



LENT 2026

“Draw Near to God and He Will Draw Near to You.”

James 4:8

Lent is a 40-day journey of intentional surrender, reflection, and spiritual renewal leading up to Resurrection Sunday.

As a church family at **Zion**, we are committing to:

- Deepening our prayer lives
- Disciplining our flesh
- Sharpening our spiritual focus

This is not about perfection.

It is about a passionate pursuit of His presence.

Our Focus for Lent 2026

We encourage everyone to commit to:

- **Daily prayer** (minimum 15–30 minutes)
- **Intentional fasting** (food or lifestyle)
- **Daily Scripture devotion**
- **Increased generosity and compassion**

Choose a fast that stretches you but does not harm your health.

1. Food Fasting Options

If you have any medical conditions, please consult a doctor before altering your eating patterns.

Option A: 6AM–6PM Fast (Sunrise to Sunset)

Ideal for structured work schedules.

- No food from 6:00 AM to 6:00 PM
- Water, black coffee, and unsweetened tea permitted
- Break fast with a light, prayerful meal

Option B: 6PM–12PM Fast (Evening to Midday)

Helpful for those who struggle fasting all day.

- Eat dinner by 6:00 PM
- No food until 12:00 PM the following day
- Replace breakfast time with prayer

Option C: One Meal a Day

- Choose one consistent daily meal
- Keep it simple and modest
- Avoid snacking

Option D: Daniel-Style Fast

(Based on Daniel 1:8–12)

- Vegetables, fruits, whole grains
- Water
- No meat, sweets, fried foods, or processed foods

Option E: Targeted Food Fast

Fast one specific category:

- Sweets and desserts
- Eating out
- Fast food

- Processed foods
- Coffee or specialty drinks

Consider redirecting money saved toward generosity or missions.

2. Lifestyle Fasting Options

Some may need to fast distractions more than food.

Replace these activities with prayer, Scripture, or family connection.

Digital Fast Options

- Social media fast (full or limited hours)
- No scrolling after 8 PM
- Remove one app for 40 days
- No TV/streaming during weekdays

Spending Fast Options

- No online shopping
- No impulse purchases
- No Amazon browsing
- Commit to needs over wants

Entertainment Fast Options

- No secular music
 - Spiritual content only (music/podcasts)
 - No gaming during Lent
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Weekly Prayer Themes

Week 1: Repentance & Heart Examination
Psalm 51

Week 2: Spiritual Discipline & Focus
Matthew 6:16–18

Week 3: Family & Relationships

Week 4: Church Growth & Unity

Week 5: Healing & Breakthrough

Holy Week: Gratitude & Surrender

Daily Prayer Framework (20 Minutes Total)

- **5 minutes** – Worship
- **5 minutes** – Reflection
- **5 minutes** – Personal Requests
- **5 minutes** – Intercession for Others

You can pray anytime:

During your commute, lunch break, early morning, or before bed.

Let this Lent be a season of drawing closer, hearing clearer, and walking deeper with Him.