

## Lent Application

1. **Fasting:** Consider some good gift to give up to focus greater delight on the giver of the gift rather than the gift itself. Most often people fast by giving up some sort of food item, you could consider giving up some other gift you enjoy regularly such as coffee, television, social media, etc. See the Dr. Martyn Lloyd Jones quote below:

“Fasting means abstinence from food for the sake of certain special purposes such as prayer or meditation or the seeking of God for some peculiar reason or under some exceptional circumstances...

To make the matter complete, we would add that fasting, if we conceive of it truly, must not only be confined to the question of food and drink; fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose. There are many bodily functions which are right and normal and perfectly legitimate, but which for special peculiar reasons in certain circumstances should be controlled. That is fasting.”

Dr. Martyn Lloyd Jones, *Sermon on the Mount*, 314

2. **Serving:** Who can you love and serve sacrificially during this Lent Season as Jesus loved and served you? Write some ideas about what you can do in your family, neighborhood, work, school. What might this service cost you?
3. **Growing:** Consider reading through Isaiah 40-53 as a preparation for Easter (Reading plan on the back). Looking at Galatians 5:19-24 below, which work of the flesh have you struggled with this year, what Fruit of the Spirit do you want to grow in this season? What practical steps can you take to grow in this area? Confess your struggle in this area and seek God’s help.  
Galatians 5:19-24 “<sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires.”

## The Book of Isaiah Lent Reading Plan

### Week 1

3/6/2019 Isaiah 40:1-5  
3/7/2019 Isaiah 40:6-13  
3/8/2019 Isaiah 4:14-20  
3/9/2019 Isaiah 40:21-31

### Week 2

3/11/2019 Isaiah 41:1-6  
3/12/2019 Isaiah 41:7-12  
3/13/2019 Isaiah 41:13-20  
3/14/2019 Isaiah 41:21-29  
3/15/2019 Isaiah 42:1-9  
3/16/2019 Isaiah 42:10-17

### Week 3

3/18/2019 Isaiah 42:18-25  
3/19/2019 Isaiah 43:1-5  
3/20/2019 Isaiah 43:6-11  
3/21/2019 Isaiah 43:12-18  
3/22/2019 Isaiah 43:19-28  
3/23/2019 Isaiah 44:1-8

### Week 4

3/25/2019 Isaiah 44:9-20  
3/26/2019 Isaiah 44:21-2  
3/27/2019 Isaiah 45:1-5  
3/28/2019 Isaiah 45:6-13  
3/29/2019 Isaiah 45:14-18  
3/30/2019 Isaiah 45:19-25

### Week 5

4/01/2019 Isaiah 46  
4/02/2019 Isaiah 47:1-6  
4/03/2019 Isaiah 47:7-15  
4/04/2019 Isaiah 48:1-4  
4/04/2019 Isaiah 48:5-11  
4/05/2019 Isaiah 48:12-22

### Week 6

4/08/2019 Isaiah 49:1-7  
4/09/2019 Isaiah 49:8-11  
4/10/2019 Isaiah 49:12-17  
4/11/2019 Isaiah 49:18-26  
4/12/2019 Isaiah 50  
4/13/2019 Isaiah 51:1-4

### Week 7

4/15/2019 Isaiah 51:5-11  
4/16/2019 Isaiah 51:12-16  
4/17/2019 Isaiah 51:17-23  
4/18/2019 Isaiah 52:1-12  
4/19/2019 Isaiah 52:13-15  
4/20/2019 Isaiah 53

### **LENT PRAYER:**

**Lord Jesus, our suffering Savior, when the day drew near for You to be taken up, You set Your face toward Jerusalem. Help us to set our face toward the cross, mourning over our sin that crucified our Savior. Help us to set our face toward the cross, trusting in Your sacrificial death that forgave our sins. Help us to set our face toward the cross, denying ourselves, taking up our cross and following You in sacrificial love. As we look toward the cross, resurrect our hope and renew our faith till You return to renew creation. Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end! Amen!**