

# Word Tabernacle Church

## *Lenten Fasting Guide*



### **What is Lent?**

"Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection."

### **What is Fasting?**

Fasting isn't just about giving up food and it isn't about losing weight! Fasting is when believers decide to sacrificially deny themselves of something for the sake of personal spiritual development and self-discipline. We fast as a family and as a Church because we believe that shared experiences bring shared outcomes! When we are reminded that we would like to indulge in the thing from which we are fasting, we should pray, spend time meditating on God, and be strengthened by the understanding that Christ fasted for 40 days and we can too!

Are you seeking God for direction in your life? For healing? For breakthrough? Whatever you need, you can bring it to the Lord in prayer through fasting and find wisdom, peace, and strength.

### **When will we fast?**

We will be fasting for all of Lent, Ash Wednesday, **March 6, 2019** through the Thursday before Good Friday, **April 18, 2019**, excluding Sundays. *Lent allows for a pause from fasting on Sundays.*

## How are we fasting?

It's so simple! There will be a collective corporate fast AND a personal fast. There are three options listed below for your personal fast, or you can create a personal fast based on your lifestyle, sacrificial abilities, and leading of the Holy Spirit. We will commit to fasting for the entirety of the Lent season.

### Collective Fast for the entire church:

- No Social Media 6:00 pm – 9:00 am
- Water as only beverage all day Monday - Saturday

### Personal Fasting Options

- Option 1: Fast one meal a day, No secular music
- Option 2: No sweets, only use media (music, tv, etc) for spiritual purposes and development
- Option 3: Daniel Fast (mainly, but not limited to, fruits & vegetables). You can review the details at [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com), along with recipes and tips.

If you're wondering, "Where did the Daniel Fast originate?" That's a great question. The Daniel Fast was first observed by the prophet Daniel in the Bible. On one occasion, Daniel was greatly concerned for his people and sought the Lord's wisdom during a time of prayer and fasting. Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips." The meaning of "choice food" is not clear; however, most commentaries conclude that he ate no bread or sweets. The Message translation sums up Daniel's eating habits during that time: "I ate only plain and simple food."

The idea behind the Daniel Fast is not to duplicate Daniel's menu but to imitate his spiritual hunger. Daniel's passion for the Lord caused him to seek spiritual food rather than physical food, which should be the desire for anyone doing the Daniel Fast.

### Design your own fast

Ask yourself these questions as a guide to figure out how to fast:

- What habits do I engage in that are destructive to my spiritual health?
- To what material things am I too attached?
- What areas in my life are unbalanced?
- To what do I devote too much or not enough time?

Please be mindful of your health conditions, personal restrictions, *medical advice from your physicians*, and your lifestyle when choosing how you will fast. While fasting requires sacrifice, it also relies on wisdom and knowing your body and physical abilities.

## Supplement Your Fast!

- Spend more time with family
- Spend more time in prayer
- Examine your heart each evening
- Travel in silence and use it as a time for reflection
- Give money you save from spending on things to Kingdom work
- Get plugged in to small groups for personal development

## 40-day Lent devotional

**Day 1:** Wednesday, March 6<sup>th</sup> (Ash Wednesday)

**Devotion:** Luke 9:18-24

**Prayer:** Jesus, I am grateful for the forgiveness and a new, glory-filled identity that we find in the cross.

**Day 2:** Thursday, March 7<sup>th</sup>

**Devotion:** John 12:12-26

**Prayer:** Jesus, you died so that I can have new life. Help me to die to myself so that I may glorify you in all I do.

**Day 3:** Friday, March 8<sup>th</sup>

**Devotion:** Matthew 21:12-17

**Prayer:** Lord, I am grateful for your glory that dwells in your house. Help me to honor your house and not misuse it.

**Day 4:** Saturday, March 9<sup>th</sup>

**Devotion:** Luke 20:19-26

**Prayer:** Jesus, I know that my citizenship is in heaven, but I also recognize that I live in a fallen world. I am thankful for the grace that you give as I live between the two worlds.

**Day 5:** Monday, March 11<sup>th</sup>

**Devotion:** Matthew 22:41-45

**Prayer:** Jesus, I am grateful for your humanity and divinity.

**Day 6:** Tuesday, March 12<sup>th</sup>

**Devotion:** Mark 12:41-44

**Prayer:** Jesus, you are the ultimate giver. Help me to be more generous.

**Day 7:** Wednesday, March 13<sup>th</sup>

**Devotion:** Luke 21:29-33

**Prayer:** Lord, I am grateful for the truth and certainty of your promises. Give me wisdom on how to intentionally live my life considering your promise to return.

**Day 8:** Thursday, March 14<sup>th</sup>

**Devotion:** Matthew 25:1-13

**Prayer:** Lord, kindle the fire of faith and keep it burning in my heart. Help me to take advantage of opportunities to share the Good News.

**Day 9:** Friday, March 15<sup>th</sup>

**Devotion:** Matthew 22:1-14

**Prayer:** Heavenly Father, I thank you that through the gift of your Son, you offer good things, both now and for your Kingdom to come.

**Day 10:** Saturday, March 16<sup>th</sup>

**Devotion:** Matthew 24:36-51

**Prayer:** Lord, as I maneuver this life, help me to be more concerned about living a life that glorifies you, instead of fitting in with others.

**Day 11:** Monday, March 18<sup>th</sup>

**Devotion:** Matthew 25:31-46

**Prayer:** Jesus, help me be mindful of the “least of these”. I pray that my actions are pleasing to you.

**Day 12:** Tuesday, March 19<sup>th</sup>

**Devotion:** Matthew 26:6-13

**Prayer:** Lord, I anoint you with my praise.

**Day 13:** Wednesday, March 20<sup>th</sup>

**Devotion:** Matthew 26:1-5, 14-16

**Prayer:** Lord, I am grateful that you have taken the wickedness of my sins and given me, in its place the purity of Christ’s innocence.

**Day 14:** Thursday, March 21<sup>st</sup>

**Devotion:** Luke 22:7-15

**Prayer:** Lord, thank you for the comfort and counsel that I receive from other believers in tough times.

**Day 15:** Friday, March 22<sup>nd</sup>

**Devotion:** 1 Corinthians 11:23-26

**Prayer:** Jesus, thank you for the reassuring comfort of the Lord’s Supper. I am grateful for your all-forgiving grace and mercy.

**Day 16:** Saturday, March 23<sup>rd</sup>

**Devotion:** John 13:1-35

**Prayer:** Lord, I pray that I will represent you well by the way I serve and love others.

**Day 17:** Monday, March 25<sup>th</sup>

**Devotion:** Matthew 26:36-46

**Prayer:** Lord, I pray that your will be accomplished in my life.

**Day 18:** Tuesday, March 26<sup>th</sup>

**Devotion:** Mark 14:32-42

**Prayer:** Jesus, I am grateful for your faithful friendship. Help me to honor you by being a faithful friend.

**Day 19:** Wednesday, March 27<sup>th</sup>

**Devotion:** Matthew 26:47-50; 27:3-10

**Prayer:** Lord, I am thankful for salvation through Jesus Christ and for the strength it provides in my life. Keep me strong as I am free from sin and Satan’s power.

**Day 20:** Thursday, March 28<sup>th</sup>

**Devotion:** Luke 22:54-62

**Prayer:** Lord, help me to stand strong against temptation and remain faithful to the Savior, whose faithfulness to me, led Him to the cross.

**Day 21:** Friday, March 29<sup>th</sup>

**Devotion:** Luke 22:63-65

**Prayer:** Lord, I know that you are gracious, loving, and merciful, but I also recognize that you are holy. Forgive me for my sins.

## 40-day Lent devotional

**Day 22:** Saturday, March 30<sup>th</sup>

**Devotion:** Luke 22:66-71

**Prayer:** Lord, in times where I am tempted to doubt your power and presence, I pray that I am reminded that you are real and remain in control.

**Day 23:** Monday, April 1<sup>st</sup>

**Devotion:** Luke 23:1-5

**Prayer:** Jesus, when you entered my life, I changed. Help me to remember the victory that I have because you are in my life.

**Day 24:** Tuesday, April 2<sup>nd</sup>

**Devotion:** Luke 23:6-16

**Prayer:** Jesus, your death on the cross is a miracle. You are a miracle working God.

**Day 25:** Wednesday, April 3<sup>rd</sup>

**Devotion:** Matthew 27:15-23

**Prayer:** Jesus, thank you for taking on the pain and suffering of the cross that should have been mine.

**Day 26:** Thursday, April 4<sup>th</sup>

**Devotion:** Matthew 27:24-31

**Prayer:** Lord, guide me to do the right thing, even when it isn't easy.

**Day 27:** Friday, April 5<sup>th</sup>

**Devotion:** Mark 15:20-21

**Prayer:** Lord, help me to maintain a humble heart, always ready to render service on your behalf.

**Day 28:** Saturday, April 6<sup>th</sup>

**Devotion:** John 19:18-22

**Prayer:** Lord, help me to be prepared to confidently answer the question, "What is truth?"

**Day 29:** Monday, April 8<sup>th</sup>

**Devotion:** Luke 23:32-34

**Prayer:** Lord, I am thankful for your forgiveness. Help me to forgive others.

**Day 30:** Tuesday, April 9<sup>th</sup>

**Devotion:** John 19:23-24

**Prayer:** Lord, every word of prophecy was fulfilled about the coming Savior of our Lord Jesus. Your word is reliable and trustworthy.

**Day 31:** Wednesday, April 10<sup>th</sup>

**Devotion:** Matthew 27:35-44

**Prayer:** Jesus, as I reflect on the cruel words and actions that were done against you, help to be mindful of the words that I speak to others. Help my words to be loving, compassionate, and edifying.

**Day 32:** Thursday, April 11<sup>th</sup>

**Devotion:** Luke 23:39-43

**Prayer:** Jesus, thank you for providing a paradise for me so that I can worship you eternally.

**Day 33:** Friday, April 12<sup>th</sup>

**Devotion:** John 19:26-27

**Prayer:** Jesus, even in your dying you showed us how to love one another. Teach and empower me to honor you, my Lord & Savior, in the love I show to others.

**Day 34:** Saturday, April 13<sup>th</sup>

**Devotion:** Mark 15:33

**Prayer:** Lord, I pray that your light will shine bright in my life, overcoming the darkness in my world. Reminding me of how I am an overcomer!

**Day 35:** Monday, April 15<sup>th</sup>

**Devotion:** Matthew 27:45-47

**Prayer:** Lord, I thank you for the assurance that because of Jesus' sacrifice, you will never reject me. I am grateful to be your friend.

**Day 36:** Tuesday, April 16<sup>th</sup>

**Devotion:** John 19:28-29

**Prayer:** Jesus, when you came as a human, you experienced suffering. As I endure sufferings in my life, help me to find joy knowing that you have conquered all.

**Day 37:** Wednesday, April 17<sup>th</sup>

**Devotion:** Luke 23:44-46

**Prayer:** Jesus, I thank you for my "It is finished" testimony. When you died, my sins died with you and I can prevail.

**Day 38:** Thursday, April 18<sup>th</sup>

**Devotion:** Matthew 27:51-54

**Prayer:** Jesus, you are amazing and do amazing things. Truly you are the Son of God. Give me the boldness and confidence to proclaim this Good News.

**Day 39:** Friday, April 19<sup>th</sup> (Good Friday)

**Devotion:** John 19:31-37

**Prayer:** Jesus, thank you for your love for me that caused you to endure an excruciating death, so that I can have the joy of new life.

**Day 40:** Saturday, April 20<sup>th</sup>

**Devotion:** Matthew 27:57-66

**Prayer:** Lord, I am thankful that because I trust in you, I don't have to fear death; but can experience a joy and hope reflecting on what lies ahead for believers.