



## SYNOPSIS

Lent is a season of forty days, not counting Sunday, which begins on Ash Wednesday and ends on Holy Saturday. The 40 days, represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Many Christians and churches use the 40 days of Lent to grow closer to the Lord through prayer, fasting, repentance and self denial. Lent generally consists of individuals practicing 5 specific disciplines: Sacrifice, Supplication, Service, Sowing and Scripture Reading. Listed below is how Berean will apply each during the Lenten Season.

## SACRIFICE

Each participant is asked to refrain from specific food item(s) and from engaging in particular leisurely practice (examples: shopping, social media, television, etc.). The fast will move progressively, adding new elements throughout the 40-day period:

- 3/6-3/16: NO Carbs** (breads, potatoes, rice, pasta, corn, etc.)
- 3/18-3/28: NO Sweets** (candy, cakes, pies, sugary drinks, chocolate, etc.)
- 3/29-4/9: NO Dairy** (eggs, cheese, milk, yogurt, cream, etc.)  
(**NO TV** from 6pm to 6am)
- 4/10-4/20: NO Meats** (beef, chicken, ham, seafood, etc.)  
(**NO Social Media** from 6pm to 6am)

## SUPPLICATION

Each participant is asked to pray various ways. Please refer to your Lent Calendar to discover what you are asked to do.

## SERVICE

Each participant will be asked carry out different service opportunities. Please refer to your Lent Calendar to discover what you are asked to do.

## SOWING

Each participant will be asked to pay their tithes and give a sacrificial offering during our Easter Worship services.

## SCRIPTURE READING

Each participant should read the following passages during the season of Lent.

- Mar 6** Deuteronomy 4:23-31 (NIV)
- Mar 7** Deuteronomy 30:1-10 (NIV)
- Mar 8** II Chronicles 7:11-18 (NIV)
- Mar 9** II Chronicles 20:1-5 (NIV)
- Mar 11** II Chronicles 30:6-9 (NIV)
- Mar 12** Ezra 8:21-24 (NIV)
- Mar 13** Ezra 10:1-12 (NIV)
- Mar 14** Nehemiah 1:4-9 (NIV)
- Mar 15** Job 42:1-2 (NIV)
- Mar 16** Psalm 42:1-4 (NIV)
- Mar 18** Psalm 50:9-14 (NIV)
- Mar 19** Psalm 51:7-17 (NIV)
- Mar 20** Proverbs 21:2, 3 (NIV)
- Mar 21** Isaiah 55:1-11 (NIV)
- Mar 22** Isaiah 58:3-12 (NIV)
- Mar 23** Jeremiah 3:20-22 (NIV)
- Mar 25** Jeremiah 9:23, 24 (NIV)
- Mar 26** Jeremiah 24:3-7 (NIV)
- Mar 27** Jeremiah 29:11-14 (NIV)
- Mar 28** Daniel 9:1-22 (NIV)
- Mar 29** Hosea 14:1-3 (NIV)
- Mar 30** Hosea 14:1-3 (NIV)
- Apr 1** Joel 2:2,3 (NIV)
- Apr 2** Jonah 3:1-10 (NIV)
- Apr 3** Malachi 3:6-12 (NIV)
- Apr 4** Matthew 3:1-8 (NIV)
- Apr 5** Matthew 5:1-12 (NIV)
- Apr 6** Matthew 6:5-14 (NIV)
- Apr 8** Matthew 6:25-34 (NIV)
- Apr 9** Luke 10:25-37 (NIV)
- Apr 10** Luke 10:38-41 (NIV)
- Apr 11** Acts 14:21-23 (NIV)
- Apr 12** Romans 12:1, 2 (NIV)
- Apr 13** Ephesians 5:1-2 (NIV)
- Apr 15** Philippians 3:10-14 (NIV)
- Apr 16** Philippians 4:4-9 (NIV)
- Apr 17** Hebrews 13:15, 16 (NIV)
- Apr 18** James 4:7-11 (NIV)
- Apr 19** I John 4:7-21 (NIV)
- Apr 20** Revelation 3:14-20 (NIV)

# LENT SUPPLICATION & SERVICE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>March 6th</b> Pray for someone by telephone today	<b>March 7th</b> Help someone who is in need today	<b>March 8th</b> Pray for someone in person today	<b>March 9th</b> Pay for someone's item today
<b>March 10th</b> NO LENT	<b>March 11th</b> Pray for someone you don't know today	<b>March 12th</b> Share a Bible verse with someone today	<b>March 13th</b> Pray for one of your enemies today	<b>March 14th</b> Call a distant relative today	<b>March 15th</b> Pray for one of your relatives today	<b>March 16th</b> Donate items to an organization in need today
<b>March 17th</b> NO LENT	<b>March 18th</b> Pray for a Church member today	<b>March 19th</b> Write an encouraging letter to someone today	<b>March 20th</b> Pray for your Pastor today	<b>March 21st</b> Discover places you can volunteer today	<b>March 22nd</b> Pray for the President today	<b>March 23rd</b> Make/purchase a meal for someone today
<b>March 24th</b> NO LENT	<b>March 25th</b> Pray for the homeless today	<b>March 26th</b> Schedule a volunteer opportunity today	<b>March 27th</b> Pray for one of your friends today	<b>March 28th</b> Forgive someone of a wrong today	<b>March 29th</b> Pray for one of your neighbors today	<b>March 30th</b> Tell someone you are sorry for a wrong today
<b>March 31st</b> NO LENT	<b>April 1st</b> Pray for someone in the hospital today	<b>April 2nd</b> Encourage someone you don't know today	<b>April 3rd</b> Pray for someone unemployed today	<b>April 4th</b> Text a college student on today	<b>April 5th</b> Pray for a senior citizen today	<b>April 6th</b> Compliment others throughout today
<b>April 7th</b> NO LENT	<b>April 8th</b> Pray for a Police Officer today	<b>April 9th</b> Express appreciation to others today	<b>April 10th</b> Pray for someone else's church today	<b>April 11th</b> Sing happy birthday to someone today	<b>April 12th</b> Pray for people who are in the military today	<b>April 13th</b> Read something motivational to someone today
<b>April 14th</b> NO LENT	<b>April 15th</b> Pray for another country today	<b>April 16th</b> Visit someone sick or shut-in today	<b>April 17th</b> Pray for your household today	<b>April 18th</b> Spread joy to someone down today	<b>April 19th</b> Pray for Good Friday Services today	<b>April 20th</b> Invite someone to church today