



LENTEN JOURNAL 2026

40-DAY PRAYER & FASTING DEVOTIONAL JOURNAL

DRAW NEAR- A JOURNEY OF REPENTANCE, RENEWAL, & HOLY LOVE

"Consecrate yourselves therefore, and be holy..." – Leviticus 11:44

DAY 1 – Return to the Lord

Scripture: Joel 2:12–13

Reflection: Lent begins with repentance, not shame. God’s call is not merely to change behavior but to return with the heart. In Wesleyan theology, repentance prepares us for grace—it does not earn it. God restores those who turn to Him sincerely.

Fast Focus: Fast from one meal or a comfort today.

Prayer: Lord, soften my heart and draw me back to You.

Journal:

DAY 2 – Created for Holy Love

Scripture: Matthew 22:37–39

Reflection: God’s holiness is expressed through love—love for God and love for neighbor. Entire sanctification is not perfectionism, but perfect love ruling the heart by the Holy Spirit.

Fast Focus: Fast from social media today.

Prayer: Fill me with Your holy love.

Journal:

DAY 3 – Confession and Cleansing

Scripture: Psalm 51:1–12

Reflection: Confession invites cleansing. God not only forgives but purifies. Wesley taught that grace restores us deeply—not just legally but relationally and inwardly.

Fast Focus: Fast from entertainment today.

Prayer: Create in me a clean heart, O God.

Journal:

DAY 4 – Grace That Saves

Scripture: Ephesians 2:8–9

Reflection: Salvation is God’s gift. We are saved by grace through faith, not by works. Yet grace also changes us, leading us into holy living.

Fast Focus: Fast from unnecessary spending today.

Prayer: Thank You for saving me by grace alone.

Journal:

DAY 5 – A New Heart

Scripture: Ezekiel 36:26–27

Reflection: God promises a new heart and His Spirit within us. This is the promise of sanctifying grace—God doing in us what we cannot do ourselves.

Fast Focus: Fast from negative speech today.

Prayer: Replace my heart of stone with a heart of flesh.

Journal:

DAY 6 – The Way of the Cross

Scripture: Luke 9:23

Reflection: Following Jesus means daily surrender. Holiness begins with yielding our will to God's will.

Fast Focus: Fast from comfort foods today.

Prayer: Teach me to take up my cross daily.

Journal:

DAY 7 – Rest in Grace

Scripture: Matthew 11:28–30

Reflection: God’s grace invites rest, not exhaustion. Holiness is sustained by abiding, not striving.

Fast Focus: Fast from hurry today. Slow your pace.

Prayer: Jesus, I rest in You.

Journal:

DAY 8 – Hunger for God

Scripture: Matthew 5:6

Reflection: Spiritual hunger is a gift. God promises to satisfy those who long for righteousness.

Fast Focus: Skip a meal and pray during that time.

Prayer: Increase my hunger for You.

Journal:

DAY 9 – Freedom from Sin

Scripture: Romans 6:11–14

Reflection: Grace not only forgives sin but breaks its power. In Christ, we are no longer slaves to sin but servants of righteousness.

Fast Focus: Fast from something that easily distracts you.

Prayer: Set me free to live holy.

Journal:

DAY 10 – God’s Word Transforms

Scripture: Hebrews 4:12

Reflection: Scripture exposes and heals the heart. God uses His Word to shape us into Christlikeness.

Fast Focus: Fast from TV today and read Scripture instead.

Prayer: Speak, Lord, through Your Word.

Journal:

DAY 11 – Called to Obedience

Scripture: John 14:15

Reflection: Obedience is love in action. Holiness is lived out through faithful daily choices.

Fast Focus: Fast from complaining today.

Prayer: Teach me joyful obedience.

Journal:

DAY 12 – Clean Hands and Pure Heart

Scripture: Psalm 24:3–4

Reflection: God desires inward purity and outward integrity. His Spirit cleanses both motive and behavior.

Fast Focus: Fast from harsh words.

Prayer: Purify my heart, O God.

Journal:

DAY 13 – The Holy Spirit’s Work

Scripture: Acts 1:8

Reflection: The Spirit empowers us to live holy and to witness boldly.

Fast Focus: Fast from background noise; practice silence.

Prayer: Holy Spirit, fill me.

Journal:

DAY 14 – Perfect Love

Scripture: 1 John 4:18

Reflection: God's perfect love casts out fear. Entire sanctification is God's love ruling our hearts fully.

Fast Focus: Fast from fear-based thinking.

Prayer: Perfect Your love in me.

Journal:

DAY 15 – Living Sacrifice

Scripture: Romans 12:1–2

Reflection: Holiness is offering our whole selves to God—mind, body, and will.

Fast Focus: Fast from self-centeredness today.

Prayer: I offer myself to You, Lord.

Journal:

DAY 16 – Humble Hearts

Scripture: Micah 6:8

Reflection: God desires humility and justice. A holy heart walks humbly with God.

Fast Focus: Fast from prideful thoughts.

Prayer: Teach me humility.

Journal:

DAY 17 – God’s Faithful Love

Scripture: Lamentations 3:22–23

Reflection: God’s mercy is new every morning. Sanctification is a daily grace.

Fast Focus: Fast from despairing words.

Prayer: Thank You for new mercies.

Journal:

DAY 18 – Rooted in Christ

Scripture: Colossians 2:6–7

Reflection: Growth comes from staying rooted in Jesus, not relying on our own strength.

Fast Focus: Fast from rushing prayer.

Prayer: Root me deeply in You.

Journal:

DAY 19 – Walking in the Light

Scripture: 1 John 1:7

Reflection: Walking in the light brings fellowship and cleansing.

Fast Focus: Fast from secrecy; practice honesty.

Prayer: Help me walk in Your light.

Journal:

DAY 20 – Fruit of the Spirit

Scripture: Galatians 5:22–23

Reflection: Holiness is seen through the Spirit’s fruit growing in us.

Fast Focus: Fast from impatience.

Prayer: Grow Your fruit in me.

Journal:

DAY 21 – Christ Our Example

Scripture: Philippians 2:5–8

Reflection: Jesus models humility and obedience. We grow holy by becoming like Him.

Fast Focus: Fast from seeking recognition.

Prayer: Shape me into Christlikeness.

Journal:

DAY 22 – God’s Nearness

Scripture: James 4:8

Reflection: God draws near when we draw near to Him.

Fast Focus: Fast from distractions during prayer.

Prayer: I draw near to You, Lord.

Journal:

DAY 23 – Peace with God

Scripture: Romans 5:1

Reflection: Justification brings peace; sanctification deepens it.

Fast Focus: Fast from anxious news consumption.

Prayer: Thank You for peace through Christ.

Journal:

DAY 24 – God’s Will for Us

Scripture: 1 Thessalonians 4:3

Reflection: God’s will is our sanctification—our growth in holy living.

Fast Focus: Fast from compromising influences.

Prayer: Make me holy, Lord.

Journal:

DAY 25 – Freedom in Christ

Scripture: John 8:36

Reflection: Christ frees us to live fully for God.

Fast Focus: Fast from guilt-driven thinking.

Prayer: Thank You for freedom.

Journal:

DAY 26 – Strength in Weakness

Scripture: 2 Corinthians 12:9

Reflection: God's power is made perfect in our weakness.

Fast Focus: Fast from self-reliance.

Prayer: Be my strength.

Journal:

DAY 27 – God’s Transforming Work

Scripture: 2 Corinthians 3:18

Reflection: The Spirit transforms us from glory to glory.

Fast Focus: Fast from discouraging talk.

Prayer: Transform me, Lord.

Journal:

DAY 28 – Holiness and Hope

Scripture: Titus 2:11–13

Reflection: Grace trains us to live holy while waiting for Christ.

Fast Focus: Fast from worldly indulgence.

Prayer: Train me in godliness.

Journal:

DAY 29 – The Joy of the Lord

Scripture: Nehemiah 8:10

Reflection: Holiness is not gloomy—it is joyful life with God.

Fast Focus: Fast from negativity.

Prayer: Restore my joy.

Journal:

DAY 30 – Compassion Like Christ

Scripture: Matthew 9:36

Reflection: Holy love moves us to care for others.

Fast Focus: Fast from indifference.

Prayer: Give me Christ's compassion.

Journal:

DAY 31 – Serving in Love

Scripture: Galatians 5:13

Reflection: We serve others as an act of holy love.

Fast Focus: Fast from selfish time use.

Prayer: Use me to serve.

Journal:

DAY 32 – Faithful to the End

Scripture: Hebrews 12:1–2

Reflection: We run the race with endurance, looking to Jesus.

Fast Focus: Fast from quitting attitudes.

Prayer: Help me persevere.

Journal:

DAY 33 – God’s Victory

Scripture: 1 Corinthians 15:57

Reflection: Victory comes through Jesus Christ.

Fast Focus: Fast from defeatist thoughts.

Prayer: Thank You for victory.

Journal:

DAY 34 – The Cost of Love

Scripture: John 15:13

Reflection: Christ's love is sacrificial and holy.

Fast Focus: Fast from comfort seeking.

Prayer: Teach me sacrificial love.

Journal:

DAY 35 – The Cross

Scripture: Isaiah 53:5

Reflection: Our healing and salvation flow from the cross.

Fast Focus: Fast from entertainment tonight.

Prayer: Thank You for the cross.

Journal:

DAY 36 – God’s Saving Power

Scripture: Romans 1:16

Reflection: The gospel saves and transforms.

Fast Focus: Fast from fear of witness.

Prayer: Make me bold.

Journal:

DAY 37 – New Life

Scripture: Romans 6:4

Reflection: We walk in newness of life through Christ.

Fast Focus: Fast from old habits.

Prayer: Help me live new.

Journal:

DAY 38 – Resurrection Hope

Scripture: John 11:25–26

Reflection: Jesus is our resurrection and life.

Fast Focus: Fast from despair.

Prayer: I trust in You, Lord.

Journal:

DAY 39 – Waiting with Faith

Scripture: Psalm 27:14

Reflection: God strengthens those who wait on Him.

Fast Focus: Fast from impatience.

Prayer: I wait on You.

Journal:

DAY 40 – Risen with Christ

Scripture: Colossians 3:1–3

Reflection: Lent ends with resurrection life. Holiness continues as daily surrender and holy love.

Fast Focus: Celebrate with gratitude.

Prayer: I live for You, risen Lord.

Journal:

Closing Prayer: Lord Jesus, You have walked with me through repentance, grace, and renewal. By Your Spirit, keep me holy in heart and life. Amen.