

---

Jennifer Waddle

---

# 5 Prayers

to prepare your heart for

*Lent*



Preparing your heart to observe Lent is an important step in setting your mind on “things above, not on earthly things.” (Colossians 3:2) While there are many things you can put into practice, such as abstaining from certain habits, attending additional church services, or meditating on God’s Word, the most common component of Lent is prayer.

This year, I encourage you to seek the Lord with your whole heart, mind, soul, and strength. Admit things need to be addressed and commit them to the Lord. Allow Him to do mighty work in you as you focus on the centrality of the Lenten season - Jesus.

I hope that these prayers will usher you into a meaningful season of remembrance, refrain, and rest. Here are five prayers to prepare your heart for Lent:

## 1. A Prayer of Thanksgiving

Heavenly Father,

Thank You for giving me the most precious reason to observe Lent. Jesus is my focus as I enter this season with gratitude and praise. Thank You for sending Him to be my Savior and Redeemer. I am continually humbled at the love You displayed through the sacrifice of Your Son on the cross, and I commit to remembering the price He paid as I offer my own sacrifices for Lent. In remembrance of Him, I commit to refraining from certain things that have stolen my affection. I turn my focus to You now in adoration and praise. My heart is full of deep gratitude for how You’ve worked in my life, and in the days leading up to Resurrection Sunday, help me recall the many blessings You’ve given. I purpose to let this season of Lent be a time of thanksgiving - rejoicing in my soul to the God who saves me.

In the mighty name of Jesus,  
Amen.



## 2. A Prayer of Reflection

Gracious God,

As I practice Lent this year, let it be a time of deep reflection on your goodness and faithfulness. Help me carve out time to meditate on Your Word and journal about how You have come through for me. As I reflect, please remind me that even in my worst moments, You were with me. You have never left me nor forsaken me. Show me the ways in which You have turned what the enemy meant for evil into something for my good. Remind me of Your precious promises that never fail. Please fill me with a sense of oneness with You as I abide in Jesus and remain in His fold. Thank You for being the Lord of my life - past, present, and future.

In the name of Jesus,  
Amen.



## 3. A Prayer of Repentance

Holy God,

In preparation for Lent, I come before You in humble repentance. I know I've stepped outside of Your will in certain areas of life, and I am truly sorry, Lord. Whatever needs to change in me, please make it clear during these days of Lent. Press on my heart the things that need to go. I am ready and willing to live wholeheartedly for You, and I no longer want to be bound by what my flesh desires. Thank You for your Word that says You are "faithful and just, cleansing me from all unrighteousness." (1 John 1:9) I am grateful for Your forgiveness and the cleansing power of Your Spirit. Thank You for Your faithfulness as I commit my life to You once again.

In Jesus' holy name,  
Amen.



## 4. A Prayer of Hope

Lord,

One of the reasons I am observing Lent this year is to have my hope restored. With everything going on in the world, I need an infilling of Your precious promises to carry me through. Please, God, let this be a time of strengthening so that I will not falter in the coming days. Fill my heart with good and pleasant things, reminding me there is always hope. Help me see things as You see them - on Your eternal timeline. Most of all, remind me that You are the God of all hope, and all things are possible with You. Indeed, my hope is in You, today, tomorrow, and always.

In Jesus' name,  
Amen.



## 5. A Prayer of Renewal

Lord God,

In this space reserved for Lent, a time for renewal and restoration, I pray for Your mighty hand to work in my life. Oh, how I need the presence of Your Spirit! Please, God, as I look forward to Easter and the newness of spring, let it be a time of personal growth. Prune the branches in me that are not bearing fruit and cultivate the parts that are ready to flourish. I know that in Jesus, I have fullness of life, and it is in His fullness I long to live. Thank You for the abundance You provide. Fill my heart with an overflowing sense of Your presence and purpose.

In Jesus' precious name, I pray,  
Amen.



# Prayers for Your Lenten Season...



**Jennifer Waddle** is the author of several books, including *Prayer WORRIER: Turning Every Worry into Powerful Prayer*, and is a regular contributor for LifeWay, Crosswalk, Abide, and Christians Care International. Jennifer's online ministry is [EncouragementMama.com](http://EncouragementMama.com) where you can find her books and sign up for her weekly post, *Discouragement Doesn't Win*. She resides with her family near the foothills of the Rocky Mountains—her favorite place on earth.

Cover photo: ©Getty Images/Svetlana Aganina