

LENT 2026

# daily prayer journal

 Christianity.com

40- DAY LENTEN PRAYER JOURNAL

*Bonus: 8 Ash Wednesday Prayers to Prepare Your Heart for Lent*  
by Judy McEachran

*this journal  
belongs to:*

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# 8 Ash Wednesday Prayers to Prepare Your Heart for Lent

## 1- A Lenten Prayer of Repentance

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved." - Romans 10:9-10

Lord Jesus,

You know my heart—my thoughts, my words, and the ways I have chosen my own path instead of Yours. I confess I am a sinner. I believe You died to forgive my sins. I repent. Please forgive me, cleanse me, and turn my heart to You. As you forgive me, I choose to forgive others, and I surrender fully to Your lordship.

In Jesus' name,

Amen.

## 2- An Ash Wednesday Prayer to Renounce Past Attitudes and Behaviors

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" - 2 Corinthians 5:17

Lord Jesus,

I choose to turn away from attitudes and behaviors that do not honor You—thoughts, words, and actions that have drawn my heart away from Your truth. I renounce sin and every influence that is not from You. By the power of Your blood, shed through Your suffering on the cross, I am forgiven, redeemed, and set free. Let my body be Your temple, filled and empowered by the Holy Spirit to resist temptation and walk in holiness. Help me live as a new creation, no longer bound by the past, but transformed by Your Spirit and living in the freedom You purchased for me.

In Jesus' name,

Amen.

# 8 Ash Wednesday Prayers to Prepare Your Heart for Lent

## 3- A Prayer of Recommitment to Christ this Lent

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." - Proverbs 3:5-6

Lord Jesus,  
Be first in every part of my life—my thoughts, my decisions, my time, my resources, my family, and my daily actions. I recommit to serve You with all my heart, soul, mind, and strength. Help me yield fully to Your will and follow Your purpose for my life.  
In Jesus' name,  
Amen.

## 4- A Prayer to Refocus on Scripture during Lent

"He replies, 'Blessed rather are those who hear the word of God and obey it.'" - Luke 11:28

Lord Jesus,  
I have drifted from Your Word and tried to live on my own. I have settled for less than the fullness you offer. I want to know you more! Help me refocus my attention so I can listen and obey. Let my choices, my days, and my life reflect what pleases You.  
In Jesus' name,  
Amen.

# 8 Ash Wednesday Prayers to Prepare Your Heart for Lent

## 5- A Prayer of Resolution to Trust God

"Offer your bodies as a living sacrifice, holy and pleasing to God. "

- Romans 12:1

Lord Jesus,

You have given me far more than I deserve and provided everything I truly need. I place before You the things I hold too tightly—my plans, fears, habits, and pride. Teach me to trust You when answers don't come quickly, and the path ahead feels uncertain. As I wait, quiet my heart, strengthen my faith, and shape me according to Your will and Your perfect timing. May fasting be a discipline that deepens my hunger for You, Lord.

In Jesus' name,

Amen.

## 6- A Lenten Prayer to Relinquish Control Over My Life to God

"In repentance and rest is your salvation, in quietness and trust is your strength" - Isaiah 30:15

Gracious Savior,

I surrender my need for control and choose to rest in Yours. I seek You with all my heart. Teach me to live with eternity in mind—to learn what pleases You, turn away from sin, and walk in humble obedience. Lead me in the right paths, and help me follow You with reverence, trust, and steadfast devotion, until I am home with You forever.

In Jesus' name,

Amen.

# 8 Ash Wednesday Prayers to Prepare Your Heart for Lent

## 7- A Prayer to Recognize My Gratefulness to God

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." - Psalm 100:4

Heavenly Father,

Thank You for creating me and for filling my life with Your goodness and care. Thank you for sending Jesus to die in my place and giving me life —forever. I come with gratitude and praise, bowing before You as my Savior and Lord. Thank You for loving me so faithfully. Help me recognize Your goodness in every season. I worship You!

In Jesus' name,

Amen.

## 8- A Lenten Prayer to Rejoice

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:16-18

Jesus,

Thank you for the joy of the Lord, that is my strength. You have made me glad, and Your joy goes far beyond fleeting happiness. With your help, I will do my best to rejoice in every circumstance, even in the hard ones, and to give thanks knowing that in "all things God works for the good of those who love Him" (Romans 8:28).

In Jesus' name,

Amen.

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## NOTES:

Judy McEachran is a passionate worshiper and seasoned pastor who brings together her love for music and ministry to inspire and uplift others. An ordained pastor and accomplished musician, she has spent years encouraging believers through her heartfelt sermons and soul-stirring music. After serving congregations in the Midwest, she and her husband, who was also a pastor, relocated to Arizona upon retirement. Deeply moved by God's unwavering love and His faithfulness through the years, Judy writes from a pastor's heart to encourage and strengthen faith in a believer's walk with Jesus. With the support of her husband, sons, and their families, Judy continues to use her gifts to glorify God. Her YouTube channel, [www.youtube.com/@JudyMcEachran](http://www.youtube.com/@JudyMcEachran), features music that invites listeners to experience the Lord's presence in a profound and personal way.