

## LENT 25 FAST SCHEDULE

### WEEK 1: SEEKING GOD DEEPER & SALVATION

Day 1: 2 Peter 3:9 Day 2: Luke 9:23-25 Day 3: 2 Corinthians 5:17-21 Day 4: John 1:43-51 Day 5: Psalms 119:33-35 Day 6: John 1:9-14 Day 7: Romans 10:8-17 **Restrictions:** No pork and unnecessary salt/sodium

### WEEK 2: REVELATION AND CLARITY

Day 8: 1 Corinthians 13:8-13 Day 9: Proverbs 3:5-6 Day 10: Isaiah 30:19-26 Day 11: Psalms 119:105-107 Day 12: Psalms 32:8-11 Day 13: 1 Corinthians 2:1-10 Day 14: Jeremiah 33:1-9 **Restrictions:** Week 1 + No soda, caffeine, and sweeteners

### WEEK 3: CLEAR THINKING & HEARING

Day 15: John 1:35-39 Day 16: Colossians 3:1-10 Day 17: Ephesians 4:17-24 Day 18: Romans 12:1-3 Day 19: Isaiah 50:4 Day 20: Proverbs 20:12 Day 21: Revelation 3:19-22 **Restrictions:** Week 1 & 2 + No sweets, candy, or treats

### WEEK 4: HEALING & DELIVERANCE

Day 22: 1 John 3:7-8 Day 23: 3 John 2-3 Day 24: Psalms 103:1-5 Day 25: Matthew 9:27-30 Day 26: John 4:46-53 Day 27: Jeremiah 17:14-18 Day 28: James 5:14-16 **Restrictions:** Week 1-3 + No beef or white rice

### WEEK 5: COMPLETION & PROMISE

Day 29: Exodus 15:25-27 Day 30: Isaiah 55:10-11 Day 31: Ecclesiastes 3:9-15 Day 32: Psalms 45:1-2 Day 33: Hebrews 10:36-39 Day 34: Psalms 119:89-96 Day 35: Hebrews 13:8 **Restrictions:** Week 1-4 + No seafood

### WEEK 6: CHANGE

Day 36: Isaiah 43:18-21 Day 37: Numbers 23:19-20 Day 38: Lamentations 3:21-27 Day 39: Zephaniah 3:19 Day 40: 1 John 5:4-5 **Restrictions:** Week 1-5 + No chicken or white pasta

## **CUMULATIVE RESTRICTIONS SUMMARY**

1. **Week 1:** No pork and unnecessary salt/sodium
2. **Week 2:** Above + No soda, caffeine, and sweeteners
3. **Week 3:** Above + No sweets, candy, or treats
4. **Week 4:** Above + No beef or white rice
5. **Week 5:** Above + No seafood
6. **Week 6:** Above + No chicken or white pasta