

FAST GUIDELINES 2020

Lent

A SEASON OF ABSTINENCE,
ATTENTION & ADMONITION



ABOUT LENT

LENT is a solemn religious observance in the Christian liturgical calendar that begins on Ash Wednesday and ends approximately six weeks later on Holy Saturday, the day before Easter Sunday. The purpose of Lent is the preparation of the believer for Easter through prayer, doing penance, mortifying the flesh, repentance of sins, almsgiving, and denial of ego. This event is observed in the Anglican, Eastern Orthodox, Lutheran, Methodist, Moravian, Oriental Orthodox, Reformed, and Roman Catholic Churches. Some Anabaptist and evangelical churches also observe the Lenten season.

The last week of Lent is Holy Week, starting with Palm Sunday. Following the New Testament story, Jesus' crucifixion is commemorated on Good Friday, and at the beginning of the next week the joyful celebration of Easter Sunday recalls the Resurrection of Jesus Christ.

In Lent, many Christians commit to fasting, as well as giving up certain luxuries in order to replicate the account of the sacrifice of Jesus Christ's journey into the desert for 40 days; this is known as one's Lenten sacrifice. Many Christians also add a Lenten spiritual discipline, such as reading a daily devotional or praying through a Lenten calendar, to draw themselves near to God. The Stations of the Cross, a devotional commemoration of Christ's carrying the Cross and of his execution, are often observed. Many Roman Catholic and some Protestant churches remove flowers from their altars, while crucifixes, religious statues, and other elaborate religious symbols are often veiled in violet fabrics in solemn observance of the event. Throughout Christendom, some adherents mark the season with the traditional abstention from the consumption of meat, most notably among Lutherans, Roman Catholics and Anglicans.

Lent is traditionally described as lasting for 40 days, in commemoration of the 40 days Jesus spent fasting in the desert, according to the Gospels of Matthew, Mark and Luke, before beginning his public ministry, during which he endured temptation by Satan. Depending on the Christian denomination and local custom, Lent ends either on the evening of Maundy Thursday, or at sundown on Holy Saturday, when the Easter Vigil is celebrated





WHY DO WE FAST?

To “Fast” is a Christian’s voluntary abstinence from food for spiritual purposes.

It is evident that there are spiritual benefits to fasting and the maturing Christian must learn this discipline. Jesus said in Mark 9:29, “This kind can come forth by nothing but by prayer and fasting.”

Isaiah 58:6 offers God’s very own words about the effects of rightful praying and fasting. God outlines the purpose of our fast. He says, *“Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the opposed go free, and that you break every yoke?”*

In both passages the end result of rightful praying and fasting is liberation, healing and salvation. I believe that God wants us to be unencumbered with current or past bondage.

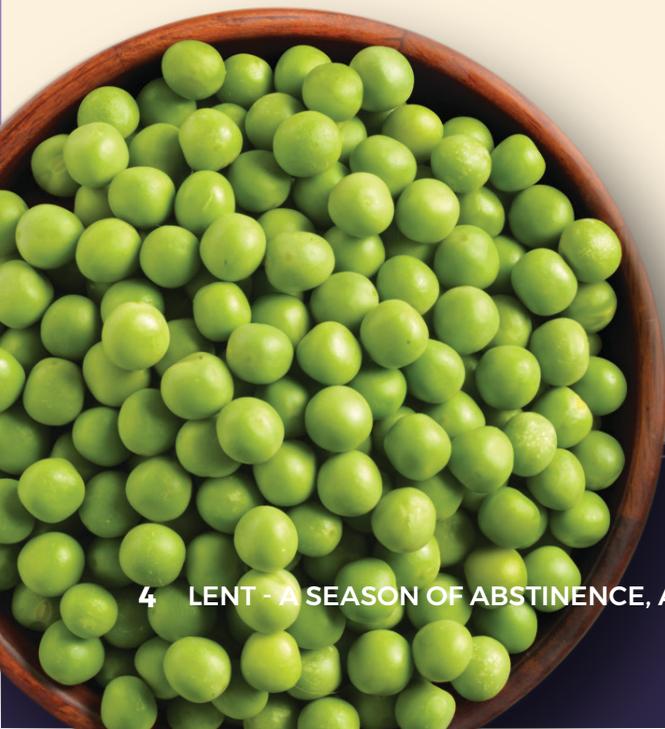
THE DANIEL FAST

excerpt from “Toxic Relief” by Don Colbert, M.D.

Daniel and three other Hebrew youths, Shadrach, Meshach, and Abednego, were Jews in captivity, but in the kingdom of Babylon. They were greatly favored for their purity, and they were well educated and extremely gifted both mentally and spiritually.

When these four young men were captured and taken into the king’s palace to educate them in the ways of the Chaldeans, Daniel 1:5 states, “The king assigned them a daily amount of food and wine from the king’s table” (NIV). He planned to keep them on his own rich diet of meats, fats, sugary pastries and wine for three years. At the end of the three years they would be presented to the king.

However, verse 8 says, “But Daniel resolved not to defile himself with the royal food and wine” (NIV). In other words, Daniel rejected the rich, temptingly delicious meats, wine and pastries of the royal court, perhaps because they did not meet the requirements of Jewish dietary laws or because these youths may have taken vows against drinking alcohol.





So Daniel made a request of the prince of the eunuchs. Verse 12 says, "Please test your servants for ten days: give us nothing but vegetables to eat and water to drink" (NIV). The King James Version uses the word *pulse*. "*Pulse*" consisted of vegetables and grain, wheat, barley, rye, peas, beans and lentils.

Daniel and the three other Hebrew youths lived, what we would call, a fasted life for three years on the vegetarian diet of pulse while learning and studying in the king's court, and God honored their partial fast. We're told in verse 15, "At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food" (NIV).

God tremendously favored their eating lifestyle decision and granted them favor, wisdom and insight far above anyone around them. In versus 18 - 20 (NIV) we read:

At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

Daniel knew what was healthy to eat, and he purposed in his heart that he would not defile himself. The Daniel fast eliminates rich foods such as meats, pastries, cakes, pies, cookies, alcohol and any other food that is tempting to the flesh.

Today, people are so bound to their flesh that they often cannot go one meal without eating some form of meat, something sweet, fatty or some other type of rich food. We must crucify our flesh daily and take up our cross and follow Christ. (See Matthew 16:24.) What better way to crucify our flesh than to follow Daniel's fasted lifestyle?





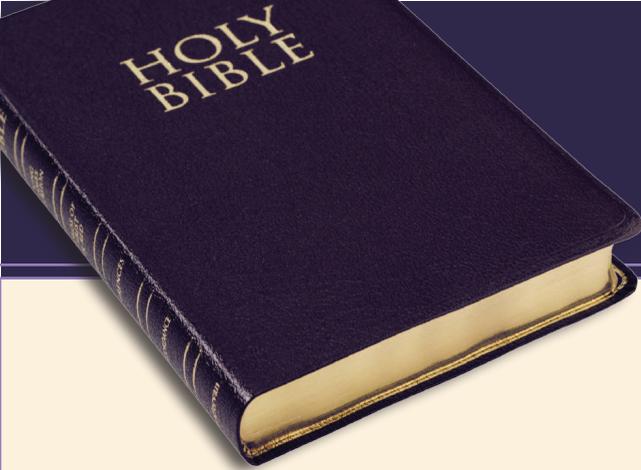
FASTING GUIDELINES

- ▶ Whole Grains, whole wheat and brown or wild rice (be sure there is no white rice in the wild rice), wheat/spinach wraps are ok but should be used in moderation.
- ▶ Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- ▶ Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon, and the list goes on. If you are using dried fruits, make sure they do not have added sugar.
- ▶ Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger-root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers (if you are not allergic to soy) without the egg or cheese.
- ▶ Seeds, Nuts, Sprouts. Also nut butters including peanut butter without added sugars
- ▶ Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices (no sweetened drinks or sweetened fruit juice), honey is a natural sweetener which may be used in moderation
- ▶ All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.
- ▶ Natural herbs and spices

FOODS NOT ALLOWED

- ▶ Sugar and sugar products, refined sugar products (desserts, soft drinks, diet soda etc.)
- ▶ Wines, Alcoholic beverages
- ▶ Drinks including caffeine (coffee, dark teas, etc.), Non sweet green/herbal teas are ok
- ▶ Refined Bread, grains, and rice
- ▶ Meats, poultry, dairy products, eggs





SPIRITUAL GOALS

GOALS OF THE CORPORATE FAST

- ▶ First, may you develop a greater understanding and appreciation of who you are in Christ Jesus. (Col 1:27)
- ▶ Second, may your life experiences become captured testimonies to be used as tools for evangelism.
- ▶ Third, may you develop the discipline of studying your Bible and praying daily.
- ▶ Fourth, may you seek God for revelation and deliverance from any personal “ought” against any individual and become focused on accomplishing your personal divine assignment.
- ▶ Fifth, may you gain strength and discipline in every area of your life including deliverance from any carnal habit.
- ▶ Sixth, may you experience peace and contentment throughout the year.
- ▶ Seventh, may our Lord reveal to you that open door for your future!

EVERYONE IS EXPECTED TO:

1. Participate in the New Lifestyle Fast
2. Participate in the prayer opportunities (6 AM Prayerline, Private Prayer)
3. Participate in the Daily Devotions
4. J.A.M. Join a ministry and use your gifts.
5. Consciously invite friends and family to worship service with a “Hope” of winning them to Jesus Christ.

PRAYER AND STUDY

Your goal in fasting is to develop a closer relationship with God by voluntarily denying your flesh. Fasting is a time of consecration from the things of the world to the things of God. First, fasting allows you to improve your communication with God through prayer and as your communication improves your relationship with God is strengthened. Thus, to effectively communicate with God you must have a strong prayer life. It is critical to increase your prayer time during a fast. Pray as often as possible, or do as the Scripture says and pray without ceasing. Carry yourself in a posture of prayer not only to ask of

God, but to hear from Him as well. Set aside certain specific times for prayer and journaling.



Here are some pointers that will also help:

- ▶ Take time to be quiet before the Lord and listen to the voice of the Spirit.
- ▶ Record in your journal what the Holy Spirit is revealing to you.
- ▶ Write down prayer requests.
- ▶ Write down revelation and insights given to you during the fast.
- ▶ Write down your praise reports.
- ▶ Write down any dreams and pray for the interpretation of them.

A second and powerful way to develop a closer relationship with God is to study the scriptures. The scripture is the very Word of God. To know God, you have to know His Word. In addition to prayer, during a fast, you should increase your time of studying His Word. Listen to Bible teaching tapes while you're driving, at work or at home to help you stay focused on God's Word. Try to saturate your atmosphere with the Word of God. When the fast is over, you should be spiritually renewed and

strengthened because you have more control over your flesh and intensified your commitment to God through prayer and study.

Please pray in your closets (isolation) and/or with a partner for 15 minutes twice each day, and maintain a posture of prayer throughout the day.



ACCOUNTABILITY

Accountability is a powerful tool for success. You will probably be most successful with this fast if you make yourself accountable to at least one other person during this fast. Encourage one another. If someone falls and eats the wrong foods, do not condemn them. Help them start again. Walk in love and mercy. During this period, as you continually place your flesh under submission to your spirit, you will find increasing opportunities to reflect the character of God in your daily walk.

SPECIAL NOTE: For those with health issues, consult your physician for guidance and participation. You may not be able to participate in the Daniel fast, but alternative fasts may select one or more of the following fasts to participate in:

- ▶ A word fast (a refusal to speak any words that hurt, injure or cause fear, doubt, anger, strife, shame or guilt)
- ▶ A media fast - (a fast from media, TV, internet and radio in order to listen to the Bible on tape or listen to teaching tapes instead)
- ▶ A fast from harsh, critical words at home (This fast will help you as a mother or father to use language that is courteous, kind and uplifting

to children. It will help you as a husband or wife to speak only encouraging, uplifting words to your spouse.)

- ▶ A fast from gossip (Are you surrounded by gossip, criticism and negativity at work or with a social group? This fast helps you gain control over such deadly, toxic social environments. Simply refuse to listen to any gossip.)
- ▶ A financial fast (Purchase "The Power to Prosper: 21 Days to Financial Freedom" by Michelle Singletary).

Children may participate under parental supervision. Parents are encouraged to explain fasting to their children and solicit their commitment (i.e. ask them what are they going to fast - sugars, dessert, television, phone, etc.)



IMPORTANT EXCEPTIONS: Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor. Children, especially small children, will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering your health. Also, if you have extreme difficulty with the fast, such as impairment of your ability to work at your job, you will have to make adjustments. This is not a failure of will but is wisdom. Seek the Lord and discuss it with other Christians involved in the fast to find alternatives.

BREAKING THE FAST

At the conclusion of the fast, carefully introduce your “new” normal eating plan. Start with soft foods for at least one day and slowly introduce those foods that God is leading you to eat in your new dietary plan (notice those things/items that God has delivered you from.)



2020 LENT DEVOTIONAL

DAY 1: ASH WEDNESDAY

READ & MEDITATE: 1 Peter 5:6

PRAYER: Lord, I am not my own. I am a sinner and I have fallen short of Your glory, yet You became a man to die on a cross in my place. Thank You for loving me that much, Jesus! In this season, may I be crucified with Christ, so I can truly live.

REFLECTION: How am I conforming to culture? What would it look like to follow the way of Jesus instead?

DAY 2:

READ & MEDITATE: Psalm 118:25-26

PRAYER: Lord, help me to dive into this season of Lent with intentionality and purpose. I want to know You better, love You more fully, and accept Your grace more readily. Draw me closer to You, day by day.

REFLECTION: What are my expectations of this Lenten season? What will I remember? How will it change me?

DAY 3:

READ & MEDITATE: 1 Samuel 15:22

PRAYER: Lord, I pray that I wouldn't make Lent about myself, but instead about Your great love for me through Your sacrifice of Jesus. May I focus on Your love above all else-- Thank You, Jesus, for giving Your life for mine.

REFLECTION: Where am I focusing my attention?

DAY 4:

READ & MEDITATE: Matthew 4:1-2

PRAYER: Jesus, help me to set aside time for worship and reflection in this season of Lent. Help me draw nearer to You and understand You more deeply. May I receive the overwhelming graces You have to offer me, today and every day.

REFLECTION: How can I honor the sacrifice of Jesus through my life?

DAY 5: GRACE SUNDAY

DAY 6:

READ & MEDITATE: Mark 1:12-13

PRAYER: Jesus, focus my heart and my mind on what You endured for me. Everything You did, You did for the salvation of all mankind-- I am eternally grateful. I am in awe of You, Lord. Thank You for the cross.

REFLECTION: How can I be more aware of the cross today?

DAY 7:

READ & MEDITATE: Matthew 6:1

PRAYER: Lord, may I be gracious toward all who choose to observe Lent, and all those who don't. May I be cautious in how I share about my Lenten practices this month, avoiding hypocrisy and choosing love for my neighbors above all else.

REFLECTION: Why am I sharing this thought or desire in this season of Lent?

DAY 8:

READ & MEDITATE: Philippians 3:10-11

PRAYER: Lord, in these 40 days, help me to focus on You above all else. Show me how I can be Your hands and feet in my community-- may I live out my faith in this season in new ways that give You glory.

REFLECTION: How can I maintain my focus on Christ during this Lent season?

DAY 9:

READ & MEDITATE: Luke 13:3

PRAYER: God, thank You for not expecting perfection from me. You know I make mistakes, and that's why You sent Jesus to save me from all of my sins. Here I am, Lord, trying again, despite all the times I have fallen short. Thank You for Your grace.

REFLECTION: When and why have I been tempted to "give up" on Lent? How can I try again?

DAY 10:

READ & MEDITATE: 2 Corinthians 12:9-10

PRAYER: Today, I pray that I feel a renewed sense of grace that may be missing out on. Thank You, Lord...in advance for a renewed spirit within.

REFLECTION: How can I renew my commitment today to daily approach the throne of grace and humbly receive forgiveness, awareness, assurance, and words of encouragement and direction?

DAY 11:

READ & MEDITATE: Psalm 35:13

PRAYER: Lord, as I fast over these few weeks, may it be less about selfish gain and more about selfless worship. Help me to shift my focus away from myself and more toward You, Jesus.

REFLECTION: What have you choose to fast from? How is fasting helping you focus on Jesus?

DAY 12: GRACE SUNDAY**DAY 13:**

READ & MEDITATE: Psalm 42:1

PRAYER: God, shine a light on the areas of my life where I have selfish motives that draw my attention away from You. Strengthen me as I fast from those things and instead prioritize You.

REFLECTION: Do you need a fresh infusion of grace? Do you want to realize more of God's Spirit? Do you want to feel more joy?

DAY 14:

READ & MEDITATE: Colossians 3:1-5a

PRAYER: Lord, help me to fight against my sin with Your strength. I know that I have already been accepted in Christ, and that one day I will be fully conformed to Your glorious image once and for all. Thank You that real change is possible today in You.

REFLECTION: In what areas of my life am I most tempted to sin? How can I actively fight against those temptations?

DAY 15:

READ & MEDITATE: 2 Corinthians 5:17

PRAYER: Lord, do Your resurrection work in me. Transform my heart and my life into one that gives You glory and praise in every way. Pull me deeper and bring me closer to Your heart.

REFLECTION: Why is it important to observe Lent rather than just go straight to celebrating Easter?

DAY 16:

READ & MEDITATE: Mark 7:7-9

PRAYER: Lord, open my eyes to new ways that I can remove distractions from my life in order to see and know You better. Help me to be creative in the choices I make, as I seek to discover more of who You are without anything in the way.

REFLECTION: What unusual ways could you consider to shake things up in your faith?

DAY 17:

READ & MEDITATE: Matthew 6:16

PRAYER: Lord, remind me of my frailty and continual need for grace. I rejoice that my appetite for sin has been forgiven and will one day be erased! I want to focus on You through all fasting in this season and beyond.

REFLECTION: How can you give God glory in this season, whether you eat or recognize other ways of fasting?

DAY 18:

READ & MEDITATE: Colossians 1:27

PRAYER: Lord, I pray that focusing on contentment with who You designed me to be for forty days would help me to relish in the celebration of Jesus' resurrection more. He died so that I could have a full and abundant life, not so that I could hide and cower. I pray that I realize more than I do now that Jesus is in the Father, I am in Christ, and Christ is in me.

REFLECTION: How are you finding contentment in Christ in this season?

DAY 19: GRACE SUNDAY

DAY 20:

READ & MEDITATE: John 20:17

PRAYER: Lord, help me to have a world view that is big enough to include all that the resurrection means, for me, for the church, and for mankind everywhere, for all time. Thank You that the resurrection is not just a personal reality, but a cosmic reality.

REFLECTION: How do you see the resurrection playing out in Your life and on a broader scale?

DAY :21

READ & MEDITATE: Acts 10:2

PRAYER: Lord, I want to celebrate this season with my whole family. Show me ways we can draw near to You together this year in worship and adoration, as well as celebration and joy.

REFLECTION: How can we celebrate this season as a family? How can I engage my family members in new ways this year?

DAY 22:

READ & MEDITATE: Romans 5:8

PRAYER: Redeemer, Lamb of God, He is worthy. Thank You for the Cross, Lord.

REFLECTION: How does the cross affect your life, your hurt, your sin, your debt?

DAY 23:

READ & MEDITATE: John 3:16

PRAYER: Lord, You are true to Your word. You have always been faithful and You will continue to be faithful. Thank You for fulfilling every promise You made. You are trustworthy and good.

REFLECTION: What does it mean for us today that these prophecies were fulfilled by Christ?

DAY 24:

READ & MEDITATE: Mark 15:3

PRAYER: Jesus, You were scorned, beaten, mocked, and crucified for our sake. We cannot thank You enough for enduring such cruelty for the sake of our salvation. You are God's one and only Son, the greatest sacrifice, our Savior and Redeemer. We praise You and thank You with all we are.

REFLECTION: Think about what it means for you that Jesus is the Son of God.

DAY 25:

READ & MEDITATE: Psalm 110:1, Daniel 7:13

PRAYER: Jesus, we pray that You would open our hearts and minds to understand more of the cultural and historical contexts of Your life, Your death, and Your resurrection. Help us to gain greater understanding as we look at what it all meant for the world then and now.

REFLECTION: Consider the ways Jesus was challenging the leaders of the time. Consider the political and social consequences of His claims, and consider how His death and resurrection changed the world forever.

DAY 26: GRACE SUNDAY**DAY 27:**

READ & MEDITATE: Romans 10:6-7

PRAYER: Jesus, help me to not fear death, for I know that You have gone ahead and made a way for me into eternal life. I choose today to accept again Your great gift of life eternal in heaven with You, and pray that You would give me confidence for every step of my journey until then.

REFLECTION: What does the death and resurrection of Jesus mean for your own eternity?

DAY 28:

READ & MEDITATE: Micah 7:8

PRAYER: Lord, in the dark seasons of my life, shine Your light. When I am doubting, remind me of who You are. When I am weary, bring me peace. When I am restless, may I find my rest in You. You are the victory-- Hallelujah!

REFLECTION: How have you seen Christ meet you in your dark days?

DAY 29:

READ & MEDITATE: Acts 4:33

PRAYER: Jesus, I don't want to forget about Easter once the calendar changes. Help me to keep the cross in mind daily -- it changes everything and I never want to forget the life-changing and beautiful impact of salvation in my life and in our world.

REFLECTION: Think of ways you can keep celebrating the spirit of Easter after Resurrection Sunday.

DAY 30:

READ & MEDITATE: I Corinthians 15:13-14

PRAYER: Jesus, I believe You are the one true Savior. I believe You conquered death to bring us into eternal life with You. In the times when I am tempted to doubt that You truly died and rose again, remind me of Your truth.

REFLECTION: What confirms for you that Christ is the Risen Lord?

DAY 31:

READ & MEDITATE: John 20:11-18

PRAYER: Jesus, Your resurrection power is more mighty than we could ever imagine. I am so thankful that resurrection changes everything about the world around me-- You are with us now and forevermore.

REFLECTION: How does the resurrection change your outlook on your circumstances?

DAY 32:

READ & MEDITATE: John 13

PRAYER: Lord, I want to follow You. I want to do what You did, love like You loved. Help me to see opportunities to love the people around me well, to serve other, and to be gracious unto them.

REFLECTION: How do others around you know that you are a follower of Christ?

DAY 33: GRACE SUNDAY**DAY 34:**

READ & MEDITATE: Zechariah 9:9

PRAYER: Lord, thank You for the deeper meaning of this day. Help us to shift our eyes from what the world says to celebrate, to what you have done for us.

REFLECTION: How have you made Easter about worldly things? How can you turn Your focus back to Christ?

DAY 35:

READ & MEDITATE: 1 Corinthians 11:24

PRAYER: Jesus, thank You for going on a rescue mission to save me. Thank You for bring me back to life so sin and death are not the end of my story. In this season, I'm reminded of my need for You-- thank You, Jesus.

REFLECTION: How can you carve out time and space for remembrance, repentance, and resurrection in this season?

DAY 36:

READ & MEDITATE: Luke 22-24

PRAYER: Father, help me see the Easter story through fresh eyes. Reveal Yourself to me in new ways. Show me how I can be a bold, courageous, faithful disciple who loves and serves You well. In Jesus' name I ask, Amen.

REFLECTION: Take time to read the Easter story with an eye for the marginalized and obscure.

DAY 37:

READ & MEDITATE: 1 Peter 5:7

PRAYER: Lord, sometimes I admit I feel far from You and disconnected from Your heart. In this season, remind me of what is true. Speak louder than the lies. I want to celebrate that You are risen, powerful, and in control of all things.

REFLECTION: Ask a friend to pray for you and with you in this season.

DAY 38:

READ & MEDITATE: Matthew 26:17-30

PRAYER: Jesus, we, like Your disciples, have denied and betrayed You. We have doubted You and deserted You. We have failed to live like You showed us, yet You love us anyway. Thank You, Jesus. We are undeserving of Your grace and Your sacrifice.

REFLECTION: How has the Lord transformed you?

DAY 39:

READ & MEDITATE: Mark 14-16

PRAYER: Lord Jesus, You are the only one who is truly holy. As this Holy Week begins, still our hearts and our minds and allow us to enter into Your presence. We want to wholly reflect on You this week as we follow Your journey to the cross.

REFLECTION: Prayerfully think on the events described in this passage and their deep and life-changing meaning for each of us.

DAY 40: PALM SUNDAY

READ & MEDITATE: Matthew 21:1-11, Psalm 118:1-2, Psalm 119:19-29

PRAY: Lord God, I give You thanks, for You are good, and Your mercy is endless. Here I stand during holy week, this week in which Your church remembers Jesus' passion and death, and I am subjected to so many distractions. Turn my eyes now to the One who comes in Your name The One who opens the gates of righteousness The One who answers when we call. I bless You, Lord, for shining Your light upon me, and for sending Your son to us, in human frailty. To walk the road we walk. Open my eyes that I may see Him coming, and may praise Him with a pure heart. And may walk in the way of His suffering, And share also in His resurrection. Through Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, one God for ever and ever.

Amen

BEYOND 40

DAY 41:

READ & MEDITATE: Matthew 21:10-17, John 12:1-8

DAY 42:

READ & MEDITATE: Matthew 26:36-46, Hebrews 5:7-9

DAY 43:

READ & MEDITATE: Matthew 26:27-56, 1 Corinthians 1:18

DAY 44: MAUNDY THURSDAY

READ & MEDITATE: John 13:1-17, John 13:34-35

DAY 45: GOOD FRIDAY

READ & MEDITATE: John 18:1-40, John 19:1-42, Isaiah 52:13-15, Isaiah 53:1-12, Hebrews 10:16-25, Psalm 22

DAY 46: HOLY SATURDAY

MEDITATE: Matthew 17:1-6, Lamentations 3:1-9, Lamentations 3:19-24

DAY 47: EASTER SUNDAY

MEDITATE: Matthew 28, Revelation 5:11-14, Psalm 118:1-2, Psalm 118:14-24

