


LENT

SEASON GUIDE



Lent is a 40-day journey of repentance, fasting, and surrender as we follow Jesus on His path toward the cross and recommit ourselves to wholehearted discipleship.

FASTING GUIDE

1. Understand the Purpose of Fasting

- Fasting is the voluntary abstinence from food for spiritual purposes. It is not a manipulative tool to get what you want but a way to pursue God wholeheartedly and deepen your relationship with Him (Matthew 6:16–18).
- Fasting is a response to sacred moments in life — an intentional intensification of seeking God and His work in your life (John Piper).

2. Prepare Your Heart

- Approach fasting with humility, recognizing your dependence on God. It is a time to align your heart with His will and focus on Him rather than your physical needs (Isaiah 58:6–7).
- “Fasting may reveal things that control you, allowing God to transform and free you from distractions” (Richard Foster).

3. Plan Your Fast

- Choose the Duration: Decide how long you will fast. If you're new, start small by skipping one meal or fasting until sundown.
- Select the Day: Choose a day that fits your schedule — for example, Wednesday or Friday — aligning with historical Christian practices.
- Set Goals: Be specific about your spiritual focus, such as seeking guidance, interceding for others, or drawing closer to God.

4. Engage Spiritually During the Fast

- Use the time you would normally spend eating for prayer, worship, and reading Scripture. Let your physical hunger remind you of your deeper spiritual hunger for God (Matthew 4:4).
- Pray specific prayers, such as offering yourself to God (Romans 12:1–2) or asking Him to transform your heart.

5. Foster a Heart of Compassion

- True fasting should lead to greater compassion and generosity. Reflect on how your hunger connects you with the needs of others, and consider acts of service or giving during your fast (Isaiah 58:7).

6. Maintain a Healthy Perspective

- Avoid drawing attention to your fast, as Jesus warned in Matthew 6:16–18. Let it remain a private act of worship between you and God.
- If you falter, extend grace to yourself and refocus on the purpose of your fast.

7. Break Your Fast Intentionally

- End your fast with gratitude, thanking God for His presence and the spiritual growth you've experienced.
- Eat a simple meal to ease your body back into eating.

8. Reflect on Your Experience

- After fasting, take time to journal or pray about what God revealed to you. Consider how you can apply those insights to your daily life.

By dedicating yourself to fasting with a heart focused on God, you create space for deeper intimacy with Him, spiritual renewal, and alignment with His purposes.

READING PLAN

This 46-day Lent reading plan invites you into a daily rhythm of Scripture and reflection. Read the assigned passage each day and use the S.O.A.P. method to dig deeper and respond to what God is teaching you.

DAY 1

LUKE 9:51-62

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DAY 2

LUKE 10:1-16

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DAY 3

LUKE 10:17-24

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DAY 4

LUKE 10:25-28

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DAY 5

LUKE 10:29-37

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DAY 6

LUKE 10:38-42

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DAY 7

LUKE 11:1-13

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DAY 8

LUKE 11:14-23

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DAY 9

LUKE 11:24-32

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DAY 10

LUKE 11:33-36

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DAY 11

LUKE 11:37-54

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DAY 12

LUKE 12:1-12

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DAY 13

LUKE 12:13-21

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DAY 14

LUKE 12:22-34

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DAY 15

LUKE 12:35-48

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DAY 16

LUKE 12:49-59

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DAY 17

LUKE 13:1-9

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DAY 18

LUKE 13:10-17

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DAY 19

LUKE 13:18-30

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DAY 20

LUKE 13:31-35

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DAY 21

LUKE 14:1-6

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DAY 22

LUKE 14:7-14

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DAY 23

LUKE 14:15-24

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DAY 24

LUKE 14:25-35

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DAY 25
LUKE 15:1-10



DAY 26
LUKE 15:11-32



DAY 27
LUKE 16:1-13



DAY 28
LUKE 16:14-18



DAY 29
LUKE 16:19-31



DAY 30
LUKE 17:1-6



DAY 31
LUKE 17:7-10



DAY 32
LUKE 17:11-19



DAY 33
LUKE 17:20-37



DAY 34
LUKE 18:1-8



DAY 35
LUKE 18:9-17



DAY 36
LUKE 18:18-30



DAY 37
LUKE 18:31-43



DAY 38
LUKE 19:1-10



DAY 39
LUKE 19:11-27



DAY 40
LUKE 19:28-44



DAY 41
MARK 11:12-19



DAY 42
LUKE 20:1-22:2



DAY 43
LUKE 22:3-6



DAY 44
LUKE 22:7-71



DAY 45
LUKE 23:1-56



DAY 46
MATTHEW 27:62-66

