

Walker Memorial Baptist Church, Washington, D.C.
2018 LENTEN 40 DAY FAST

WEEK	Start Date	Eliminate	Add	Meditation
1	Feb. 14 – Wed	All Beef Speaking ill of others (gossip & negativity) Cursing and sarcasm	Quiet time with the Lord for 15 minutes Drink more water	Use a praise Journal to write 1 thing for which you give Praise Memorize 1 new scripture this week
2	Feb. 21 – Wed <i>Continue to also fast items from the previous week</i>	Plus: Pork, all fried foods and white rice More than 2 hours of TV per day	Plus: Prayer twice a day Prayer with a partner twice a week	Plus: Write 1 time God answered a prayer Memorize 1 new scripture this week
3	Feb. 28 – Wed <i>Continue to also fast items from the previous two weeks</i>	Plus: Junk food, soda and alcohol Violent & profane entertainment	Plus: Eat more fruits and vegetables Fresh air activity (sit by water; walk in park, etc.)	Plus: Write 1 way your life has improved as a Christian Memorize 1 new scripture this week
4	Mar. 7 – Wed <i>Continue to also fast items from the previous three weeks</i>	Plus: Refined (white) flour, no bread unless whole wheat and grains An unforgiving spirit	Plus: Share the good news of Christ to someone new Invite 1 person (churched or un-churched) to WMBC (or your church)	Plus: Write a favorite scripture and why or find a scripture and explain how it impacts your life Memorize 1 new scripture this week
5	Mar. 14 – Wed <i>Continue to also fast items from the previous four weeks</i>	Plus: Turkey, chicken, coffee, tea, chocolate, all sugars (<i>herbal tea, natural juices and honey are fine</i>) Complaining & fault finding (with self and others)	Plus: At least 4 glasses of water a day 15 minutes of reading the Scriptures	Plus: Write the name of 1 person you want to see saved /return to church and invite them Memorize 1 new scripture this week
6	Mar. 21 – Wed <i>Continue to also fast items from the previous five weeks</i>	Plus: Everything except vegetables, potatoes, fruits, legumes, fish, water and juices No TV, excessive internet & social media, texting, phone calls etc. (<i>Only what is required for work or school</i>)	Plus: Make a list of your concerns – find Scriptures that address each concern Recite Scripture out loud	Plus: Write out 1 way you can be more involved at WMBC (or at your church) and how you plan to execute your involvement Memorize 1 new scripture this week
End: Mar. 25 (Palm Sunday inclusive)				

40 DAYS: Ash Wednesday (2/14/18) – Palm Sunday (3/25/18)

1	Feb. 14	9	Feb. 22	17	Mar. 2	25	Mar. 10	33	Mar. 18
2	Feb. 15	10	Feb. 23	18	Mar. 3	26	Mar. 11	34	Mar. 19
3	Feb. 16	11	Feb. 24	19	Mar. 4	27	Mar. 12	35	Mar. 20
4	Feb. 17	12	Feb. 25	20	Mar. 5	28	Mar. 13	36	Mar. 21
5	Feb. 18	13	Feb. 26	21	Mar. 6	29	Mar. 14	37	Mar. 22
6	Feb. 19	14	Feb. 27	22	Mar. 7	30	Mar. 15	38	Mar. 23
7	Feb. 20	15	Feb. 28	23	Mar. 8	31	Mar. 16	39	Mar. 24
8	Feb. 21	16	Mar. 1	24	Mar. 9	32	Mar. 17	40	Mar. 25