

# LENTEN FAST

February 22 – April 8, 2012

**Sunday** – normal eating (no over eating – small portions)

**Monday** – cereal, oatmeal, whole grains, fruits, vegetables, soups, beans (no starches)

**Tuesday** – liquids (juices, smoothies, vegetable protein shakes)

**Wednesday** – cereal, oatmeal, whole grains, fruits, vegetables, soups, beans (no starches)

**Thursday** – liquids (juices, smoothies, vegetable protein shakes)

**Friday** – cereal, oatmeal, whole grains, fruits, vegetables, soups, beans (no starches)

**½-Day Saturday** – half portions of normal eating

We will eat only healthy foods:  
*fruits, vegetables, beans, nuts*

We will drink only:  
*water, natural fruit juices, vegetable protein drinks, decaffeinated coffee/tea, herbal teas, fruit smoothies*

We will eliminate all comfort foods:  
*(no sweets except Sundays)*

We will eliminate all red meats.  
*(poultry or seafood on ½-Days and Sundays)*

We will eliminate all sodas/alcohol/dairy caffeinated coffees and teas for the entire fast.

Drink as much natural juices, smoothies and water as necessary.

Eat as much fruit, nuts and vegetables as your body requires.

Strive to eat 3 meals with 2-3 snacks in line with the fast throughout the day. Grab a hand full of nuts or take several pieces of diced/cut up fruit with you in a plastic bag for easy access.

*(No eating after 8:00 PM)*

Only on ½-Day Saturdays and Sundays will we add poultry/fish, and on Sundays, we add dessert to our meals. Do not eat any red meat, and do not drink caffeinated beverages, sodas or alcohol.

*Our Financial Fasting will also begin on February 22 and end on April 8 – no fun or luxury shopping (in store or on-line), no use of credit cards and reduced dining out.*

*During this season of fasting, commit weekly to a lifestyle of stewardship. Biblical giving is tithing in addition to an offering. To continue our assignment to improve the quality of living and answer the cry of the needs of people living in poverty all over the world, we must commit to faithful worship through giving. Our goal is to become a 100% tithing church, so that we may continue to do God's work through missions, evangelism and outreach.*

*On Resurrection Weekend, we will sow our tithe, first fruit offering and sacrificial missions offering out of reverence to God for all that He has done and will do in our lives. It pleases God when we love and serve Him and one another through giving.*



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Senior Pastor

\*Please consult your doctor before starting this fast.  
Please fast according to your medication guidelines.

✓	POCKET GUIDE • Fasting / Daily Scripture Readings				
Day 1	Wed.	Feb. 22	Fruits & Veggies	I Kings Chapters 1-2	
Day 2	Thur.	Feb. 23	Liquids	I Kings Chapters 3-4	
Day 3	Fri.	Feb. 24	Fruits & Veggies	I Kings Chapters 5-6	
Day 4	Sat.	Feb. 25	Half Portions	I Kings Chapters 7-8	
Day 5	Sun.	Feb. 26	Normal Eating	I Kings Chapters 9-10	
Day 6	Mon.	Feb. 27	Fruits & Veggies	I Kings Chapters 11-12	
Day 7	Tue.	Feb. 28	Liquids	I Kings Chapters 13-14	
Day 8	Wed.	Feb. 29	Fruits & Veggies	I Kings Chapters 15-16	
Day 9	Thur.	Mar. 1	Liquids	I Kings Chapters 17-18	
Day 10	Fri.	Mar. 2	Fruits & Veggies	I Kings Chapters 19-20	
Day 11	Sat.	Mar. 3	Half Portions	I Kings Chapters 21-22	
Day 12	Sun.	Mar. 4	Normal Eating	Ruth Chapters 1-2	
Day 13	Mon.	Mar. 5	Fruits & Veggies	Ruth Chapters 3-4	
Day 14	Tue.	Mar. 6	Liquids	Psalms Chapters 1-2	
Day 15	Wed.	Mar. 7	Fruits & Veggies	Psalms Chapters 13-14	
Day 16	Thur.	Mar. 8	Liquids	Psalms Chapters 23	
Day 17	Fri.	Mar. 9	Fruits & Veggies	Psalms Chapters 32-33	
Day 18	Sat.	Mar. 10	Half Portions	Psalms Chapters 91-92	
Day 19	Sun.	Mar. 11	Normal Eating	Joel Chapters 1-3	
Day 20	Mon.	Mar. 12	Fruits & Veggies	Habakkuk Chapters 1-3	
Day 21	Tue.	Mar. 13	Liquids	Malachi Chapters 1-4	
Day 22	Wed.	Mar. 14	Fruits & Veggies	I Corinthians Chapters 1-2	
Day 23	Thur.	Mar. 15	Liquids	I Corinthians Chapters 3-4	
Day 24	Fri.	Mar. 16	Fruits & Veggies	I Corinthians Chapters 5-6	
Day 25	Sat.	Mar. 17	Half Portions	I Corinthians Chapters 7-8	
Day 26	Sun.	Mar. 18	Normal Eating	I Corinthians Chapters 9-10	
Day 27	Mon.	Mar. 19	Fruits & Veggies	I Corinthians Chapters 11-12	
Day 28	Tue.	Mar. 20	Liquids	I Corinthians Chapters 13-14	
Day 29	Wed.	Mar. 21	Fruits & Veggies	I Corinthians Chapters 15-16	
Day 30	Thur.	Mar. 22	Liquids	I Peter Chapters 1-2	
Day 31	Fri.	Mar. 23	Fruits & Veggies	I Peter Chapters 3-5	
Day 32	Sat.	Mar. 24	Half Portions	II Peter Chapters 1-3	
Day 33	Sun.	Mar. 25	Normal Eating	I John Chapters 1-2	
Day 34	Mon.	Mar. 26	Fruits & Veggies	I John Chapters 3-5	
Day 35	Tue.	Mar. 27	Liquids	II John	
Day 36	Wed.	Mar. 28	Fruits & Veggies	III John	
Day 37	Thur.	Mar. 29	Liquids	Philippians Chapters 1-2	
Day 38	Fri.	Mar. 30	Fruits & Veggies	Philippians Chapters 3-4	
Day 39	Sat.	Mar. 31	Half Portions	Galatians Chapters 1-2	
Day 40	Sun.	Apr. 1	Normal Eating	Galatians Chapters 3-4	
Day 41	Mon.	Apr. 2	Fruits & Veggies	Galatians Chapters 5-6	
Day 42	Tue.	Apr. 3	Liquids	I Thessalonians Chapters 1-2	
Day 43	Wed.	Apr. 4	Fruits & Veggies	I Thessalonians Chapters 3-5	
Day 44	Thur.	Apr. 5	Liquids	II Thessalonians Chapters 1-3	
Day 45	Fri.	Apr. 6	Fruits & Veggies	Philemon	
Day 46	Sat.	Apr. 7	Half Portions	Colossians Chapters 1-2	
Day 47	Sun.	Apr. 8	Normal Eating	Colossians Chapters 3-4	