

Lent Journey 2026

WEEK 4: A LIFE OF PRAYER

*The Father hears us,
the Son intercedes for us,
and the Spirit prays within us.*



GCINYC.ORG/LENT2026

Day 17 of Lent, Monday, March 9

Theme: Prayer Begins With Trinity Relationship

Prayer Begins With the Trinity

As we enter this Week 4 of our Lenten journey, we remember that prayer begins not with requests, but with **relationship**—relationship with the **Triune God**.

When the disciples asked Jesus how to pray, he began with these words:

“Our Father in heaven,” (*Matthew 6:9*)

Through **Jesus Christ**, we are brought into the loving fellowship of the **Father**, and the **Holy Spirit** enables us to cry out, **“Abba, Father.”** (*Romans 8:15*). Prayer is participation in the life of the Trinity. Even when we struggle to find the words, we are not alone. Scripture assures us that the Spirit intercedes for us: **“because the Spirit intercedes for God’s people in accordance with the will of God.”** (*Romans 8:27*)

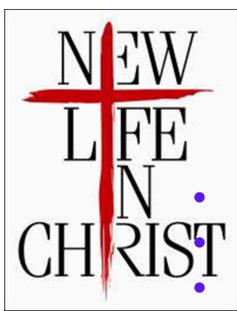
This means prayer is never merely our effort to reach God. Our prayers are gathered into the loving communion of the Trinity.

As a dynamic prayer congregation, New Life remembers this grace. Before we ask for anything, we are invited to rest in the Trinity.

Reflection Question: Do I approach prayer as a task to complete, or as participation in the loving life of the Father, Son, and Holy Spirit?

Challenge: Begin your prayer today by addressing the **Father**, thanking **Jesus** for opening the way, and asking the **Holy Spirit** to guide your prayer.

Prayer Focus: Pray for God’s will to be done on earth as it is in heaven. (*Matthew 6:9-10*).



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Day 18 of Lent, Tuesday, March 10

Theme: Prayer Aligns Our Hearts

Prayer Changes Our View of Life Itself

Prayer is not merely presenting our desires to God; it is allowing God to **reshape our desires**.

Scripture reminds us: **"Take delight in the Lord, and he will give you the desires of your heart."** (Psalm 37:4)

This promise does not mean God fulfills every impulse. Rather, as we delight in him, **our desires become shaped by his love and wisdom**.

Through **Jesus Christ**, we are invited to share in the loving will of the **Father**, and the **Holy Spirit** gently transforms our hearts so that we begin to desire what God desires.

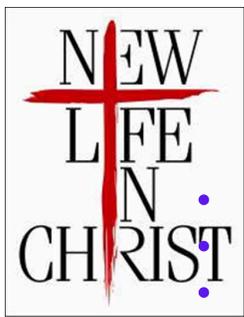
Sometimes we come to prayer hoping God will change our circumstances. Yet often, prayer is where **God changes us**. As we remain in his presence, our fears soften, our ambitions are re-ordered, and our hearts begin to delight in the Lord.

Prayer is therefore not a struggle to bend God's will toward ours. It is an invitation to participate in the **loving purposes of the Father, revealed in the Son, and formed within us by the Spirit**.

Reflection Question: Where might God be reshaping my desires through prayer?

Challenge: Today, pray that the Holy Spirit aligns your heart with the Father's purposes in Christ's faithfulness.

[Pray for the New Life Prayer Brunch, Saturday, March 28. gcinyc.org/brunch26](https://gcinyc.org/brunch26)



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Day 19 of Lent, Wednesday, March 11

Theme: Prayer in Our Weakness

When words elude us.....

Prayer often reveals our weakness. We may struggle to find words, to focus our thoughts, or to understand what we truly need. Yet Scripture assures us that even in weakness, **we are not alone in prayer.**

Paul writes: **"In the same way, the Spirit helps us in our weakness."** (*Romans 8:26*) **"And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God."** (*Romans 8:27*)

When our prayers feel uncertain or incomplete, the **Holy Spirit carries them before the Father.** Through **Jesus Christ**, we already stand welcomed in God's presence. The Spirit gathers our questions, our tears, and even our silence into the loving conversation of the Trinity.

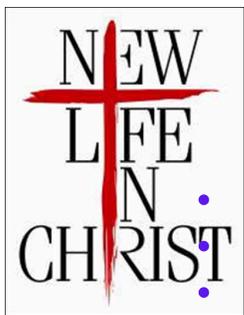
This means our prayer life does not depend on eloquence or spiritual strength. Prayer rests on the **faithfulness of God**—the Father who receives us, the Son who intercedes for us, and the Spirit who prays within us.

When words fail, **God hears the prayers of the heart.**

Reflection Question: Where do I feel weakness or uncertainty in my prayer life?

Challenge: Spend a few moments in quiet prayer today. Even if you have no words, trust that the **Spirit is praying with you and for you.**

[Pray for the Holy Spirit to lead families in Richmond Hill to Christ in this Lenten Season.](#)



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Day 20 of Lent, Thursday, March 12

Theme: Prayer That Listens

Be Still and Listen to God

Prayer is naturally known as speaking to God, yet Scripture also invites us to **listen**.

The psalmist writes: **"Be still, and know that I am God."** (*Psalms 46:10*)

Stillness creates space for our hearts to become attentive to God's presence. Through **Jesus Christ**, we are welcomed into the Father's presence, and the **Holy Spirit** gently teaches us to recognize God's voice.

Jesus said: **"My sheep listen to my voice; I know them, and they follow me."** (*John 10:27*)

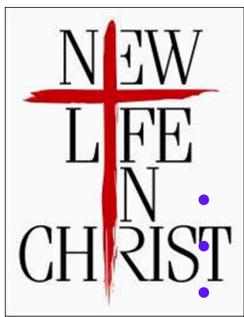
Listening prayer is not about hearing audible words but about cultivating **attentiveness to God's guidance** through Scripture, the Spirit's prompting, and the wisdom of the community of faith.

In a world filled with noise and urgency, stillness becomes a spiritual discipline. When we pause before God, we learn to recognize the quiet ways he leads us.

Reflection Question: When I pray, do I allow space to listen to God?

Challenge: Take five minutes today in silence before God. Ask the Spirit to quiet your heart and help you listen.

Pray for those you are aware of who are sick and facing important issues in their lives. Pray for God's mercy and intervention.



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Day 21 of Lent, Friday, March 13

Theme: Prayer in Time of Trial

God Will Never Leave or Forsake You

Prayer is especially important in moments of struggle. Even Jesus prayed during his deepest anguish.

In the garden of Gethsemane, he knelt and prayed:

“Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

(Luke 22:42)

Jesus brings his suffering honestly before the **Father**, while entrusting himself completely to the Father’s will. The writer of Hebrews reflects on this moment:

“During the days of Jesus’ life on earth, he offered up prayers and petitions with fervent cries and tears.” *(Hebrews 5:7)*

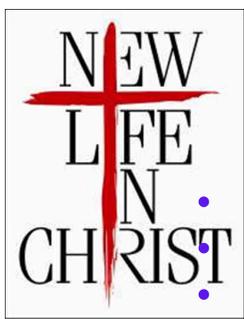
Because Jesus entered fully into our human struggles, he understands our pain. When we pray in times of trial, we do so **through the Son who has walked this path before us**. The **Spirit strengthens us**, reminding us that we are not alone.

Prayer does not always remove the hardship we face. Yet it anchors our hearts in the **Father's faithfulness**, who is present with us even in the darkest moments.

Reflection Question: How do I respond to God when I am facing difficulty or uncertainty?

Challenge: Bring one specific struggle honestly before God today. Pray as Jesus did: **“Father, your will be done.”**

Pray for a durable peace in the Middle East and Ukraine.



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Day 22 of Lent, Saturday, March 14

Theme: Prayer Leading to Mission

Prayer for a People Sent to the World

Prayer is especially important in moments of struggle. Even Jesus prayed during his deepest anguish.

In the garden of Gethsemane, he knelt and prayed:

“Father, if you are willing, take this cup from me; yet not my will, but yours be done.”

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Reflection Question: How do I respond to God when I am facing difficulty or uncertainty?

Challenge: Bring one specific struggle honestly before God today. Pray as Jesus did: **“Father, your will be done.”**

Pray for the fathers of families in Richmond Hill. Pray for God's Spirit to lead their families to Christ during this Lenten season.