

Walker Memorial Baptist Church, Washington, D.C.

2019 LENTEN 40 DAY FAST

WEEK	Start Date	Eliminate	Add	Meditation
1	Mar. 6 – Wed	All Beef / Speaking ill of others (gossip & negativity) Cursing; 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  <b>Memorize 1 new scripture this week</b>
2	Mar. 13 – Wed <i>Continue to also fast items from the previous week</i>	<b>Plus:</b> Pork, all fried foods and white rice; more than 2 hours of TV per day	<b>Plus:</b> Prayer twice a day; Prayer with a partner twice a week	<b>Plus:</b> Write 1 time God answered a prayer  <b>Memorize 1 new scripture this week</b>
3	Mar. 20 – Wed <i>Continue to also fast items from the previous two weeks</i>	<b>Plus:</b> Junk food; soda and alcohol / Violent & profane entertainment	<b>Plus:</b> Eat more fruits and vegetables; Fresh air activity (sit by water; walk in park, etc.)	<b>Plus:</b> Write 1 way your life has improved as a Christian  <b>Memorize 1 new scripture this week</b>
4	Mar. 27 – Wed <i>Continue to also fast items from the previous three weeks</i>	<b>Plus:</b> Refined (white) flour, no bread unless whole wheat and grains / An unforgiving spirit	<b>Plus:</b> Share the good news of Christ is someone new; Invite 1 person (churched or unchurched) to WMBC (or your church)	<b>Plus:</b> Write a favorite scripture and why; or find a scripture and explain how it impacts your life  <b>Memorize 1 new scripture this week</b>
5	Apr. 3 – Wed <i>Continue to also fast items from the previous four weeks</i>	<b>Plus:</b> Turkey, Chicken, Coffee, tea, chocolate, all sugars. (Herbal tea, natural juices and honey are fine) / Complaining & fault finding (with self and others)	<b>Plus:</b> At least 4 glasses of water a day and 15 minutes of reading the Scriptures	<b>Plus:</b> Write the name of 1 person you want to see saved / return to church / <b>and invite them</b>  <b>Memorize 1 new scripture this week</b>
6	Apr. 10 – Wed <i>Continue to also fast items from the previous five weeks</i>	<b>Plus:</b> Everything except vegetables, potatoes, fruits, legumes, fish, water and juices / No TV, excessive internet & social media; texting, phone calls etc. (Only what is required for work or school)	<b>Plus:</b> Make a list of your concerns – find Scriptures that address each concern Reciting Scripture out loud	<b>Plus:</b> Write out 1 way you can be more involved at WMBC (or at your church) and how you plan to execute your involvement  <b>Memorize 1 new scripture this week</b>
End: Apr. 14 (Palm Sunday) (inclusive)				

40 DAYS: Ash Wednesday (3/6/19) – Palm Sunday (4/14/19)

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