

St. Peter African Methodist Episcopal Church

954 Bull Swamp Road
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Rev. Roberta D. Jackson, Pastor

(803)-662-9293



Our 40-Day Fast starts next week. Here's what you should know to prepare:

What is fasting?

Intentionally giving up certain foods or activities to **better focus on God**.

Why fast?

To seek God and strengthen our faith. In the Bible, some people fasted to gain wisdom, while others needed to repent of their sins.

What will we fast?

During week of February 23rd - 28th, **NO BREAD!** During week of March 2nd - 7th, **NO BREAD, NO RED MEAT, PORK nor PROCESSED MEAT!** During week of March 9th - 14th, **ALL** the above **plus NO SWEETS, COOKIES, CAKES nor PIES!** During week of March 16th - 21st, **ALL** the above **plus NO SODAS nor ACIDIC BEVERAGES!** During week of March 23rd - 28th, **ALL** the above **plus NO DAIRY PRODUCTS, ICE CREAM, etc.** During week of March 30th - April 4th, **ALL** the above **plus NO COFFEE nor TEA.** We will fast from **MEATS, SWEETS,** and **SECULAR MEDIA** from **February 23rd through April 4th.**

Can I fast something else?

Ask the Holy Spirit about giving up other things during the fast, such as caffeine or video games.

Why give up secular media?

To better discern whether what we watch, listen to, and think about are leading us to God.

What: 40-Day Fast

When: February 23rd - April 4th

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OUR 40-DAY FAST & REPENTANCE

1 st week	February 23 rd - 28 th	NO BREAD!
2 nd week	March 2 nd - 7 th	No Bread, Red Meat, nor Pork
3 rd week	March 9 th - 14 th	All of the above <u>plus</u> No Sweets nor Sweeteners
4 th week	March 16 th - 21 st	All of the above <u>plus</u> No Sodas nor Acidic Beverages
5 th week	March 23 rd - 28 th	All of the above <u>plus</u> No Dairy Products
6 th week	March 30 th - April 4 th	All of the above <u>plus</u> NO Coffee nor TEA

**ON APRIL 4, 2026, RESURRECTION SUNDAY MORNING,
WE WILL END OUR FAST BY BREAKING BREAD TOGETHER!**



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LENT 2026: WHAT TO EAT!



- Vegetables (fresh, frozen, dried, juiced, and canned)
 - Fruits (fresh, frozen, dried, juiced, and canned)
 - Legumes (beans and peas)
 - Rice and Whole grains
 - Nuts and Seeds
- Water (Water is the main beverage; you can have on occasion 100% fruit juice. Just don't overdo it!)
 - Meat (seafood, chicken and turkey)

ALWAYS START WITH A PRAYER



Week 1 - Psalm 16

Week 2 - Psalm 27

Week 3 - Psalm 34

Week 4 - Psalm 51

Week 5 - Psalm 63

Week 6 - Psalm 103