

PREPARING FOR EASTER WITH PRAYERS OF LAMENT AND HOPE

Beginning with Ash Wednesday, the ancient Church incorporated 40 days of solemn practices that prepared them for the joy of Easter.

In light of the tumultuous events of the last year, from the global pandemic and racial unrest, to political turmoil and economic suffering, Hope for San Diego offers 40 days of prayer focused on lament and hope for our city. The beauty of lament is that we can bring all our grief and feelings of pain and loss to the Lord. He can handle all of it. We know that our suffering is not in vain because we trust in the promise of Easter that God will one day redeem all things.

IN MY DISTRESS I CALLED UPON THE LORD; TO MY GOD I
CRIED FOR HELP. FROM HIS TEMPLE HE HEARD MY VOICE,
AND MY CRY TO HIM REACHED HIS EARS.

PSALM 18:6

40 DAYS OF Prayer

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 29:7-8

Visit hopefordsd.org for in-person and virtual service opportunities throughout Lent.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|--|--|---|---|--|--|
| LAMENT | Grieving the painful reality of waiting for God's redemption | | FEB 17 | 18 | 19 | 20 |
| HOPE | Looking forward to the day God will make all things new | | Loss of jobs and economic stability | Repentance for those who oppress others | Oppression of the weak and voiceless | Love for brothers and sisters in Christ |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Sickness and death caused by COVID-19 | Reconciliation for political enemies | Addictions that destroy lives and families | Freedom for victims of trafficking | Racism against people of color | Safety for neglected and abused children | Rejection of strangers seeking refuge |
| 28 | MAR 1 | 2 | 3 | 4 | 5 | 6 |
| Dignity for all made in God's image | Division of the church | Reunification for separated families | Marginalization of ethnic groups | Health for the sick and hungry | Unjust systems of power | Replenishment for those serving the poor |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Passivity that prevents change | Generosity for the needs of all | Hatred toward our enemies | Peace and unity for our country | Violence against fellow citizens | Community for the lonely | Poverty that causes desperation |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Vision for the spiritually blind | Abandonment and neglect of children | Rescue for the enslaved | Anxiety in the face of uncertainty | Abundance for everyone lacking | Blindness of the spiritually deceived | Redemption of pain and suffering |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Loneliness of those without community | Protection for the innocent and vulnerable | Deception that lures trafficking victims | Comfort for those suffering loss | Distortion of political and biblical values | Strength for weary parents | Pain of those who have lost loved ones |
| 28* | 29 | 30 | 31 | APR 1 | 2 | 3 |
| Shelter for those without homes | Burdens of those caring for others | Salvation for those estranged from God | Greed that leads to damaging inequities | Restoration of broken families | Evil that ensnares the innocent | Demonstration of neighborly love |

4
Happy Easter!
He is risen!

*JOIN US ONLINE MARCH 28TH FOR OUR
HOPE FOR SAN DIEGO FUNDRAISER