



**ALL SAINTS'
CATHEDRAL
NAIROBI**

TRANSFORMATION

T H R O U G H

PRAYER

LENT SEASON REFLECTIONS & PRAYER GUIDE 2025

Lent, the forty days in the Christian year that lead up to Easter, is a valuable time for Christians. Lent is a period of prayer and spiritual rejuvenation anticipating a time when hope and fresh spiritual life are beginning to emerge. The Lenten season is an opportunity to grow in our spiritual lives through spiritual disciplines.

In the early church, new believers were baptized into its fellowship once a year on Easter. Before their baptism, they were given time to grow in their convictions. They would be baptized to symbolize their death to the power of evil and their call to be resurrected into a new life in Christ, who defeated the power of death on the first Easter. Over time, the entire devoted community began to regard this season as a time for growth in faithful discipleship. Lent emerged as a season when both new converts and the body of believers would become more closely associated with Jesus' living, dying, and rising. Thus, in today's Church, as in the early Church, Lent is intended to be experienced as a season for disciple-making. Lent is a season of rediscovery, a wonderful opportunity for us to engage ourselves more fully in the beauty and power of Jesus dying and rising to new life. It is a moment to reflect on the realities of death and resurrection and allow it to permeate our deepest selves.

Lent is a time of prayer when we are urged to take a break from the activity of our everyday busy lives and reconnect with the Spirit of God within. Prayer is essentially focused attention to God; it sets us in a listening position. Lent enables us to experience a new depth of prayer, a true devotion to God amid all the commotion and turbulence of our everyday lives, through which we learn to be strong in the Lord and the power of the Holy Spirit.

Fasting is a second practice linked with this season. Fasting represents a readiness to free ourselves from self-centred goals, aspirations, and pursuits. It denotes a readiness to be freed from the self-centeredness that drives so much of our lives to truly experience Christ's liberating power. Fasting teaches us that the most profound hunger in our life must be for God.

Almsgiving is the third practice linked with this season. It expresses an interior conversion concerning our neighbour while fasting expresses an interior conversion about us, and prayer expresses an interior conversion about God. Jesus holds up before us the image of the Good Samaritan, who stops to come to the aid of his neighbour, beaten and bloodied on the road. He not only pays for a room, but he takes care of the details. This required looking at a distressing image of humanity square in the face and acting in total selflessness.

This Year's Lent Season begins on 5th March (Ash Wednesday) and ends on 17th April 2025 (Maundy Thursday). We encourage you to take part in the 40 days of prayer and fasting between 6:00 am to 6:00 pm each day. We invite you to join an online prayer session every day from 5:00 am to 5:30 am by scanning the QR Code below.



On Wednesdays, The Church will remain open throughout the day and clergy will be available at the altar to pray for those who come during the day. In the evening, at 5:30 pm, we invite all congregants for a time of prayer during the Prayer and Healing Service.

PRAYER GUIDE FOR THE LENT PERIOD 2025

(5TH MARCH – 19TH APRIL 2025)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pray For Personal Needs and Revival	Pray For our Country Kenya and the Government	Pray For the Needs of the Families	Pray For The Environment	Pray For The Vulnerable in Society	Pray For Cathedral Ministry and the Body of Christ
MARCH		<p>5th- Family Unit</p> <p>Psalm 103:17, Joshua 24:15)</p> <ul style="list-style-type: none"> • Basic unit of society • God's mercy & favour • Intimate relationship with God • God's provision 	<p>6th - Celebrate God for the creation</p> <p>(Psalm 148)</p> <ul style="list-style-type: none"> • For Hills & Valleys • Forests • Seas & streams • Wildlife • Domestic animals 	<p>7th - Poor in society</p> <p>Isaiah 1:17; Deut. 15:11</p> <ul style="list-style-type: none"> • Adequate provision • Employment • Shelter • Healthcare • Those working to alleviate 	<p>8th - Worship & Hospital Chaplaincy Dept Ministries</p> <p>Nehemiah 12:27-30</p> <ul style="list-style-type: none"> • Music – choirs & Praise teams • Ushers, Readers, Guild • Hospital Chaplaincy
<p>10th</p> <p>Personal Confession & Repentance</p> <p>Psalm 139:23-24</p> <p>1 John 1: 8 – 10</p>	<p>11th -Executive</p> <p>1 Timothy 2:1-4</p> <ul style="list-style-type: none"> • President • Cabinet • PS's • Civil Service 	<p>12th -Parents & guardians</p> <p>(Ephesians. 6:1 -3)</p> <ul style="list-style-type: none"> • Parents to play their rightful roles • Fear of God in the role • Pray against conflicts • Pray for single parents 	<p>13th - Environmental preservation</p> <p>Psalm 104:16</p> <ul style="list-style-type: none"> • Forest cover • Rivers & catchment areas • Lakes and Ocean • Natural Habitats 	<p>14th – The Sick</p> <p>James 5:14-15</p> <ul style="list-style-type: none"> • Terminally ill • In Hospitals& homes • Caregivers • Improved healthcare systems • Medical/ health workers 	<p>15th - Children & Teens Dept</p> <p>Deuteronomy 6:4 - 8</p> <ul style="list-style-type: none"> • Sunday School • Special Needs • Teens' activities • CTC Programmes • The ASC School
<p>17th</p> <p>Personal spiritual awakening</p> <p>Nehemiah 1:6</p> <p>Psalm 85</p>	<p>18th – Legislature</p> <p>Proverbs 28:2</p> <ul style="list-style-type: none"> • Senate • National Assembly • MP's 	<p>19th Widows, widowers & orphans</p> <p>(Deut. 10:18)</p> <ul style="list-style-type: none"> • God to prosper them • Deliverance from anxiety, loneliness, pain • God's protection 	<p>20th - Climate Change effects</p> <p>Jeremiah 10:12</p> <ul style="list-style-type: none"> • Pollution • Flooding/Droughts • Water Scarcity • Food insecurity 	<p>21st- The Homeless</p> <p>Matt. 25:40</p> <p>Psalm107:4-9</p> <ul style="list-style-type: none"> • Street families • Displaced persons - Health, insecurity, - Poor access to social amenities - Finding Food & Shelter 	<p>22nd - Family Dept</p> <p>1 Corinthians 13: 4 -7</p> <ul style="list-style-type: none"> • Men & Women Ministry • Marriage outreach • Special Abilities • Senior Citizens • Cell Groups / G2G

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>24th- Ask the Lord to expand and increase you Jeremiah 29:11 1 Chronicles 4:10</p>	<p>25th – Counties</p> <p>Philippians 4:6</p> <ul style="list-style-type: none"> • 47 Governors • MCA's • CES's • Service delivery 	<p>26th- Senior Citizens</p> <p>2 Cor. 4:16</p> <ul style="list-style-type: none"> • Good physical health • Social support • Good healthcare 	<p>27th - Productivity</p> <p>Colossians 3:23 Psalm 104:14</p> <ul style="list-style-type: none"> • Adequate rainfall • Food sufficiency • Agricultural Sector • Natural resources 	<p>28th - Persons with disability</p> <p>Lev.19:14-16</p> <ul style="list-style-type: none"> • Good government policies and initiatives • families & caregivers • Advocacy for inclusion 	<p>29th - Youth & Young Adults Dept</p> <p>1 Timothy 4:12</p> <ul style="list-style-type: none"> • Career growth • Discover purpose • Programmes • Spiritual growth
<p>31st - Give Thanks to God</p>					
<p>APRIL</p>	<p>1st – Judiciary</p> <p>Colossians 1:16–17</p> <ul style="list-style-type: none"> • Judges, Magistrates • Justice for all • Fair trials • Police & Prosecutors • Advocates/lawyers 	<p>2nd – Children</p> <p>Psalm 127</p> <ul style="list-style-type: none"> • Grow in Godly fear • Obedience to parents & teachers • Schools, teachers • Have good role models 	<p>3rd - Conservation</p> <p>Numbers 35:33</p> <ul style="list-style-type: none"> • Conservationists • polluters change their practices • Endangered species • Protection of Indigenous 	<p>4th - Immigrants and migrants</p> <p>Lev. 19:33-34</p> <ul style="list-style-type: none"> • Refugees • Internally displaced persons • Nations & communities involved in wars & conflicts 	<p>5th – Leadership & Evangelism Dept</p> <p>Acts 20: 32 - 35</p> <ul style="list-style-type: none"> • PCC • Volunteers • International Community • Evangelists • Discipleship
<p>7th Tell the Lord what you desire of Him this Year Psalm 20</p>	<p>8th - Public & Private Sectors</p> <p>Jeremiah 29: 4 - 9</p> <ul style="list-style-type: none"> • Essential Service Providers • Good Service Delivery • Service Delivery • Accountability, integrity, etc 	<p>9th- Youth</p> <p>Ecclesiastes 12</p> <ul style="list-style-type: none"> • Growth in Carrier • Growth in faith • The young families & those planning weddings • Protection from evil • Ability to stand up for the rights of the society 	<p>10th- Ministries overseeing Environmental issues</p> <p>Psalm 104:24-25</p> <ul style="list-style-type: none"> • Environment, Climate Change and Forestry • Mining, Blue Economy and Maritime Affairs • Tourism and Wildlife • Water, Sanitation and Irrigation • Agriculture and Livestock Development 	<p>11th- Organizations working with vulnerable</p> <p>Deuteronomy 10:17-19</p> <ul style="list-style-type: none"> • Children's homes • Homes for the elderly • UNHCR • WFP • NGOs etc 	<p>12th - ASC Cathedral</p> <p>2 Thessalonians 1:11 Ephesians 4:11-12</p> <ul style="list-style-type: none"> • Clergy • Lay Readers • Staff • Congregations needs, spiritual growth and Revival • All Worship Services • Church Worldwide
<p>14th Thanksgiving for God's Goodness Psalm 116</p>	<p>15th -Economy Psalm 33:12</p> <ul style="list-style-type: none"> • Economic Growth • Fair resource distribution • Pray for all sectors that contribute to the economy • Pray against greed and other economic ills • Budget 2025 	<p>16th - Families going through troubled times</p> <p>Psalm 113</p> <ul style="list-style-type: none"> • Disagreements • Strive • Divorce • Separation • Sickness • Bereavement 	<p>17th - Maundy Thursday John 13</p> <ul style="list-style-type: none"> • Love for one another • Love for the environment • Love to keep the environment clean • Love to plant trees • Communities to overcome disputes related to resources 	<p>18th- Good Friday Thank Christ for</p> <p>John 18 & 19</p> <ul style="list-style-type: none"> • His Passion • Forgiveness of sin • Paying the debt 	<p>19th Holy Saturday</p> <p>Personal Refection Day</p>