



Quick Prayers for Lent

By Carrie Dameron

After he (Jesus) fasted for 40 days and 40 nights he was famished. (Matthew 4:2)

As we enter the beginning of Lent, 40 days before the Passion of Christ and Easter, many of us are seeking the Lord's guidance in giving up something or adding something.

Some everyday things Christians give up for Lent are favorite foods and drinks, like chocolate, coffee, or alcohol, or specific food pleasures, such as eating out, desserts, or meat. Others may give up an activity, like phone time, watching movies, or other distractions. When I asked Google AI, I received additional responses, including sleeping without a pillow, abstaining from gossiping, or refraining from following/watching social media postings. To add a little bit of humor, my favorite activity Google AI noted was to give up "being a backseat driver." – I have to admit—my husband would probably enjoy my 40-day struggle—LOL!

Humor aside, I think the Lenten period is not only a time to meditate on our Lord's suffering; it is a time to add habits to our walk with the Lord while growing closer to him and his sufferings. Some of those daily habits include reading your Bible, adding another prayer time, reading a Lenten devotion, attending church or Bible study, and others.

Since I am the NCFI prayer chair, I would make the following suggestions focused on Christian Nurses:

Choose to pray for one of the following :

Your national fellowship and nurses in your country

The nurses at your work, church, and community

International nurses and regional nurses

A global health issue that's concerning

NCFI people

At first, adding more prayer to our already busy and over-committed lives sounds overwhelming, yet it doesn't take more time to send quick prayers to the Lord. Especially if you have given up something for Lent. For

example, whenever you think of chocolate, immediately pray, “Lord, I lift up all the nurses at my workplace and trust you with their care.” Or something along those lines.

Another list of suggestions focused on Christian nurses are:

Choose to do one of the following:

Send an encouraging text or email to a nurse or healthcare professional

It can be kind words, scripture, etc (Let the Holy Spirit guide you)

Post on a social media platform an encouraging comment for nurses to read

Bring goodies or something to share to work

Invite a colleague to a Christian nursing event (prayer, journal club, etc)

Spend the next few days seeking the Holy Spirit in ways he would have you grow closer to our Lord through this period of Lent.