

# Instructions for 7 Day Fast

The 7 day fast begins *Monday, March 19-25, 2018*. We will continue meditations throughout Holy week which ends on **Easter, April 1, 2018**. We are asking you to do four things as you prepare for the fast.

## **Scripture Consumption Instructions:**

1. Pray:....Select someone as a prayer partner to strengthen you through out your fast time. Together you can set a prayer goal to touch and agree with one another. Select someone who has similar prayer habits as you so that you can pray in person or on the phone.
2. Mediate: Block off time in your day to be quiet so that you can hear from God. Begin with 10 minutes of quietness each day and work your way up to 20 minutes daily.
3. Read and Study: the Scriptures provided to you for Lent focusing in the topic for that day. (When possible, read the scriptures out loud so that you can release the words into the air and into your ear. Romans 10:17 says Consequently faith comes from hearing the message, and the message is heard through the word of Christ (NIV).
4. Journal: Jot down three words that came to you as you spent time with God on your notes page.

## **Food Consumption Directions:**

**Notice:** If you are on medications, please continue to take them as recommended by your doctor. No red meat should be eaten during this fast (i.e. beef, ham, veal, etc.) You can substitute fish or chicken. Drink water or juice with meals. You may drink as much water as you want each day during the fast.

We will fast from 6:00am to 6:00pm daily from **Monday, March 19, through Sunday, March 25, 2018**. Continue meditations throughout Holy Week.

**Notice:** If you are on medications, please continue take them as recommended by your doctor.

<b>Date</b>	<b>Old Testament</b>	<b>New Testament</b>
Monday, March 19th	Joel 2:1-2,12-17 20-22	Matthew 6:1-6,16-21
Tuesday, March 20th	Genesis 9:8-17	Mark 1:9-15
Wednesday, March 21st	Genesis 17:1-7,15-16	Mark 8:31-38
Thursday, March 22nd	Exodus 20:1-17	John 2:13-22
Friday, March 23rd	Numbers 21:4-9	John 3:14-21
Saturday, March 24th	Jeremiah 31:31-34	John 12:14-21
Sunday, March 25th <b>(Palm Sunday)</b>	Isaiah 50:4-9a	John 12:20-33
	<b>HOLY WEEK</b> Mediations	
Monday, March 26th	Isaiah 42:1-9 Psalm 51:1-17	Mark 11:1-11
Tuesday, March 27th	Isaiah 49:1-7 Psalm 25:1-10	2 Cor, 5:20b-6:10
Wednesday, March 28th	Isaiah 50:4-9a Psalm 22:23-31	1Peter 3:18-22
Thursday, March 29th	Psalm 19 Hebrews 5:5-10	Romans 4:13-25
Friday, March 30th	Psalm 107:1-3,17,22	1 Corinthians 1:18-25



