

Lenten Prayer Emphasis

For the last 5 weeks of Lent (March 17, 24, 31, April 7 and 14) our church's challenge is to make this an intensive time of Prayer. We will be providing Prayer Sheets as an outline. People will be challenged to pray for 5 people, 5 minutes a day, 5 days a week, for 5 weeks, leading up to Easter.

Your Commitment: "God, I know that all people matter very much to You and that You have commanded me to make "requests, prayers, intercession and thanksgiving" for them. (1 Timothy 2:1). Out of obedience to You and out of love for others, I commit myself to ask for Your blessings for 5 people, for 5 minutes a day, for 5 days a week, for the next 5 weeks. I'll do this, with your help, to the best of my ability. In Jesus' name I ask, Amen."

List 5 people whom you will pray for. Keep a separate prayer sheet for each person.

1) _____

2) _____

3) _____

4) _____

5) _____

Sample Contact wording when reaching out to people you are praying for.

This can be done personally, by phone, in writing, or by email.

“My church has asked me to pray for 5 people over the next 5 weeks and you are one of those I would like to pray for.”

Is there anything in your life I can pray for at this time?

If so, list those things and assure the person of your prayers.

If not, tell the person to feel free to contact you if there is anything you can specifically pray for over the next 5 weeks.

Begin by praying the following 5 blessings as follows (B.L.E.S.S.):

B Body (Physical Health)

L Labor (Job, Work, Income, and Finances)

E Emotional (Inner Peace and Joy)

S Social (Family, Friendships, and Relationships)

S Spiritual (Salvation, Relationship to God, Faith, Hope, and Love)

Starting Date: March 17, 2025

Ending Date: April 18, 2025

Please contact the Church Office, umcparchment@gmail.com or 269-344-0125, to let the administrator know of your participation in our special Lenten Prayer Emphasis. You will receive weekly e-mails of encouragement.