

African Methodist Episcopal Zion Church

LENTEN PRAYER & FASTING GUIDE

From Ash Wednesday to Palm Sunday

DATE:

February 18-March 29, 2026

Praying through the
2024-2028 Quadrennial Theme

“The A.M.E. Zion Church: Serving This
Present Age: Committed to Our Mission,
Being Creative in Our Methods,
Concentrating on Our Ministries, and
Connecting through Our Membership”



A CALL TO LENTEN PRAYER & FASTING

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." 2 CHRONICLES 7:14

THOUGHTS AND ACTION TO PRAY AND PONDER

1. Praying and fasting through the Quadrennial Theme during the Lenten season. Six-week prayer focus: Worship, Mission, Methods, Ministries, Membership, and Revival.

2. Taking worship seriously – inviting the power and presence of the Holy Spirit into our worship. Making God the center of worship. Putting God back on the throne and rather than ourselves or other things.

3. Joining and partnering with agencies and local congregations to help feed the hungry in our communities and neighborhoods. If there is no neighborhood near your church, adopt a neighborhood closest to your church. Let's share bread and water in the name of Jesus. Consider sharing a meal with a neighbour or a homeless person.

4. Support the 1796 Campaign Project. This campaign is more than just supporting the institution, it is an investment in transformed lives, strengthened families, developed leaders, and liberated communities.

We request that each Episcopal Area share in this journey as they follow the direction of the Presiding Bishop of the area.

DAILY PRAYER SCHEDULE AND CONCERNS

Week 1 – February 18-21, 2026

Prayer Theme: Reviving Our Worship

1. February 18 – Praise & Thanksgiving: Psalm 107: 1-9
2. February 19 – Spirit-filled Worship: Psalm 95; John 4:23-24
3. February 20 – Repentance and Forgiveness: Psalm 51: 1-13
4. February 21 – Humility & Seeking God – 2 Chronicles 7:14

Week 2 – February 22-28, 2026

Prayer Theme – Reviving Our Mission

5. February 22 – Holy Scriptures – Hebrews 4: 11-13
6. February 23 – Preaching the Gospel – Romans 1: 14-17
7. February 24 – Evangelism – Luke 15: 1-7
8. February 25 – Outreach – 1 John 3: 17-18
9. February 26 – Social Justice – Micah 6:8
10. February 27 – Obedience – 1 John 5:3
11. February 28 – Discipleship – Matthew 16:24, 28: 19-20

Week 3 – March 1-7, 2026

Prayer Theme – Reviving Our Methods

12. March 1 – God-Honoring – Colossians 3:17, 23-24
13. March 2 – Vision – Habakkuk 2:2-3
14. March 3 – Wisdom – Proverbs 1: 1-7
15. March 4 – Discernment – 1 John 4:1
16. March 5 – Creative through Music/Arts – Psalm 149:3
17. March 6 – Spiritual Disciplines – 2 Peter 3: 17-18
18. March 7 – Building the Body – Ephesians 4: 14-16

Week 4 – March 8-14, 2026

Prayer Theme – Reviving Our Ministries

19. March 8 – Time – Ephesians 5: 14, 16-17
20. March 9 – Sabbath (Rest) – Mark 6: 31-32
21. March 10 – Spiritual Gifts – 1 Corinthians 12: 4-11
22. March 11 – Ministry Calling – Ephesians 4: 11-14
23. March 12 – Generosity – 2 Corinthians 9: 6-9
24. March 13 – Fruitful Ministry – John 15: 5-8
25. March 14 – Faithful Ministry – Luke 16: 9-12

DAILY PRAYER SCHEDULE AND CONCERNS

Week 5 – March 15-21, 2026

Prayer Theme – Reviving Our Membership

26. March 15 – Commitment and Service – Acts 2:42-45
27. March 16 – Love – 1 Corinthians 13: 4-7
28. March 17 – Unity – Ephesians 4:1-3
29. March 18 – Offering Forgiveness – Ephesians 4:31-32
30. March 19 – Accountable/Responsible- Matt. 25:14-30
31. March 20 – Fellowship – Hebrews 10:24-25
32. March 21 – Servant Leadership – Mark 10: 42-45

Week 6 – March 22-29, 2026

Prayer Theme – Reviving Zion

33. March 22 – Renewal and Restoration – Psalm 85:6
34. March 23 – Flourishing Congregations – Acts 2:47
35. March 24 – Thriving and Healthy Ministries – 3 John 2
36. March 25 – Transformation – Romans 12:1-2
37. March 26 – Healing and Deliverance – Acts 5:12-16
38. March 27 – Provisions -Philippians 4:14-19
39. March 28 – Salvation of Souls – Romans 10:9-10
40. March 29 – Miracles - Acts 4:31-33

Three Virtual Prayer Gatherings

1. Pre-Lenten Prayer Meeting – Sunday, February 15, 2026 – 7:00 PM EST - 847 4888 7311- Passcode: 089431
2. Palm Sunday Prayer Meeting – Sunday, March 29, 2026 – 7:00 AM EST - 862 0415 7276 Passcode: 917619
3. Pentecost Worship and Prayer Meeting – Sunday, May 24, 2026 – 5:00 PM EST - CSAED (5 GMT +2) EWAED (4:00 GMT +1) WWAED (3:00 PM GMT) INDIA (8:30 PM IST) All A.M.E. Zion Platforms

PERSONAL PRAYER CONCERNS

1. _____
2. _____
3. _____
4. _____

Prayer CHANGES EVERYTHING