



# Lenten Study Guide and Fasting Schedule **2025**

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# THE LENTEN JOURNEY

Lent is a season of reflection and renewal, a time for Christians to draw closer to God. Think of it as a spiritual spring cleaning, a chance to refresh our faith.

Lent begins about 40 days before Easter (closer to 47 if you count Sundays). The number 40 is significant in the Bible, echoing Jesus' 40 days in the wilderness and the Israelites' 40 years of wandering.

Lent starts on Ash Wednesday. Ashes, often from last year's Palm Sunday palms, are applied to the forehead as a symbol of repentance, humility, and mortality. The words spoken as the ashes are given, "Turn away from sin and be faithful to the Gospel," or "Remember that you are dust and to dust you shall return," emphasize this theme. Ashes aren't a badge of holiness, but a reminder of our need for God's grace.

You may have heard someone say, "isn't Ash Wednesday for Catholics?" Ash Wednesday isn't just for Catholics; it's a day for all Christians to reflect and renew their faith. Traditionally, Lent involves three key practices:

**Fasting:** Going without something reminds us of our dependence on God and Jesus' sacrifice. It can also create solidarity with those who lack basic necessities. Many choose to give up something for Lent as a form of fasting. Some Christians abstain from meat on Fridays, connecting with Jesus' sacrifice on Good Friday.

**Prayer:** Lent is a time to deepen our relationship with God. We reflect on our shortcomings, seek forgiveness, and pray for others and for a more just world. Prayer helps us open our hearts to God's love and guidance.

**Giving:** Lent encourages us to share our blessings with others, especially those in need, mirroring Jesus' example. This can involve donating time, money, or talents to causes that promote justice and compassion.

These practices—fasting, prayer, and giving—help us shed what's unnecessary and become more aware of God's presence in our lives.

The Lenten journey, though marked by reflection and sacrifice, ultimately leads to the joy of Easter. Lent is a journey best traveled together, and this year, our Christian Education and Spiritual Formation teams invite you to join us as we explore the book "Lent in Plain Sight." We'll be using everyday objects as our guide to delve into scripture, prayer, and reflection.

# WEEK ONE OF LENT: DUST

## Gather (5 minutes)

- Opening Prayer: Select one of the “Prayers for the Day” to read aloud.
- Gathering Question: Have you tried any Lenten practices before? Did you give up anything, or take up anything? If so, what has worked for you? Give up anything? Take up anything?

## Engage (40 minutes)

Spend approximately ten minutes on each of the following themes introduced in the week’s devotions. Take turns reading the biblical text and selected quote, then discuss the question(s) together.

### 1. *Dust that Clings*

- Read Genesis 2:4b-7.
- “Even as sin clings as closely as the gray remnants of ash on our foreheads, mercy surrounds us like a dust storm stirred up by the relentless wind of the Spirit. Remember. Repent. Turn and follow Jesus Christ, singing alleluia even to the grave until God raises Him

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from the dead and we are overcome with resurrection joy.” (p. 7)

- Why do you think we need to be reminded of our finitude, our dustiness? How does God work within and through our limits?

## 2. *Ground to Dust*

- Read Job 30:16-23.
- “If you find yourself in a dark night of the soul know you are not alone there. Job is with you. St. John of the Cross as well. Thérèse of Lisieux and Mother Teresa, too. No other than Jesus abides with you there, in the wilderness, in the Garden of Gethsemane. Know, too, that like Lent, this season does not last forever. From the dust and ashes will come new, good life, because the forty days of Lent do not include Sundays, and Sundays, like the light of Christ, cannot be thwarted, no matter how deep the darkness.” (p. 9)
- Have you ever experienced a “dark night of the soul”? Were there glimpses of light in the midst of it? How did it impact your faith? Your understanding of the character of God?

## 3. *Raise Up from the Dust*

- Read 1 Samuel 2:1-10.
- “Samuel is born and then Hannah prays this song to God. Hannah prayed in her grief and she prays in her joy. Her prayer of anxiety and vexation focused on her own suffering, but this prayer of praise includes all who



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suffer. The feeble, the poor, the needy, all of them God will raise up from the dust and see that they sit in seats of honor. No one will be left in the ash heap. Hannah's mourning turned to dancing encourages any one still desperate or destitute to keep hope—God will not forget you or leave you brokenhearted.” (p. 11)

- Do you tend to pray mostly in times of grief and anxiety, or in times of praise and thanks- giving? How can you include those who suffer in your prayers of praise?

#### *4. Shake Off the Dust*

- Read Luke 9:1-6.
- “In Luke 9, Jesus says take nothing, you have the power of God. What more could you need? Also don't worry about where to lay your head, nor whether you are well received. Go where you are welcomed, move on where you are not. Shake the dust from your feet and keep going. Would that we could let go of rejection, failure, grudges, and anxieties by simply shaking the dust from our feet and trying again. Could I, at least for today, shake the dust off my feet, look forward, keep moving, and simply try to bring healing where I am able, share and show the Good News wherever I am, and let God take care of the rest?” (pp. 14-15)
- Is there dust you need to shake off? Something you need to turn over to God in order to focus on the journey ahead?

#### **Respond (5 minutes)**

Read I Samuel 2:1-10 aloud again. As it's read, listen and notice which verse or words stand out for you. Share them. Use that word or verse as a breath prayer each day this week. Think about keeping a small journal nearby and note any observation or insight that is called forth from saying this breath prayer.

#### **Bless (5 minutes)**

- When you encounter dust this week, as you walk, in the wind, or on a path in the park, remember that you are dust, given life and breath by God, and give thanks for the day, the hour, the moment.
- Share joys and concerns, then close in prayer.

# WEEK ONE OF LENT: NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

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# WEEK TWO OF LENT: BREAD



## Gather (5 minutes)

- Opening Prayer: Select one of the “Prayers for the Day” to read aloud.
- Gathering Question: What are some of your memories of bread?

## Engage (40 minutes)

Spend approximately ten minutes on each of the following themes introduced in the week’s devotions. Take turns reading the biblical text and selected quote, then discuss the question together.

### 1. *Bread from Heaven*

- Read Exodus 16:4-12.
- “Moses told the people God would provide all the bread they wanted, and God did. . . .

They even came to complain about the repetitiveness of the provision before long. They took it for granted and wanted more. They forgot to give thanks, be surprised by grace, delighted by tangible signs of care, profuse in gratitude.” (p. 23)

- What do you take for granted? This week, notice what seems to you to be a gift from God and give thanks.

### 2. *Bread on the Water*

- Read Ecclesiastes 11:1-6.

- “A life of casting bread on the water is a life of patience and long views, and such characteristics do not get lauded in a culture of quarterly returns and instant messaging. Daily, diligently, we are called to ask ourselves: Of what do I need to let go in faithfulness and for the sake of the gospel?” (p. 29)
- What do you need to let go of today? What bread do you need to cast on the water? What do you hope will come back to you?

### 3. *Barley Bread*

- Read John 6:1-14.
- “Jesus can do more than we hope or imagine with the small resources we willingly give to him in faith. That’s the lesson we need to be taught over and over. Jesus does not ask of us that which we do not have. He instead receives what we offer, takes, blesses, uses and multiplies our five loaves of less-than-gourmet bread, the two fish we caught after hours of fishing, our ability to pray, our adeptness with numbers, our knack for sewing, our passion for words, our joy in writing notes to people.” (p. 32)
- What are your five barley loaves and two fish? What are your gifts that Jesus can use in this world?

#### 4. *Bread that Is Christ's Body*

- Read 1 Corinthians 11:17-26.
- “When we eat the bread that is Christ’s body, we experience a foretaste of the heavenly banquet to come, when all tribes and nations gather together, worshiping and singing alle- luia together. How often, when we celebrate Communion, do we remember that the whole communion of saints celebrates with us? How often do we honor Christ’s saving death until he comes again by reconciling with those who come to the Table with us, those still far off, and those we made feel unwelcome? (p. 38)
- Are there relationships that you need to try and repair? Divisions and fractions that need to be healed? Hold these in prayer this week.

#### **Respond (5 minutes)**

What insights from this week’s readings and our discussion do you want to remember and reflect on this week? Any time you see or eat bread, think about those insights. (Also, bring a cross to share with the group next week, if you have one at home.)

#### **Bless (5 minutes)**

- Remember that you are part of Christ’s body, sharing the bread of life with everyone you meet.
- Share joys and concerns, then close in prayer.

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# WEEK THREE OF LENT: CROSS



## Gather (5 minutes)

- Opening Prayer: Select one of the “Prayers for the Day” to read aloud.
- Gathering Question: Notice the variety of crosses we have on our table. How have you viewed or understood the image of the cross? In what ways has your understanding changed over the years?

## Engage (40 minutes)

Spend approximately ten minutes on each of the following themes introduced in the week’s devotions. Take turns reading the biblical text and selected quote, then discuss the question together.

### 1. *Take Up Your Cross*

- Read Mark 8:31-38.
- “Denying ourselves, taking up our crosses, and following Jesus may not be as dramatic as martyrdom, but it could be. It may be as simple and difficult as standing up to those with whom we are closest when solidarity with them would keep us safe. It could be advocating for those without a voice even when doing so alienates us from those in power.” (p. 44)
- What do you think Jesus means when he tells us to take up our cross? What are the places where you have influence, where you can make a difference?

### 2. *Look to the Cross*

- Read Hebrews 12:1-3.
- “Looking to the cross reminds us of Jesus’ promise of the peace that

passes understanding, but also convicts us of the cost paid for the gift of the peace of reconciliation with God and neighbor.” (p. 47)

- When you find your faith lagging or uncertain, who are those in your cloud of witnesses who surround you and keep you going?

### *3. Foolishness of the Cross*

- Read 1 Corinthians 1:18-25.
- “God rarely meets our expectations. The cross is proof enough of that. God inevitably exceeds all we could ever hope or imagine, rendering our plans utter foolishness. God in Christ reveals a wisdom we can never attain on our own and a power made perfect in weakness. We harbor hopes for revenge, Christ desires mercy. We want success, Jesus tells us to be servants. We stay up thinking about how to get even, Jesus commands we love our enemies. We hold grudges, Jesus says forgive seventy times seven.” (p. 50)
- Have you ever experienced your wisdom being rendered foolishness in the face of God’s plan and purpose for your life? How do you feel about the “foolishness” of choosing mercy, grace, and servanthood over power and success?

### *4. Come Down from the Cross*

- Read Mark 15:25-32.
- “We worship the God who refuses to leave any person, place, or circumstance forsaken and irredeemable. . . . We worship the God who forgives the very ones who taunt and torture, deride and degrade.”(p. 62)
- History records the lynching of African Americans by white Christians on church grounds. How do religious people then and now justify their violent behavior? How can we prevent this perversion of faith?

### **Respond (5 minutes)**

Which of the readings for this week spoke to you or challenged you or made you think differently about the cross?

### **Bless (5 minutes)**

- Watch for crosses wherever you go this week. Think about what message they send about the gospel of Jesus, and whether that aligns with your beliefs about the cross.
- Share joys and concerns, then close in prayer.

### **Gather (5 minutes)**

- Opening Prayer: Select one of the “Prayers for the Day” to read aloud.
- Gathering Question: Coins are an interesting object to think about during this season of Lent. Why do you think the author selected it?

# WEEK THREE OF LENT: NOTES

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# WEEK FOUR OF LENT: COINS

## Engage (40 minutes)

Spend approximately ten minutes on each of the following themes introduced in the week's devotions. Take turns reading the biblical text and selected quote, then discuss the question together.

### 1. *Image on the Coin*

- Read Mark 12:13-17.
- “Questions about turning over the coins in our pockets mask the real struggle of giving our entire lives to God. . . . The question that followers of Jesus must ask is not ‘Should we pay taxes?’ but rather, ‘Are all our loyalties and everything we value penultimate to the Lord of all?’” (p. 68)
- Where do you place your ultimate loyalty? What things, ideas, or even people are you tempted to put before God?

### 2. *Poured Out Coins*

- Read John 2:13-22.
- “I often wish the ledger of my checking account was off limits to my Lord. I wish Jesus did not care about whether my purchasing habits impacted the people around the globe who produced the goods I buy. Life would be far less complicated if Jesus allowed me to compartmentalize my economic choices from my spiritual practices.” (p. 77)
- Are there current practices in our culture that you think elicit Jesus’ wrath? What current economic practices should make us angry and are ones that we are called to overturn?

### 3. *Coins for the Building Fund*

- Read Ezra 2:64-69.

- “So determined were they to restore the place of worship and the center of their lives, the first thing some heads of families do is put gold and silver coins in the treasury. . . . Backing our belief in God’s promises with our coins, time, energy, and talents demonstrates faith even in the face of rubble, loss, and a whole lot of work yet to do.” (p. 83)
- Does it surprise you that the first thing these returning exiles did was invest in the rebuilding of the temple? How do you think contemporary refugees start to feel rooted in a new place?

#### 4. *Coins of Betrayal*

- Read Matthew 26:14-16.
- “While we cannot imagine ourselves as Judas, we should this Lenten season examine how we sell our soul for a quarter, turn over our integrity for a handful of coins, give into the idolatry of money in ways big and small, come to believe that wealth, not Jesus will save us. We forget to invest in that which moth cannot destroy or thief steal.” (p. 86)
- How do we participate in systems with our money that exploit others? What can we do about such practices and systems?

#### **Respond (5 minutes)**

Think about what your family budget says about your values. Does it reveal any loyalties or investments that are not in line with the values you claim to hold?

#### **Bless (5 minutes)**

- Remember that God loves you and that there is nothing about you that is unknown by God. Remember that all your concerns are God’s concerns.
- Share joys and concerns. Close in prayer.

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# WEEK FOUR OF LENT: NOTES

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# WEEK FIVE OF LENT: SHOES



## Gather (5 minutes)

- Opening Prayer: Select one of the “Prayers for the Day” to read aloud.
- Gathering Question: Do you have a favorite pair of shoes? If these shoes could talk, what story would they tell?

## Engage (40 minutes)

Spend approximately ten minutes on each of the following themes introduced in the week’s devotions. Take turns reading the biblical text and selected quote, then discuss the question together.

### 1. *Take Off Your Shoes*

- Read Exodus 3:1-6.
- “God speaks from the clouds and out of the burning bush. God uses everything from angels and donkeys to proclaim, instruct and admonish us. God alone constitutes the holy. Our role is to respond by taking off our shoes, to recognize the holy when we experience it, to turn aside our gaze in humility, follow instructions and listen.” (pp. 91-92)
- Have you ever experienced holy ground in an unexpected place? What about it made it such? How did you respond?

### 2. *Shoes for Mission*

- Read Mark 6:6b-13.
- “Shoes for mission must be sturdy, comfortable, and appropriate for all terrain. . . . If we too seek to serve, our shoes should reflect our willingness to go wherever Jesus sends us, to whoever welcomes our word and work. Shoes for mission signal—to the wearer and the ones to whom that wearer is sent—willing participation in the life and work of the place their feet take them. Shoes for mission allow for jumping into a community with both feet.” (p. 95)
- What supplies (material or otherwise) do you need for the mission to which

Jesus calls you? What do you need to leave behind in order to be ready to follow Jesus daily?

### 3. *Put on Your Belt and Shoes*

- Read Acts 12:6-11.
- “Even Peter thinks such a reprieve unbelievable, only a vision perhaps, until he finds himself, shoes on, belt on, cloak on, solidly outside the prison gates. God makes a way, even when all the facts point to an end, the impossibility of escape, the inevitability of failure. Angels in countless guises appear and tell us to get up, get dressed, put our clothes on, and get ready to be freed.” (p. 103)
- When has God made a way when you thought there was no way?

### 4. *Shoes for Escape*

- Read Exodus 12:1-11.
- “People fleeing horrific circumstances take little with them. They must take items needed for survival, thinking carefully about shoes that protect, make for easy movement, and are sturdy enough to withstand difficult terrain for a long period of time.” (p. 107)
- Have you ever had to leave your home quickly? If so, what did you take?
- When you read about people crossing borders for many reasons, what is your reaction and why?

**Respond (5 minutes)**

Tom Kiefer's collection of photographs entitled *El Sueño Americano* (The American Dream) shows images of items that have been confiscated from immigrants crossing the border into the United States: water bottles, toys, Bibles, spare shoes that weren't on their feet, and even the shoelaces of those that were. Look at some of the images on his website, [www.tomkiefer.com](http://www.tomkiefer.com). What do you notice?

**Bless (5 minutes)**

- Let the shoes you wear this week remind you of the mission Christ is calling you to.
- Share joys and concerns. Close in prayer.

## WEEK FIVE OF LENT: NOTES

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## WEEK SIX OF LENT: OIL

### Gather (5 minutes)

- Opening Prayer: Select one of the “Prayers for the Day” to read aloud.
- Gathering Question: Anointing with oil was a common practice with the Israelites and with stories about Jesus in the New Testament. What stories do you recall?

### Engage (40 minutes)

Spend approximately ten minutes on each of the following themes introduced in the week’s devotions. Take turns reading the biblical text and selected quote, then discuss the question together.

#### 1. *Anointed with Oil*

- Read Psalm 23.
- “God’s unmistakable care and attention, the confirmation that God hears and notices, sees us slogging through dark valleys and manifests itself in tables laden with casseroles delivered, a text saying simply, ‘I am praying for you this morning,’ or the words of someone we respect anointing us by saying, ‘Do not doubt God has called you.’” (p. 116)
- Have you ever been anointed with oil? Has there been a time in your life when God ministered to you when you “were walking through the valley of the shadow of death”?

#### 2. *Expensive Oil*

- Read Matthew 26:6-13
- “How do we unashamedly, publicly, copiously show our love to Jesus? How do we offer our best to him out of gratitude and joy? . . . Whatever we offer freely, pour out completely, and give to Jesus in love, others will notice and Jesus will remember.” (p. 123)
- Have you ever participated in discussions about what is wasteful extravagance and what is a faithful use of the resources you have or we have in the church community of faith? How did you discern the answer to those questions?

### 3. *Healing Oil*

- Read James 5:13-18.
- “I need the righteous, the mature in faith, the elders, the deacons, and pastors to pray with and for me, especially when I do not know what to pray or cannot bring myself to pray. Those prayers are indeed healing and effective no matter if the physical sickness persists, the perplexing situation remains, and questions of what comes next go unanswered.” (p. 128)
- Have you experienced prayer as an “oil of hope”? What was that like for you? Share, as you can, your own experiences with prayer.

### 4. *Oil for Consecration*

- Read Exodus 29:1-9.
- “The priesthood of all believers requires each and every one of us to be used and useful for the sake of God’s good plan for the world. Our baptismal vocation sets us apart for sacred service.” (p. 134)
- What does the oil of consecration look like for your calling? What “vestments” do you wear as you serve God?

**Respond (5 minutes)**



Have you ever been anointed with oil? If so, what were the circumstances? How did it feel? If not, can you imagine occasions when it would be meaningful to be anointed or to anoint another with oil?

**Bless (5 minutes)**

- This week, pour a bit of oil in a glass or glass vase or bowl. As you move through the week, look at it or touch it and remember the many ways you respond to God's call to your life and how God always anoints or makes sure you have the gifts you need.
- Share joys and concerns. Close in prayer.

## WEEK SIX OF LENT: NOTES

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# HOLY WEEK: COATS, TOWELS, THORNS, AND STONES



## Gather (5 minutes)

- Opening Prayer: Select one of the “Prayers for the Day” to read aloud.
- Gathering Question: What are some of the ways that you participate in remembering Holy Week either at home or at church?

## Engage (40 minutes)

Spend approximately ten minutes on each of the following themes introduced in the week’s devotions. Take turns reading the biblical text and selected quote, then discuss the question together.

### 1. Palm Sunday: Coats on the Road

- Read Luke 19:29-40.
- “Jesus tells the Pharisees that if the crowds did not shout, the stones would. When we hold back our coats, creation sings, and the streets overflow with palms and songs. Jesus still enters triumphantly into Jerusalem, with or without our coat on the road ahead of him.” (p. 140)
- When have you been moved to throw your coat on the road? In other words, when have you given away something with abandon, without calculating the cost or worrying about the consequences? What happened?

### 2. Maundy Thursday: Towels around Our Waists

- Read John 13:1-15.
- “If we forget that those who push heavy carts down long hallways or wake up before dawn to pick up trash or get on their knees to scrub floors or carefully wash the feet of the sick for very little pay, if we forget that they have names

and stories, we fail to follow the One who not only knows them by name, but numbers the hairs on their heads.” (p. 152)

- Share as you are able about a time when you served someone in a physical way, fed someone, or washed someone. Or share about a time when someone served you in a physical way. What was that like for you?

### 3. *Good Friday: Crown of Thorns*

- Read John 19:1-11.
- “The striking truth of Good Friday lies in that reality: human beings still humiliate, mock, and crucify one another, but God loves us, Jesus dies for us, the Spirit intercedes for us anyway. If we do not confess the painful truth of our own complicity and participation in the ugliest sin imaginable, we cannot fathom the monumental scale of God’s goodness and grace.” (p. 155)
- What does Good Friday mean to you? In what ways are you complicit in the communal sins of our society?

### 4. *Easter Sunday: Moving Stones*

- Read Luke 24:1-12.
- “All of us encounter seemingly immovable stones. We face loss or illness, disappointment or depression, oppression or exploitation, grief or separation. . . . All of us, I imagine, struggle with the unanswered question of ‘why?’ . . . Yet, knowing that the stone has been moved and Jesus lives reminds me that transformation is possible and that resurrection, even when all I see is the empty tomb, is coming.” (p. 164)
- How do you maintain hope in circumstances that leave you bereft and afraid? How have you witnessed transformation in your own life or the lives of people close to you?

## **Respond (5 minutes)**

Have you ever participated in a Stations of the Cross service or walk-through experience? Picture the stations or other artistic representations of Jesus’ final day. What stands out to you in those images?

## **Bless (5 minutes)**

- May your experience of Holy Week bring you spiritual growth, inspiration for service, and closeness with Christ.
- Share joys and concerns. Close in prayer.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

# WHAT IS FASTING?

Fasting is denying yourself food or other comforts for a specific period of time. Fasting is something that the people of God practiced throughout the scriptures. Fasting was practiced for many different reasons. People fasted while waiting for insight from the Lord, as a prayer practice, to battle temptation, as an act of humility toward God, and as a way to intercede for others. The bottom line is that fasting is an act of spiritual devotion that is focused on having less of the physical things of the world in order to have more of the things of God. Great leaders in the Bible fasted routinely, including Moses, David, Jeremiah, Isaiah, John the Baptist, Jesus, and the apostles. Jesus expects that we will fast regularly. In Matthew 6, Jesus addresses fasting specifically when he tells the disciples in Matthew 6:16, “When you fast. . .” Notice Jesus says “when” not “if.” Fasting is not an option. Jesus assumes that we will fast. Though fasting is assumed, it is not required. We don’t ‘have to’ fast. We ‘get to’ fast. Like all intentional spiritual practices, fasting should not be legalistic – we are not earning anything from God through fasting.

## WHY SHOULD WE FAST?

When we give something up through a fast, it allows us to find more of God’s presence and an increased reliance on God’s grace. Our lives and souls are overloaded with things that we rely on to satisfy and distract us: entertainment, social media, food, drink, coffee, exercise, full schedules, you name it. Fasting is intentionally setting aside something that we routinely rely on for comfort or sustenance. In turn, we pursue God, asking God to fill that space instead. This process helps us to discern God’s will and often brings a clearer look at our own spiritual health. Fasting is an act of sacrificial worship and prayer. We are making a sacrifice as an act of reverence and reliance on God. We are saying to God, “I trust you all the time even in times of going without.” Fasting helps us to break the cycle of dependency on things of the world and grow more dependent upon God. Many fast on behalf of others as a way to carry their burden and as a petition (cry of prayer) toward God.

# LENTEN 2025: FASTING SCHEDULE

# 1

## **Week One Wednesday, March 5<sup>th</sup>- Saturday, March 8<sup>th</sup>**

Food: No Coffee, Caffeine, Sweets, Alcohol, or Fried Food

Financial: No retail or Online Purchases

Entertainment: Limit Gaming, Technology, Entertainment, Social Media (2 hours/day)

Mindset/Heartset/Soulset: No regrets

# 2

## **Week Two Monday, March 10<sup>th</sup>- Saturday, March 15<sup>th</sup>**

Food: No Coffee, Caffeine, Sweets, Alcohol, or Fried Food

Financial: No retail or Online Purchases for your self

Entertainment: Limit Gaming, Technology, Entertainment, Social Media (2 hours/day)

Mindset/Heartset/Soulset: Unforgiveness

# 3

## **Week Three Monday, March 17<sup>th</sup>- Saturday, March 22<sup>nd</sup>**

Food: Week one & two restrictions AND No dairy and no animal meat

Financial: Week one & two restrictions AND No gift purchases include using gift cards



Entertainment: Week one & two restrictions AND No gaming,  
No Entertainment Streaming

Mindset/Heartset/Soulset: Week one & two restrictions AND  
No fixing of others

# 4

## **Week Four Monday, March 24<sup>th</sup> - Saturday, March 29<sup>th</sup>**

Food: Week one, two, & three restrictions AND no processed  
foods (foods w/artificial colorings, chemicals, additives,  
preservatives.

Financial: Week one, two, & three restrictions AND No credit  
card purchases.

Entertainment: Week one, two, & three restrictions AND No  
Non-Essential Texting.

Mindset/Heartset/Soulset: Week one & two restrictions AND  
No Comparisons.

# 5

## **Week Five Monday, March 31<sup>st</sup> - Saturday, April 5<sup>th</sup>**

Food: Week one through four restrictions AND add the Daniel  
Fast (whole grains, fruits, nuts, legumes, vegetables, fruit juices,  
water.)

Financial: Week one through four restrictions AND create a  
budget and check credit report.

Entertainment: Week one through four restrictions AND No  
Non-Essential Phone Calls.

Mindset/Heartset/Soulset: Week one through four restrictions  
AND no criticism.

# 6

## **Week Six Monday, April 7<sup>th</sup>- Saturday, April 12<sup>th</sup>**

Food: Week one through five restrictions AND no fruit Juice.

Financial: Week one through five restrictions AND commitment to tithing.

Entertainment: Week one, through five restrictions AND fifteen minutes of daily Bible reading + 15 minutes of prayer.

Mindset/Heartset/Soulset: Week one through five restrictions AND add 5 minutes of gratitude journaling.

# 7

## **Week Seven Monday, April 14<sup>th</sup> - Saturday, April 19<sup>th</sup>**

Food: Week one through six restrictions AND no fruit Juice  
Limit food intake from 6am-6pm or complete a liquid only fast.

Financial: Week one through six restrictions and no non-essential spending.

Entertainment: Week one through six restrictions AND no distractions, an entire week of silence outside of business calls and family calls. This week is devoted to hearing the voice of God speak in silence.

Mindset/Heartset/Soulset: Week one through six restrictions AND add ten minutes of outdoor time.

**Easter Sunday, April 20<sup>th</sup>.**

# LENT 2025

## MONDAY MEMORY VERSES

### **Monday, March 3<sup>rd</sup>**

**Theme: Dust (in preparation for Ash Wednesday March 5<sup>th</sup>)**

Genesis 2:7 NRSVUE

<sup>7</sup> then the LORD God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

### **Monday, March 10<sup>th</sup>**

**Theme: Bread**

John 6:35 NRSVUE

<sup>35</sup> Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

### **Monday, March 17<sup>th</sup>**

**Theme: Cross**

1 Corinthians 1:18 NRSVUE

<sup>18</sup> For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

### **Monday, March 24<sup>th</sup>**

**Theme: Coins**

Ezra 2:68 NRSVUE

<sup>68</sup> As soon as they came to the house of the LORD in Jerusalem, some of the heads of families made freewill offerings for the house of God, to erect it on its site.

### **Monday, March 31<sup>st</sup>**

**Theme: Shoes**

Acts 12:8 NRSVUE

<sup>8</sup> The angel said to him, "Fasten your belt and put on your sandals." He did so. Then he said to him, "Wrap your cloak around you and follow me."

### **Monday, April 7<sup>th</sup>**

**Theme: Oil**

Psalms 23:5

<sup>5</sup> You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

### **Monday, April 14<sup>th</sup>**

**Theme: Coats**

Matthew 5:39b-40

<sup>39</sup> But if anyone strikes you on the right cheek, turn the other also, <sup>40</sup> and if anyone wants to sue you and take your shirt, give your coat as well,



# COVENANT


UNITED CHURCH OF CHRIST

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