

Daily Scripture and Prayer Guide

- 3/13 Read: Matthew 13:15
Meditate: **E**ars
- 3/14 **SUNDAY PRAISE
AND WORSHIP**
- 3/15 Read: Genesis 22:2-8
Meditate: **O**ffering
- 3/16 Read: Luke 4: 1-3
Meditate: **F**asting
- 3/17 Read: Matthew 21:13
Meditate: **P**ray
- 3/18 Read: Acts 17: 30-31
Meditate: **R**epent
- 3/19 Read: Psalms 16:8
Meditate: **A**lways
- 3/20 Read: Isaiah 10:27
Meditate: **Y**oke
- 3/21 **SUNDAY PRAISE
AND WORSHIP**
- 3/22 Read: Psalms 117: 1
Meditate: **E**xtol
- 3/23 Read: I Chronicles 16: 11-12
Meditate: **R**emember
- 3/24 Read: I Thessalonians 5: 16-22
Meditate: **P**ray
- 3/25 Read: Galatians 3: 13-14
Meditate: **R**edeemed

Daily Scripture and Prayer Guide

- 3/26 Read: Matthew 28: 18*19
Meditate: **A**uthority
- 3/27 Read: II Corinthians 1: 17-20
Meditate: **Y**es
- 3/28 **PALM
SUNDAY
PRAISE AND
WORSHIP**
- 3/29 Read: Romans 1:16
Meditate: **A**shamed
- 3/30 Read: John 13: 34-35
Meditate: **L**ove
- 3/31 Read: Psalms 141: 3-4
Meditate: **W**atch
- 4/1 **MAUNDY THURSDAY**
Read: Deuteronomy 7: 21-23
Meditate: **A**wesome
- 4/2 **GOOD FRIDAY**
Read: Revelation 14:13
Meditate: **Y**es
- 4/3 Read: Acts 4:12
Meditate: **S**alvation
- 4/4 **EASTER
SUNDAY**



Bethel United Methodist Church
245 Fairview Rd.,
Stockbridge, GA. 30281
(770) 474-2570
office@bethel-umc.com

Pastor Lavell Sanders

LENTEN

FORTY DAY FAST

February 17 ~ April 4



40 DAY FAST

February 17 (Ash Wednesday) - April 4

Type A:

Fast from 5:00 am until 5:00 pm or from 6:00 until 6:00 pm or just half day fast.

Type B:

Fast by eating one meal per day.

Type C: (Youth and Children)

We are asking the Children and Youth to give up two of the following:

Cartoons	French Fries
Cookies	Ice Cream
Harsh Rap Music	Popcorn
Potato chips	Fast Food
Violent TV Shows	Candy
Violent Video Games	

Type D:

For those with blood sugar problems we encourage you to fast from a favorite food during this time.

** Sundays are not included as fast days**

Reminder If you have health concerns, please check with your physician before beginning any fast.

Use the time that you are abstaining from your favorite "past-time" to spend in fellowship with the Lord of your Life.

Optional: Write any thoughts from your meditations in a notebook.

Remember that:

**GOD'S HOUSE SHALL BE
A HOUSE OF PRAYER.
PRAY ALWAYS.**

Daily Scripture and Prayer Guide

2/17 **ASH WEDNESDAY**

Read: Genesis 1: 1-5

Meditate: **G**od

2/18 Read: Joshua 10:7-14

Meditate: **O**mnipotent

2/19 Read: Psalms 37:4

Meditate: **D**elight

2/20 Read: Hebrew 5:7

Meditate: **D**elight

2/21 **SUNDAY PRAISE AND WORSHIP**

2/22 Read: Psalms 33:16-18

Meditate: **H**ope

2/23 Read: Psalms 139: -12

Meditate: **O**mnipresent

2/24 Read: Proverbs 3:5

Meditate: **U**nderstanding

2/25 Read: I Kings 19:11-13

Meditate: **S**ilence

2/26 Read: Matthew 11:28-30

Meditate: **E**asy

2/27 Read: Psalms 73:26

Meditate: **S**trength

2/28 **SUNDAY PRAISE AND WORSHIP**

Daily Scripture and Prayer Guide

3/1 Read: Revelation 22: 1-2

Meditate: **H**ealing

3/2 Read: Luke 4: 18-19

Meditate: **A**nointed

3/3 Read: Mark 12:30

Meditate: **L**ove

3/4 Read: Mark 12:31

Meditate: **L**ove

3/5 Read: John 14:1

Meditate: **B**elieve

3/6 Read: Hebrew 1: 1-4

Meditate: **E**xcellent

3/7 **SUNDAY PRAISE AND WORSHIP**

3/8 Read: Matthew 7:7

Meditate: **A**sk

3/9 Read: I Peter 2: 4-5

Meditate: **H**ouse

3/10 Read: Psalms 147:5

Meditate: **O**mniscient

3/11 Read: Job 1:1

Meditate: **U**pright

3/12 Read: John 4:24

Meditate: **S**pirit