18TH** ✝️  
Formation Prayer  
John 20

☐ **SAT APR 19TH**  
Reaching Prayer  
John 21

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