



LENT

THE PRACTICE OF PREPARATION

WHAT IS LENT? It is a season of intentional emptying.

Lent is about what we *give up* to make space in our lives to meditate on the magnitude of Jesus Christ's sacrifice. During this season, we will lean into personal and corporate confession - not to dwell in shame, but to clear the way for the abundance of Christ's grace.

PART ONE: THE READING GUIDE

FELLOWSHIP WITH GOD

Use the following daily scripture readings throughout the Lenten Season. As you read, don't just look for information; look for your formation into Christlikeness. Ask these three questions:

- **REVEAL:** What does this passage reveal about God? (His character, His work, or His promises?)
- **REFLECT:** Looking honestly at my life, what am I learning about myself that needs to change?
- **RESPOND:** What is one specific way I should respond? (A comfort, a habit, or a sin to give up?)

FELLOWSHIP WITH ONE ANOTHER

Repentance was never meant to be a solo journey. While the scriptures reveal personal sin, we find healing in the context of the church. We encourage you to:

- **SHARE:** Once a week, share with a trusted friend, spouse, or small group one thing God has revealed to you.
- **CONFESS AND PRAY:** Don't carry the conviction of the Holy Spirit alone. Bring it into the light with others.
- **CELEBRATE TOGETHER:** Use Sunday gatherings to celebrate the grace you've found together.

DAILY READINGS

WEEK ONE

Feb 16: Daniel 9

Feb 17: Psalm 32

Feb 18: 1 John 1:5-10

Feb 19: Proverbs 28:13

Feb 20: Luke 18:9-14

WEEK TWO

Feb 23: John 13:1-30

Feb 24: Matthew 16:24-26

Feb 25: Philippians 2:3-8

Feb 26: Romans 12:9-21

Feb 27: Galatians 5:13-15

WEEK THREE

Mar 2: John 13:36-38

Mar 3: Jeremiah 17:5-8

Mar 4: Psalm 1

Mar 5: Matthew 13:1-9, 18-23

Mar 6: James 1:1-18

WEEK FOUR

Mar 9: James 3

Mar 10: Proverbs 18:2-8, 19-21

Mar 11: Psalm 141

Mar 12: Ephesians 4:25-5:5

Mar 13: Matthew 12:33-37

WEEK FIVE

Mar 16: Isaiah 58

Mar 17: Amos 5:18-27

Mar 18: Micah 6:6-8

Mar 19: Matthew 23:23-28

Mar 20: Psalm 51

WEEK SIX

Mar 23: Matthew 21:1-11

Mar 24: Zechariah 9:9-12

Mar 25: Psalm 118:19-29

Mar 26: Luke 19:41-44

Mar 27: Philippians 2:9-11

WEEK SEVEN

Mar 30: Mark 14:12-25

Mar 31: Luke 22:39-46

Apr 1: John 18:1-11

Apr 2: Matthew 27:27-50

Apr 3: Isaiah 53

Apr 4: Psalm 62

Apr 5: Luke 24:1-12

PART TWO: FASTING CHALLENGE

February 23 - April 3

We are asking everyone in our church family to do two things:

- **GIVE SOMETHING UP.** Choose one thing (a specific food, social media, television, etc.) to abstain from for the entire 40 days.
- **FAST WEEKLY.** Choose one day each week to engage in a Full-Day or Partial Fast (giving up food) as outlined below.

THE GOAL is not legalism or “checking a box,” but rather an honest posture of surrender. When we feel the hunger for what we’ve given up, we let it prompt us to hunger for God instead.

Fasting is not just “not eating”; it is replacing physical food with spiritual food. Use this guide to choose the fast that is right for your health and your current spiritual walk.

1. CHOOSE YOUR FASTING TYPE

- **The One Meal Fast:** skipping one specific meal to spend that hour in prayer and Scripture.
- **The Half-Day Fast** (Sunup to Sundown): skipping breakfast and lunch, then breaking the fast with a modest dinner.
- **The Full-Day Fast:** skipping all meals for a full 24-hour period.

2. THE FASTING RHYTHM: REPLACE, DON'T JUST REMOVE

If you simply skip a meal but go about your day as usual, you are just hungry. To truly fast, you must replace the physical activity with a spiritual one.

- In place of cooking/eating: Read the verse of the day and contemplate the questions.
- When your stomach growls, pray, “Lord, my hunger reminds me that I need You more than food.”
- In place of meal time, go for a prayer walk, sit in silence before the Lord, or meditate on scripture.

3. IMPORTANT PRACTICAL TIPS

- **Hydrate.** Drink plenty of water. Biblical fasting from food usually includes drinking water to stay clear-headed.

• **Don't draw attention.** Jesus teaches us not to look miserable while fasting (Matthew 6:16-18). Keep your fast between you, God, and an accountability partner.

• **If you fail,** if you give in and eat a cookie on Wednesday, don't quit! Fasting is a grace-based discipline, not a legalistic test. Just start again the next day.

MY PLAN

I WILL FAST ON

day of week

I WILL DO A

one meal, half-day, or full day fast

MY FASTING PARTNER IS

for encouragement and accountability

I WILL GIVE UP

this one thing (specific food, social media, etc.)

