

40 days of “Prayerful Acts”- Lent 2020 Feb 26th to April 11th.

Lent marks a pivotal point in the history of the church, when Jesus prepared to give himself up as a sacrifice. Traditions has it that we mark the 40 days of Lent by giving something up, but what if it could be more than that? What if Lent were to become a preparation for a lifetime of big-heartedness?

St. Paul’s Bible Study group invites you to take part in 40 days of “Prayerful Acts”. The key is that small acts of Prayerfulness have the power to make a big difference to ourselves, our community, our church and ultimately the world. It’s about creating a movement of prayerfulness every day!

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Week 1 - Friendship

Tues. Feb. 25th – Fat Tuesday/ Pancake Tuesday/Shrove Tuesday

Wed. Feb. 26th – Ash Wednesday – **Smile as you talk to someone on the phone.... (they can tell)**

Hebrews 13:1-2 Let brotherly love continue. Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares.

Thurs. Feb. 27th – **Give a stranger a kind word.**

Proverbs 15:1 A gentle answer turns away wrath. But a harsh word stirs up anger.

Fri. Feb. 28th – **Pay forward for example in a coffee line**

Matthew 7:12 So, whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.

Sat. Feb. 29th – **Volunteer your time/talents at the church, homeless shelter, hospice, soup kitchen, nursing home /hospital/neighbourhood/schools**

1 Peter 4:10 Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.

Sun. Mar. 1st – **Reflect on your kind deeds this past week.**

Do the right thing even when no one is looking, it’s called integrity.

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Week 2 – Humility

Mon. Mar. 2nd – Practice patience.

Colossians 3:12 NIV- Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Tues. Mar. 3rd – Spend time with a loved one.

Ephesians 4:2 NIV - Be completely humble and gentle; be patient, bearing with one another in love.

Wed. Mar. 4th – Participate in a small group discussion (for example join a prayer group / bible study/ choir)

Matthew 18:20 NIV - For where two or three gather in my name, there am I with them."

Thurs. Mar. 5th – Listen to your still small voice.

Psalms 25:9 NIV - He guides the humble in what is right and teaches them his way.

Fri. Mar. 6th – Give your time to support someone in need.

Micah 6:8 NIV - He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

Sat. Mar. 7th – Send someone a message to let them know you are thinking about them.

Philippians 2:3 NIV - Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.

Sun. Mar. 8th – Rest and replenish physically, mentally and spiritually.

Take care of yourself first or you will have nothing left for others. Self-care is not selfishness. You cannot serve it from an empty vessel.

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Week 3 – Wisdom

Mon Mar 9 – Be welcoming to newcomers.

Colossians 4:5, 6 NIV - Be wise in the way you act toward outsiders; make the most of every opportunity.

Tues Mar 10 – Ask God carefully for what we think we need.

James 1:5 NIV-If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Wed Mar 11 – Honour your God-given gifts.

Proverbs 19:8 NIV - The one who gets wisdom loves life; the one who cherishes understanding will soon prosper.

Thurs Mar 12 – Start your day with enthusiasm.

Psalms 90:12 NIV - Teach us to number our days, that we may gain a heart of wisdom.

Fri Mar 13 – Offer to help others in need.

Proverbs 3:27 NIV - Do not withhold good from those to whom it is due, when it is in your power to act.

Sat Mar 14 – Do a Prayer Walk with a friend – pray and read together.

Proverbs 13:20 NIV - Walk with the wise and become wise, for a companion of fools suffers harm.

Sun Mar 15 – What good deeds are you going to do next week?

ASAP – Always Say A Prayer or ASAP – Always Stop And Pray

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Week 4 – Words

Mon. Mar. 16th – Watch what you say to others. Listen, think, speak.

Proverbs 13:3 NIV - Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.

Tues. Mar. 17th – What have you promised to do and then forgotten?

Deuteronomy 23:23 NIV - Whatever your lips utter you must be sure to do, because you made your vow freely to the Lord your God with your own mouth.

Wed. Mar. 18th – Pay compliments today.

Proverbs 15:4 NIV – The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

Thurs. Mar. 19th – Write down your favourite bible verse as a reminder to keep you going for the next week.

Fri. Mar. 20th – Be a good listener.

James 1: 19 NIV – Everyone should be quick to listen, slow to speak and slow to become angry.

Sat. Mar. 21st – Be generous with your words.

Philippians 4:8 NIV - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Sun. Mar. 22nd – Be reflective today. Spend part of the day in prayer and meditation.

Don't worry about anything, pray about everything.

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Week 5 - Charity

Mon. Mar. 23rd – Be charitable --with time and money.

Proverbs 19:17 NIV - Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.

Tues. Mar. 24th – Be a cheerful giver.

2 Corinthians 9:7 - Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

Wed. Mar. 25th – Be generous. When you give graciously, God multiplies it.

2 Corinthians 9:6 – Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.

Thurs. Mar. 26th – Sponsor a Haitian Child; give to PWS&D; Presbyterian Sharing or give to other worthy charities.

Proverbs 21:26: All day long he craves for more, but the righteous give without sparing.

Fri. Mar. 27th – Be reflective of God's charity to us.

John 3: 16 NIV – For God so loved the world he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Sat. Mar. 28th – Start spring house cleaning- some of your personal belongings could be someone else's treasures. Families can clean together and pass along to Vinnies; Brock Mission, Cameron House, Newcomers.

1 John 3: 17 NIV – if anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?

Sun. Mar. 29th – Reflection- Do not be impressed by money, followers, degrees and titles. Be impressed by: kindness, integrity, humility and generosity.

The energy you send out comes back to you.

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Week 6 – Money

Mon. Mar. 30th – God owns everything

1 Timothy 6: 9 NIV - Those who want to get rich fall into temptation and trap into many foolish and harmful desires that plunge people into ruin and destruction.

Tues. Mar. 31st – Money is a tool

Acts 20:35 – NIV –...“it is more blessed to give than to receive.”

Wed. Apr. 1st – Worship with your money

Proverbs 3:9 NIV – Honor the Lord with your wealth and first fruits of all your crops.

Thurs. Apr. 2nd – Fight for contentment

Proverbs: 16:16 NIV – How much better to get wisdom than gold, to get insight rather than silver?

Fri. Apr. 3rd – Kill greed in your heart

Luke 12: 15 NIV – Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”

Sat. Apr. 4th – Be mindful of debt

Romans 13:7 NIV – Give to everyone what you owe them: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

Sun. Apr. 5th – Reflection

1 Chronicles 29:14 NIV – But who am I, and who are my people, that we should be able to give as generously as this? Everything comes from you and we have given you only what comes from your hand.

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Week 7 – Reconciliation

Mon. Apr. 6th – Pray for forgiveness

Acts 3:19 NIV – Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Tues. April 7th – Make a habit of forgiving others.

Colossians 3:13 NIV – Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Wed. Apr. 8th – Be kind and compassionate.

Ephesians 4:32 NIV – Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.

Thurs. Apr. 9th – Maundy Thursday – Strive to live in peace and harmony.

Hebrews 12:14 NIV – Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

Fri. Apr. 10th – Good Friday – Be reflective of Good Friday.

Romans 12:2 NIV – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.

Sat. Apr. 11th – Be reconciled with God.

2 Corinthians 5:20 NIV – We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God.

Sun. Apr. 12th – Easter Sunday – Happy Easter!

God will walk through your house and take away your worries and pain. God is watching over you and healing your family.