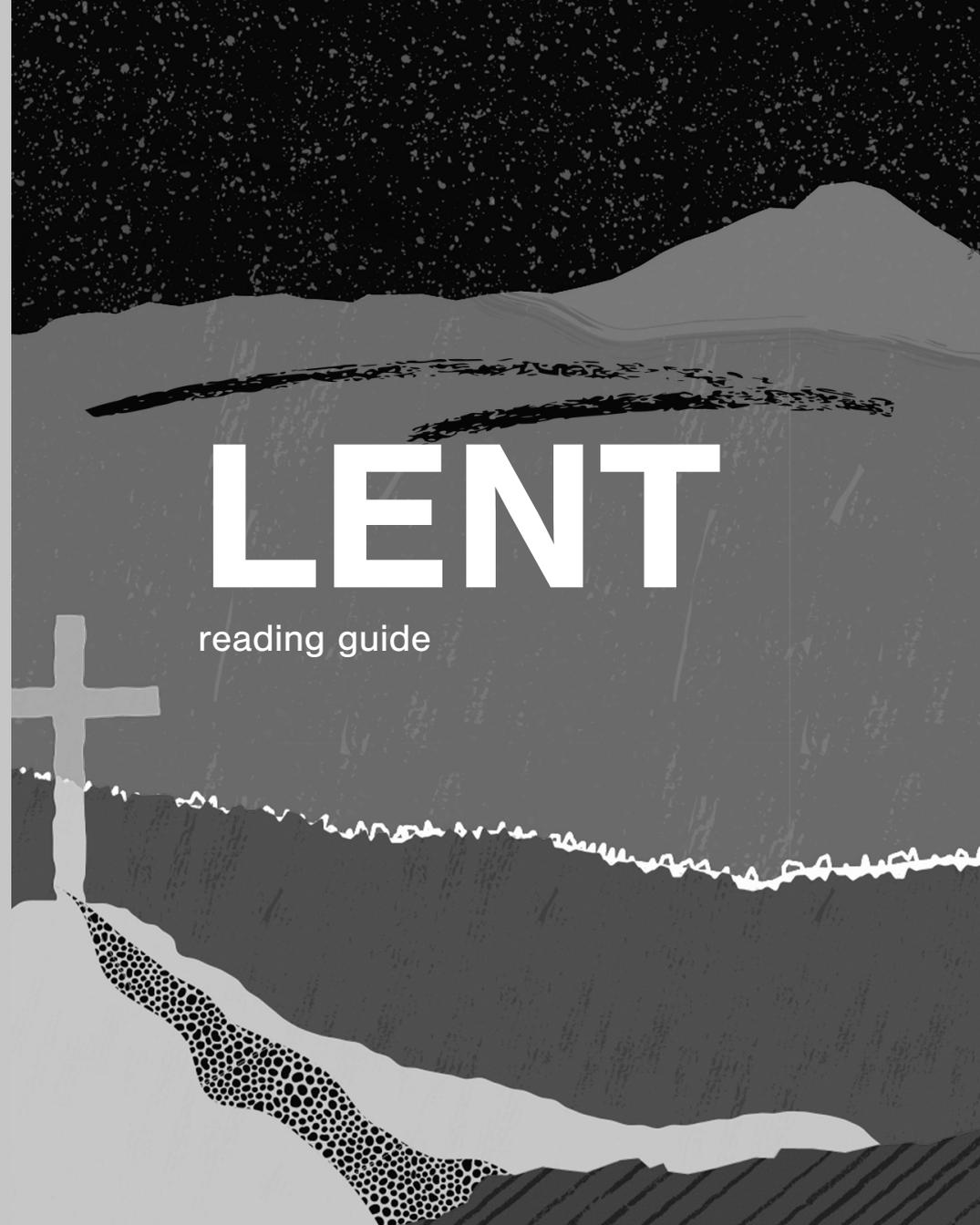


**FELLOWSHIP DENVER CHURCH
LENTEN SCHEDULE 2026**

- **2/18** ASH WEDNESDAY
- **2/25** WEEKLY LENTEN PRAYER ROOMS START
- **3/13** FISH FRY AT SOUTH BROADWAY
- **3/29** PALM SUNDAY + ROAD TO RESURRECTION
- **3/29** 24/7 PRAYER CHAIN STARTS
- **4/3** GOOD FRIDAY
- **4/5** EASTER SUNDAY!

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FOR EVENTS AT
[FELLOWSHIPDENVER.ORG/EASTER](https://fellowshipdenver.org/easter)



LENT

reading guide

Lent 2026

During the Lenten season, use this journal as a guided liturgy of Scripture, prayer, meditation, and fasting in order to form your life around Jesus. As we spend our time encountering God together, we trust that we will find more freedom in Christ, deeper love for God and others, and greater satisfaction in the person of Jesus Christ.

Ash Wednesday

| The first day of Lent

Ash Wednesday helps us begin the 40-day season of Lent with a day of confession and meditation on our frailty, sinfulness, and need for a savior. This is also a day of assurance and gratitude as we remember that Christ has conquered death and sin through his life, death, and resurrection. In this way, Ash Wednesday points us to the power and beauty of our union with Jesus and the daily dying and rising with Christ embodied in a life of repentance.

Lent

| 40 days leading up to Easter, beginning with Ash Wednesday

The season of Lent is a 40-day journey beginning with Ash Wednesday and culminating with Easter Sunday. This season is marked by repentance, humility, fasting, and self-examination. We remember Jesus in the wilderness fasting, and we reflect on our sin that led Jesus to the cross to die for us. These 40 days of Lent are an invitation to make our hearts ready through repentance as we anticipate Good Friday and Easter.

Palm Sunday

| The beginning of the last week of Jesus' life; the Sunday prior to Easter Sunday

The first Sunday of Holy Week, Palm Sunday, is the church's reflection on the triumphal arrival of Jesus into Jerusalem. This event also marks the beginning of Holy Week, the church's observance of all the events leading up to Jesus' atoning death and victorious resurrection. The observance of Palm Sunday is meant to magnify the significance of Christ's atoning journey, as well as foster longing in the hearts of God's people for his kingly return.

24/7 Prayer Chain

| A week long prayer initiative from Palm Sunday through Easter Sunday

We believe prayer changes things. That's why we're hosting a 7-day, 24/7 church-wide Prayer Chain. In this, we have two big expectations: To renew the Lord's people through the resurrection power of Jesus and, reach many more people through us.



Sign up by scanning the QR Code or, visit fellowshipdenver.org/easter

Holy Week

| The final week of Jesus' earthly life

From Palm Sunday to Easter Sunday, the church observes the events of Holy Week. As God's people, we are bid to enter into the tension of that fateful week between the shouts of "Hosanna" (Mark 11:9) and "Crucify him!" (Mark 15:13), culminating in the victorious resurrection of the Son of God. Through this week, we are invited to behold Jesus' passion, know the weight of our sin, fixate on the peculiar beauty of the cross, and find hope in the ultimate defeat of death and restoration of all things.

Maundy Thursday

| Thursday before Good Friday

Maundy Thursday is the day Christians reflect on Jesus' final interaction with his disciples before his death and resurrection. The church has historically reflected on 3 aspects: Jesus washing the feet of his disciples, the institution of the Lord's Supper, and the new commandment that we should love one another. In remembering Jesus' meal with his disciples, the church looks forward to the marriage supper of the Lamb (Rev. 19:6-10).

Good Friday

| A day to remember the crucifixion and death of Jesus

Good Friday is the day Christians mark the death of Jesus at the cross. This remembrance, usually somber in tone, allows the church to reflect on Jesus' atoning sacrifice (1 Cor. 2:2). The "goodness" refers to Christ securing the redemption of fallen humanity by his death. On Good Friday, the church is confronted with the horror of her sin and the surprising beauty of the gospel's resolve in Jesus' death.

Easter

| The day we celebrate the resurrection of Jesus

Easter is a day of joy, celebration, and renewal for Christians. It is the most celebrated day of the church calendar. On Easter, we find all our hopes as Christians realized in the resurrection of Jesus. We celebrate the reality of being united with Christ in death and in resurrection (Rom 6:5).

Week 1

Fasting and Reading Guide | Feb 19 - 21

Thursday 2/19 - Psalm 1

Friday 2/20 - Psalm 2

Saturday 2/21 - Psalm 16

Weekly Fast: Food - Cut out a meal each day or all meals for one day

Helpful Tips:

- Choose the same meal as a spouse or friend. Intentionally engage in prayer, meditation, and scripture reading together.
- If fasting for a whole day is intimidating, build up throughout the week. Fast over 1 meal for 3 days, fast over 2 meals for 3 days, fast for a whole day.
- Instead of sitting for a meal, intentionally spend that time praying or reading scripture.

Liturgy and Prayer Guide

Scripture Reading:

(See Fasting and Reading Guide)

Confession

Father, you are an all-sufficient, passionate God,
Ever faithful, always loving, knowing me at my core.

You've loved and pursued my heart with a committed and covenantal love.

But I confess I do not honor or give thanks to You.

My heart is dark and hardened, and I exchange the truth about You for lies, worshiping the created in place of the creator, wasting Your gifts with irreverent and dishonorable living.

You called to me, and I ran.

You pursued me with love, and I hid my eyes.

You spoke truth, and I covered my ears.

Father, I have sinned against heaven and before You.

Have mercy on me and forgive me.

Assurance

In Christ, God has placed His love upon you and set you apart.

We are a people belonging to God so that we might proclaim the excellencies of Him who called us out of darkness into His marvelous light. Once we were not a people, but now we are God's people; once we had not received mercy, but now we have received mercy, and we are called children of the living God.

Prayer

We believe God speaks to His people. Prayer is not a one-way conversation; God will talk to us. The invitation from God is to quiet our minds and hearts to listen to what He might be saying. Take a few minutes and walk through this exercise.

Fixing your eyes on Jesus

Imagine Jesus sitting in front of you. The Scriptures are clear that He is "for us, not against us."

Confident in His love for you and like you would talk to a friend, what would you say to Him?

- Take at least 2 minutes and say those things to Him out loud.
- Now, like you would with a friend, listen for what He has to say back to you

Week 2

Fasting and Reading Guide | Feb 22 - 28

Sunday 2/22 - Psalm 27

Monday 2/23 - Luke 1:1-25

Tuesday 2/24 - Luke 1:46-55

Wednesday 2/25 - Luke 1:67-79

Thursday 2/26 - Luke 2:8-15

Friday 2/27 - Luke 2:22-38

Saturday 2/28 - Luke 3:1-22

Weekly Fast: Cell Phone and Social Media

Helpful Tips:

- Place your phone out of sight/out of a high-traffic area in your home. The more you see it, the more you will want to use it.
- Either delete social media apps for the week or place them in a folder in your phone that you do not access often.
- When you think about using your phone, pray!

Liturgy and Prayer Guide

Scripture Reading:

(See Fasting and Reading Guide)

Confession

Father God, I have forgotten you.

You have offered to me your fatherly wisdom.

But I have claimed to be wise in my own eyes, and have chosen to be formed instead by the popular opinions of the day.

You have offered to me your fatherly authority, but I have rebelled against you, living a self-absorbed life under my own rule and reign.

You have offered to me your fatherly affection and kindness, but I have chosen to make my home in this world and have run away from your presence.

Father, I return to you, for you are good.

I submit to you, for you are trustworthy.

I turn to you, for you are merciful.

Please, forgive me.

Assurance

Through the finished work of Jesus the Son of God, you are offered a way back home.

As a father shows compassion to his children, so the Lord shows compassion to those who are his. Though we are slow to learn, God is patient to teach us. He is faithful and trustworthy in all things. We can be sure that God, our Father, will finish the good work that he began in us.

Prayer

The Lord's Prayer (Matthew 6:9-13)

"Our Father in heaven, hallowed be your name."

Spend time acknowledging and enjoying God as Father.

"Your Kingdom come, your will be done, on earth as it is in heaven."

Petition God to push back darkness wherever it is found.

"Give us this day our daily bread."

Ask God for your own needs and the needs of our church family.

"Forgive us our debts, as we also have forgiven our debtors."

Confess your sins to God and forgive anyone who has offended or wronged you.

"And lead us not into temptation, but deliver us from evil."

Pray for God's protection over your own soul and the people of Fellowship Denver.

Week 3

Fasting and Reading Guide | Mar 1-7

Sunday 3/1 - Psalm 91

Monday 3/2 - Luke 4:1-13

Tuesday 3/3 - Luke 4:14-30

Wednesday 3/4 - Luke 5:1-11

Thursday 3/5 - Luke 6:20-27

Friday 3/6 - Luke 7:11-17

Saturday 3/7 - Luke 17:1-6

Weekly Fast: Food - Cut out a meal each day or all meals for one day

Helpful Tips:

- Choose the same meal as a spouse or friend. Intentionally engage in prayer, meditation, and scripture reading together.
- If fasting a whole day is intimidating, build throughout the week. Fast over 1 meal for 3 days, Fast over 2 meals for 3 days, and then fast for a whole day.
- Instead of sitting for a meal, intentionally spend that time praying or reading scripture.

Liturgy and Prayer Guide

Scripture Reading:

(See Fasting and Reading Guide)

Confession

Father, I admit that I am more shaped by the world than by your desire for me.

I am a lover of self, pleasure, and money, rather than a lover of God.

Lord have mercy, Christ have mercy.

Jesus, I admit that in my pride and arrogance,

I live recklessly in rejection of your authority, often resulting in the abuse of others.

Lord have mercy, Christ have mercy.

Holy Spirit, I admit that I am ungrateful and heartless,

having the appearance of godliness, but denying its power to transform me and the world around me.

Lord have mercy, Christ have mercy.

Assurance

To all who are given the right to be called children of God,

by the blood of Jesus: grace, mercy, and peace from God the Father, Christ Jesus our

Lord, and the Holy Spirit. You are not saved because of your works, but because of God's

own purpose and grace, which he gave us in Christ Jesus before the ages began, now

made known through the appearing of our Savior. He abolished death and brought life and

immortality to light through the gospel, calling us children of God, fully welcomed into the

community of the Father, Son, and Holy Spirit.

Prayer

Listening to God through the Word

Open your Bible to a Psalm. Any Psalm will do, but here are a few recommendations.

Psalm 1, Psalm 3, Psalm 23, Psalm 139, Psalm 131, Psalm 63. Read the chapter out loud

twice and, as you're reading, notice what words or phrases stand out to you. It may be that

a unique thought, picture, or person comes to mind. Assume this is God speaking to you,

and turn those "highlighted" words or thoughts or pictures into your own prayers to God.

Week 4

Fasting and Reading Guide | March 8- 14

Sunday 3/8 - Psalm 32

Monday 3/9 - Luke 7:36-50

Tuesday 3/10 - Luke 8:40-56

Wednesday 3/11 - Luke 9:23-27

Thursday 3/12 - Luke 9:37-45

Friday 3/13 - Luke 9:57-62

Saturday 3/14 - Luke 13:1-9

Weekly Fast: Shopping - abstain from purchases related to entertainment and pleasure

Helpful Tips:

- Commit as a family to spend this week buying only what is necessary.
- Remove apps on your phone that you regularly see ads for that might drive a temptation to buy items.
- Pay attention to ads in the world outside of your control that are trying to get you to buy something.

Liturgy and Prayer Guide

Scripture Reading:

(See Fasting and Reading Guide)

Confession

O Lord, I come to you in need, like a wayward child, confessing that I have sinned against heaven and in your sight.

I have wandered from your side and have ignored the call of your kindness that leads to repentance.

I thank you, Father, that I feel my need.

In your kindness, grant me forgiveness.

Assurance

In him, we have redemption and adoption as daughters and sons.

Not only has he saved us, but he has promised to not leave us as orphans,

And God is faithful and trustworthy to keep his promises.

In Christ, God bestows a Father's blessing on every returning wanderer.

Like a Father, he receives us as his children.

Prayer

Our Mission: Help people discover and follow the original Jesus

Matthew 28:18–20

[18] And Jesus came and said to them, "All authority in heaven and on earth has been given to me. [19] Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, [20] teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

- Pray that we would live out our mission as a Church and as individuals.
- Pray for those in your life who need to discover Jesus. Ask the Spirit to empower you, and help you share the gospel with them in word and deed.
- Pray for discipleship opportunities. Who is the Lord calling you to pour into that they might walk more closely with Jesus?

Week 5

Fasting and Reading Guide | March 15 - 21

Sunday 3/15 - Psalm 51

Monday 3/16 - Luke 11:1-8

Tuesday 3/17 - Luke 11:33-36

Wednesday 3/18 - Luke 12:35-48

Thursday 3/19 - Luke 13:22-30

Friday 3/20 - Luke 14:25-33

Saturday 3/21 - Luke 15:11-32

Weekly Fast: Entertainment on Television, Movies, Video-Games

Helpful Tips:

- Have fun with it. Invite friends and family over for dinner. Host a game (not video games) night. Make it a communal pursuit!

Liturgy and Prayer Guide

Scripture Reading:

(See Fasting and Reading Guide)

Confession

Jesus, your yoke is easy, and your burden is light.

Yet I put myself under a weight I was never meant to bear.

You clothe me and feed me, but I often don't trust that you will provide.

In my pride, I try to satisfy and carry my needs apart from you.

You tell me to seek first your Kingdom,

but I allow myself to be preoccupied and crushed by the cares of this world.

You promise to never give me a stone if I ask you for bread, yet I have been formed more by my own anxieties than by your promises.

Help me to cast my cares on you, knowing that you care for me

When my hands are empty, you will make my heart fully satisfied in you.

Assurance

Your Father in heaven knows what you need before you ask.

He gives from the overflow of his inexhaustible mercy.

He is eager to supply your every need according to his riches in glory in Christ Jesus.

Jesus has made his Father your Father through his finished work and gives you the gift of his Holy Spirit so that you may rest in him.

Do not be anxious like the world, for we are sons and daughters of a good Father.

He is for you and not against you, and he withholds no good thing from those who ask of him.

So ask, and it will be given to you, seek, and you will find.

Prayer

ACTS

Pray through Scriptures of Adoration, Confession, Thanksgiving, Supplication

Adoration: Psalms 145-150

Confession: Psalm 51, Nehemiah 9

Thanksgiving: Psalm 136

Supplication: 1 Kings 8

Week 6

Fasting and Reading Guide | March 22 - 28

Sunday 3/22 - Psalm 63

Monday 3/23 - Luke 16:19-31

Tuesday 3/24 - Luke 17:7-10

Wednesday 3/25 - Luke 18:1-8

Thursday 3/26 - Luke 18:9-14

Friday 3/27 - Luke 18:31-43

Saturday 3/28 - Luke 19:1-10

Weekly Fast: Alcohol, Sweets, or Caffeine

Helpful Tips:

- Remove sweets or alcohol from the cabinet and place them in a box in the garage.

Liturgy and Prayer Guide

Scripture Reading:

(See Fasting and Reading Guide)

Confession

God, you are light, and in you, there is no darkness at all.

I confess I have broken fellowship with you.

I confess I have sinned and deceived myself.

I confess I've broken fellowship with my brothers and sisters.

Father forgive me.

Assurance

This is the good news for those who place their life and trust in Jesus

If you confess your sins,

He is faithful!

He is just!

He will forgive those sins, and cleanse you from all unrighteousness!

Prayer

Prayer Through Acts 2: 42-47

Pray for:

- Devotion to word of God
- Devotion to each other
- Breaking of bread together
- Awe and expectation to fill our souls
- Miracles

- Unity
- Leadership
- Ministry teams
- The needy among us

- Grateful people
- God's work in and through the church
- Generous church
- Increase of Jesus' ministry
- Persons of peace in the city

Week 7 - 24/7 Prayer Chain

Fasting and 24/7 Prayer Reading Guide

| Mar 29 - Apr 4

Palm Sunday 3/29 - Psalm 31:9-18

Monday 3/30 - Luke 19:28-48

Tuesday 3/31 - Luke 22:39-53

Wednesday 4/1 - Luke 22:54-65

Maundy Thursday 4/2 - Luke 22:14-38

Good Friday 4/3 - Luke 23:26-49

Holy Saturday 4/4 - Luke 23:50-56

Weekly Fast: Sleep - Wake early for meditation, prayer or journaling. You can also sign up for a 1-hour prayer time slot to continue our chain by visiting fellowshipdenver.org/easter

Helpful Tips:

- Pray for alertness when you wake!
- Know yourself: if you are going to fall asleep while praying, focus on journaling your prayers!

Prayer

Pray for yourself

"... casting all your anxieties on the Lord because he cares for you." (1 Peter 5:7)

Pray for your family

"One generation shall commend your works to another, and shall declare your mighty acts." (Psalm 145:4)

Pray for Fellowship Groups

"So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith." (Galatians 6:10)

Holy Week | Liturgy and Prayer Guide

Scripture Reading:

(See Fasting and Reading Guide)

Confession

Father in Heaven,

You are the great I Am, the beginning and the end.

You are not dependent on me.

You are all-sufficient and limitless in all ways, offering me an abundance of life.

I cannot exist apart from you.

I am limited and dependent.

I need breath, food, water, shelter, relationships, and wholeness that only you provide.

I confess that I have sinned against you by acting independently of you.

In my pride, I have put myself in your place as the all-sufficient God.

I have withheld my dependencies and attempted to meet all of my needs by my own designs.

Father, forgive me.

Assurance

This is the good news:

In Christ, divine power has been given to you in all things for life and godliness.

He has given you his precious and great promises through the knowledge of Christ, who called you to his own glory and excellence,

so that through those promises you may share in the divine nature of Christ.

He has rescued you from the dominion of darkness

and brought you into the Kingdom of his Son,

by whom you have received redemption and adoption!

He is just!

He will forgive those sins, and cleanse you from all unrighteousness!

Pray for Fellowship Denver and churches in your city

"... praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints ..." (Ephesians 6:18)

Pray for your city

"But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare." (Jeremiah 29:7)

Pray for our nation and the nations

"... if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." (2 Chronicles 7:14)

Easter Week

No fasting. Celebrate!

Gather with your friends or family to feast together.

Helpful Tips:

- Reflect on Christ's faithfulness in his death and resurrection.
- Reflect on Christ's faithfulness in your life and your prayers!

