



# 40-DAY LENTEN FOOD & FINANCIAL FASTING GUIDE

SURRENDERING TO GOD IN THE AREAS OF  
FOOD, SPENDING, SAVING, AND GIVING.



# 40-DAY LENTEN FOOD & FINANCIAL FASTING GUIDE

This is a fasting guide for you to use a resource for your spiritual journey and development in this Lenten season. These are suggestions about how you fast during this time. Please speak with your doctor especially if you are on medications before removing any food or food products for your diet, be cautious, your health comes first!

## Day 1

\Wed. Feb. 18

### **Financial** – Acknowledging God

**Scripture:** *The earth is the Lord's, and everything in it, the world, and all who live in it. Psalm 24:1*

**Devotional Statement:** God, everything that I have and everything that exist comes from you, for you are the great creator of all that I see. Today I will walk in confidence acknowledging the fact that I have because of what you gave.

**Step of Faith:** Re-evaluate your spending habits over the past month. Create a list where you separate the necessities purchased from your non-necessities. Calculate the total cost of your non-necessities and put that in a savings account.

### **Food** – Returning to God

**Scripture:** *“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning. Joel 2:12*

**Devotional Statement:** God, today I am returning back to you for the refilling and refreshing that this fast will bring. Living in this world full of distractions, I will intentionally make time for you each and every day, so God speak to me, show me the way that I should go and guide me in your will.

**Step of Faith:** We change our appetite spiritually with fasting, a shifting of our physical appetite. Therefore, we are fasting from:

***Sweets and Desserts***

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(this also includes heavily sweeten snacks like granola or trail mix, if you do eat these items make sure that have no sugar added and the sugar content doesn't go over 7 grams)

## Day 2

Thu. Feb. 19

### **Financial** - God Can and Will Provide

**Scripture:** *But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today. Deuteronomy 8:18*

**Devotional Statement:** God has given us all various gifts. There are gifts that serve Him with and there are others which we are to generate wealth with so that we can thrive in this life. Today we declare, "I will produce wealth with the gifts God has given me and today, I move from surviving to thriving."

**Step of Faith:** Create a "Provision Journal" and write in it all the ways you can remember how God provided for you financially. This will also be the place where you will write down those financial needs that you desire God to answer for you. Be open to the ways in which God will meet your need, He may point you to a gift that can help generate resources.

### **Food** – Humbling The Flesh

**Scripture:** Yet when they were ill, I put on sackcloth and humbled myself with fasting. *Psalms 35:13*

**Devotional Statement:** God reveal to me the ways in which my flesh tries to rise against your will and desires for my life. Through this fast I am humbling body, mind and spirit to come into alignment with you. I confess that I no longer can continue doing things my own way when your way is best.

**Step of Faith:** The body always wants what it wants, that is why fasting is so important because it remind us that we do not seek to please the flesh but we as believers seek to please our God. Therefore, today we are fasting from:

### **Fried Foods**



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(this includes foods fried in oil or in air fryers and oven fried, try baking, sautéing or placing meats in a crockpot)

## Day 3

Fri. Feb. 20

### **Financial** – Graced to Grow

**Scripture:** *And God is able to make all grace abound to you, so that in all things at all times; having all that you need, you will abound in every good work. 2 Corinthians 9:8*

**Devotional Statement:** "To whom much is given, much is required." Each of us carries a lot and we make mistakes, but the good news is that those mistakes do not destroy us. Maybe you have made by financial decisions in the past or even purchased something you did not need. Please know that as we fast, God has given each of us the grace to grow into a better person. Affirm this out loud, "I am wise with my money!"

**Step of Faith:** Today identify the places where you go to spend money, like Amazon or Walmart. Try your best to avoid purchasing even your necessities from these places and instead go to a store or site where you will be less tempted to buy other items. Remember, don't go to browse, make a list and stick to it.

### **Food** – A Clean Heart

**Scripture:** *Create in me a pure heart, O God, and renew a steadfast spirit within me. Psalm 51:10*

**Devotional Sentence:** The heart is an intricate muscle that pumps blood throughout the entire body. As much as the heart is a physical muscle it is just as much a spiritual one, for from it flows the springs of life. God, clean up my heart, purge me and make me pure, for I am your vessel and you can dwell here.

**Step of Faith:** Statistics show that African Americans are twice as likely compared to their counterparts to develop conditions that can directly impact their hearts. Fasting involves doing a deep clean spiritually and physically. Therefore, today we are fasting from:

#### **Sugary Drinks**

(this includes juice, soda, flavored waters with additional sugars as well as flavored electrolyte packets for water that are not zero sugar)



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## Day 4

Sat. Feb. 21

### **Financial** – The Transformative Power of Tithing

**Scripture:** *Honor the Lord with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine.*

**Proverbs 3:9-10**

**Devotional Statement:** Tithing is a biblical truth that is still applicable today. We are all called to give a percentage (10%) back from what God has given to us. Since God doesn't withhold any good thing from us, we should not withhold the good that we have in our possession from Him. God, teach me how to tithe in faith knowing that when I am obedient to you, transformation happens in my life.

**Step of Faith:** Review your earnings and calculate that 10% for your monthly, bi-weekly or weekly tithe and sow that into the Lord's church. This also goes for any financial gains that you receive during the fast, set aside the portion that God requires of us all.

### **Food** – True Fasting Breaks Yokes

**Scripture:** *"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"* **Isaiah 58:6**

**Devotional Sentence:** God, in this fast take me deeper! So deep that yokes are broken and freedom appears in the places that try to keep me bound. I am ready, we are ready to see your power move in amazing ways. Let the chains of injustice be broken now off of my life and off of our world!

**Step of Faith:** Fasting reminds us that we can do hard things in the midst of the most convenient options. Today we choose not to do easy things. Therefore, we are fasting from:

#### **Fast Food**

(this includes restaurants that have drive-thrus and pick-up orders)



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## Day 5

Mon. Feb. 23

### **Financial** - The Importance of Self-Denial

**Scripture:** *I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward of all my labor. Ecclesiastes 2:10*

**Devotional Sentence:** Our entitlement will make us feel that we deserve to have whatever we want, whenever we want. When we enter into this mental loop of entitlement and gratification, we tend to lean on ourselves or our wealth to give us our desires. When we interrupt that loop and say, “No, I don’t need that” or “I have other things that I can do with that money,” shows God and ourselves that we are committed to being better stewards of our resources.

**Step of Faith:** Pause before every purchase and ask yourself is this truly a need or is it just a want. If you realize that it is a want, deny yourself and recommit to no discretionary spending.

### **Food**- My Daily Bread

**Scripture:** *Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. Matthew 6:11-12*

**Devotional Sentence:** God, thank you for being fresh bread daily. As believers, our creator never gives us anything old, or stale, or molded but each and every day we get the opportunity to have fresh mercies, fresh words, and fresh encounters from Him. Today we affirm together, “Thank you God for being our daily bread.”

**Step of Faith:** Carbohydrates can keep us full for a short period of time but will slowly be converted into sugar and we will get hungry again. However, when we fill out spiritual bodies with the daily bread God gives us through reading His word we will never hunger. Therefore, today we will be fasting from:

#### **Breads**

(this includes sprouted bread like Ezekiel bread, sweet buns, and bagels)



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## Day 6

Tue. Feb. 24

### **Financial** - Contentment Suits Our Case

**Scripture:** *But godliness with contentment is great gain....For we brought nothing into the world and we can take nothing out of it. But if we have food and clothing, we will be content with that. 1 Timothy 6:6-8*

**Devotional Statement:** We live in a world dominated by capitalism and consumerism, making us constantly feel that we need this product, or we need to buy this item in order to fill a void we think we have. However, getting to a place that we are content with what we have is a special type of peace.

**Step of Faith:** Take a moment to walk around your home and thank God for the things that He has allowed you to acquire. Big or small, God has blessed you with it. Today we declare collectively, "I promise I will not complain about anything I don't have or talk down upon that which I do. I will not spend money to fill a void that only God can resolve."

### **Food**- Hunger for Righteousness

**Scripture:** *Blessed are those who hunger and thirst for righteousness, for they will be filled. Matthew 5:6*

**Devotional Statement:** Hunger pains are our bodies way of signaling to us that it needs something, food, substance, water. However, our spirits need the same, for it craves for the things for God. It is up to us to listen to it and give it what it needs through the modes of prayer, fasting, worship, tithing and relationship with God. Make sure you are feeding your spirit the righteousness and holiness.

**Step of Faith:** There is no such thing as a "easy way out." In this life, we have to build strength and endurance to persevere even in our faith walk. We can't afford to fill our lives with junk, when our souls' hungers for something deeper...righteousness.

Therefore today, we are fasting from:

### **All Snacks and Junk Food**

(this includes healthy snacks like nuts and fruits; the only food we ingest is our meals for breakfast, lunch and dinner)



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## Day 7

Wed. Feb. 25

### **Financial** - Budgeting For Balance

**Scripture:** Whoever disregards discipline comes to poverty and shame, but whoever heeds correction is honored. Proverbs 13:18

**Devotional Statement:** A budget can create a balance to your finances that you didn't know you need, it serves as your road map to monetary discipline and prosperity. God desires for all of us to live a life that is well balanced. Let's say this together, "God I know you did not create me to exist in chaos but to have the peace a well balanced life can provide."

**Step of Faith:** Today, be diligent and develop a budget so that every penny I earn has a designated purpose. Make sure you prioritize your living needs, your tithes, then move to focus on your savings and debt elimination techniques like "snowballing," paying off minor debts first and then attacking larger amounts.

### **Food** – Strength Through Weakness

**Scripture:** *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 2 Corinthians 12:9*

**Devotional Statement:** Can we be honest? We all get weak. There are moments in our lives where we cannot muster up the strength to continue to carry on doing the same things. During these times we are called back to scripture which reminds us that God's supernatural power will show up for us even when our natural bodies are too weak. We say in unison, "God be my strength."

**Step of Faith:** The physical body gets its strength from proteins, like our spiritual bodies gets it from God's power. Proteins are a source that builds muscle. Through prayer, fasting and God's power we are able to bulk our spiritual muscles. Therefore today we are fasting from:

**Red Meat**



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(this includes beef, pork, lamb, venison and other gamey meats, try alternative options like seafood, tofu, chicken or turkey)

## Day 8

Thu. Feb. 26

### **Financial** - The Salvation of Saving

**Scripture:** *The plans of the diligent lead to profit as surely as haste leads to poverty. Proverbs 21:5*

**Devotional Statement:** For many Americans it can be very hard to save due to lack of discipline or even a lack of money, living paycheck to paycheck is a very hard reality. However, when we are able there is great reward in saving, it provides us with a safety net for our living during unexpected times. Sometimes saving begins with a small amount like \$1 at a time which one day can become \$1,000 at a time. With however much we do have we must learn how to set something aside for rainier days. God, show us how to save!

**Step of Faith:** Today commit to setting aside a percentage of every paycheck for your savings. No matter how small or how big, when you move the amount to your bank account or to your personal piggy bank, tell God thank you and with a grateful heart watch how He can take that little bit and make it much.

### **Food** – Trusting God Fully

**Scripture:** *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6*

**Devotional Statement:** Trusting anyone else with your well being can be a very hard thing to do. Letting go and allowing someone to guide you can be scary and feel like your are losing control. However, trusting in God should be the easiest surrender we could ever do even though if we are honest, sometimes it's not. We serve a God who always has our best interest at heart and trusting Him in the process of life is a major step in our faith journeys. So we say this statement out loud, "God I trust you!"

**Step of Faith:** We rely on so much to get us through a normal workday. We rely on our calendars, smart phones and watches, assistants and planners. We also lean on things



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such as a cup of coffee to jumpstart our day with alertness instead of spending time with God to recharge us. Therefore today, we are fasting from:

## **Coffee or Caffeinated Drinks**

(this includes energy drinks and caffeinated teas or other items like caffeinated gum/mints)

## **Day 9**

Fri. Feb. 27

### **Financial** - Diversification Matters

**Scripture:** *Invest in seven ventures, yes, in eight; you do not know what disaster may come upon the land. **Ecclesiastes 11:2***

**Devotional Statement:** When you invest in something greatly you expect to gain a large reward. Being smart with investing your money can involve both risk and reward, this is why it is important for you to understand where your money goes and who you are entrusting with your money and/or portfolio. Be prayerful over how to invest your money, asking God to lead you, directing you the right resources and the right people. Holy God, allow us to make choices with our money and give us wise counsel.

**Step of Faith:** Examine your investments or reach out to your company if you are unsure about your employee package to see if your investments are diversified. Even if you have been working on your job for years, inquire about new options and benefits they offer to employees.

### **Food** – My Needs Are Met

**Scripture:** *And my God will meet all your needs according to the riches of his glory in Christ Jesus. **Philippians 4:19***

**Devotional Statement:** God knows what we need before we do. Not only does He know but He also has the power to meet the need. Giving God the room to meet our needs in unconventional ways and times requires a level of trust and patience that we sometime lack. In this season of fasting let us remember, that God can and God will meet our ever need.



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**Step of Faith:** So many things can weigh us down, including the food that we eat. It's important to make sure that what we are putting in our bodies is the best and most nourishing food. Therefore today, we are fasting from:

## **All Heavy Carbs**

(this includes Breads, Mash Potatoes, Potatoes Au Gratin and Casseroles, the body needs carbs, take a look at some healthier options)

## **Day 10**

Sat. Feb. 28

### **Financial** - Relational Repercussions

**Scripture:** *Two are better than one, because they have a good return for their labor: If they fall down, they can help each other up. But pity those who fall and have no one to help them up! **Ecclesiastes 4:9-10***

**Devotional Statement:** Our relationships are one of our greatest teachers. There is a saying that goes, "I can tell the person you are by the people you hang out with." Our connections with others influence us heavily even down to our spending habits. If you have friends who also want to buy lavish things, spend money on constant brunches or unnecessary goods, what's going to stop you from doing the same even if you don't have it? The bible reminds us that when we are in good relationships, we reciprocate, helping each other become better with our time, our bodies and even our money. So God, provide us with healthy relationships!

**Step of Faith:** Today, work with your spouse, partner or close friend(s) to develop a set of rules to govern how you can handle money more wisely. Try to create three main rules that are manageable and easy to remember.

### **Food** – Waiting on The Lord

**Scripture:** *But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. **Isaiah 40:31***

**Devotional Statement:** In a land filled with hurry, it can be a difficult concept to actually wait for something. Everything arounds us screams "rush." Take a look...there is "fast"



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food, or door “dash” and even for our meeting culture there is “zoom.” We are inundated with words and symbols that try to get us move as fast as we can. However, when we are moving with God sometimes, we have to slow down and wait. But our waiting is not in vain, it builds our character and our endurance to hold on to hope because we know God is working it out!

**Step of Faith:** Our days can be so full that unbeknownst to us, our stomachs are left empty. We have to make time to eat during the day, your body deserves a hearty breakfast, it deserves your hour lunch, it deserves not consuming a day’s worth of calories at night. Therefore, today we are fasting from:

## Late-Night Eating

(try your best to eat your last meal before 8pm est., give your body time to properly digest it nutrients before you go to bed)

## Day 11

Mon. Mar. 2

### **Financial** - The Impact of an Inheritance

**Scripture:** *Good people leave an inheritance for their children's children, but a sinner's wealth is stored up for the righteous. Proverbs 13:22*

**Devotional Statement:** We can get so caught up living our own lives that we don’t take the proper time to plan for the future. Not just our future but the future of those who will continue to live on longer after we are gone. Being fiscally responsible also involves asking the question, “What will I leave behind as my legacy?” Leaving an inheritance to those you love is a blessing to them from you. God show me how to leave the type of legacy that makes you smile and empowers those I love most.

**Step of Faith:** Take the time to review your life insurances policies, wills and estates. Make sure that you sure wise legal counsel with God’s help so that you can strive to leave your children and grandchildren an inheritance.

### **Food** – Obedience Over Appetite

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**Scripture:** *But Samuel replied: “Does the Lord delight in burnt offerings and sacrifices as much as in obeying the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams. 1 Samuel 15:22*

**Devotional Statement:** God requires us to be obedient to His word, carefully listening to His voice to guide us along the way. Sometimes we can get caught up in doing our own thing and having our own way that we shift the focus from God to ourselves. Our creator doesn't delight in the extravagant or in large public displays, He delights in our obedience. Father God, we say this as one body, “We will strive every day to obey your word.”

**Step of Faith:** The world gets crazy and we tend to find other things to bring us the warmth and happiness we long to feel. We will fill our bellies with food instead of feeding our spirits with the word which can provide us with everything that we need. Therefore, today we are fasting from:

## All Comfort Foods

(Sweet or Savory, even if it is something simple a chai tea that you indulge in every day, take a pause from it and when you feel a craving read a verse of scripture)

## Day 12

Tue. Mar. 3

**Financial** - The Devil Is in the Details of Debt

**Scripture:** *The rich rule over the poor, and the borrower is slave to the lender. Proverbs 22:7*

**Devotional Statement:** Just because someone is rich in cash and capital doesn't mean they are rich in spirit. The bible reminds us that wealth can be used as a tool for good and a weapon for evil. We must always do our part to ensure that we remain mindful of the financial trap of acquiring too much debt, debt is dangerous. That's why paying off debt and balances is a true power move that can give your soul peace. God help us to get rid of all of our debt!



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**Step of Faith:** Today you will tally up your total debt amount including student loans, credit cards, medical debt, etc. Write that total clearly, pray over it and then make a plan to eliminate the debt. It's okay to go slow, start with one thing at a time if you have to, the key is to be consistent.

## **Food** – Led by The Spirit

**Scripture:** *So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. Galatians 5:16-17*

Devotional Statement: The spirit can be soft spoken but the flesh can be very loud about the things it wants. Taking time to fast allows of us to quiet the noise of the flesh so that we can hear the requests of our spirits more clearly. As we slow down together during this Lenten season let us learn to decipher between the desires of our hearts and the desires of our flesh. When we don't take the time to suppress the wants of the flesh we confuse them, naming them desires of our spirits. God help us to know when the flesh is speaking and when you are speaking!

Step of Faith: When life gets tough we want to immediately get to the good things, the warm and satisfying things that give us just the amount energy that we need. However, we have to take the time to not overindulge on the enjoyable so much we become dependent upon it, not being able to see a life without it. Therefore today, we are fasting from:

## **Cheese and all Dairy**

(for those who are lactose intolerant, try giving up the alternatives that you have made a part of your daily diet today)

## **Day 13**

Wed. Mar. 4

## **Financial** - The Curse of Credit

**Scripture:** *The prudent see danger and take refuge, but the simple keep going and pay the penalty. Proverbs 22:3*



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**Devotional Statement:** Credit provides the consumer access to purchase things now and pay it off later. However, it is very easy for that mentality to turn into a mound of insurmountable debt. Be careful with credit because it can be dangerous if not used correctly. As much as we love to see a pre-approval for store cards or when our banks up our credit limits. It's important that we take the time to seek God and differentiate once again between a need and a want. God help us to know the difference.

**Step of Faith:** Today review my credit and debit card statements going back at least three months and examine spending. Say "no" to the applications for store cards like TJ Maxx and Ulta. Review every pre-approval, card limits and interest rates. Speak with a trusted financial advisor before opening new lines of credit.

## **Food** – Mastery Over Flesh

**Scripture:** *No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.* **1 Corinthians 9:27**

Devotional Statement: In the poem "Invictus" it says these words, "I am master of my fate; I am the captain of my soul." As children of God we have power over our lives and our bodies. What fasting does it reminds us that our bodies are just vessels, it is the will of the soul that wills the body. The apostle Paul that shows us in 1 Corinthians 9:27, that we are responsible for keeping our bodies aligned with the will of God that we too can live out what we believe.

**Step of Faith:** Along the way our society has moved further away from a whole foods diet. With so much added sugar and salt, everyday items can be full of additives. Therefore, today we are fasting from:

### **All Processed Foods**

(use Google to help you identify items before you consume, make sure that you are eating and drink items with clean and organic ingredients)

**Day 14**

Thu. Mar. 5

**Financial** - The Risk of Overextending

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**Scripture:** *One who has no sense shakes hands in pledge and puts up security for a neighbor. Proverbs 17:18*

**Devotional Statement:** Before making any financial decisions, it is key to check with God first and secondly review all of your options. While we serve a God who has resources that will never run dry, that doesn't mean we can be irresponsible with what we have. Being a good steward of financial means also includes not wise to co-sign or agree to pay off debt for others when we ourselves need to manage what we have better. So, we join in together with this corporate declaration, "God help manage my resources and not make a mess of them."

**Step of Faith:** Today, take a moment to write in your journal asking God to help you not co-sign with anyone other than your spouse and to put up appropriate boundaries with your family and friends when it comes to finances.

If you do decide to co-sign for someone, make sure you can afford to pay the debt in full should the person default on the loan.

## **Food** – Building Self- Control

**Scripture:** *For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age. Titus 2:11-12*

Devotional Statement: Self-control has been a hot topic of centuries, causing many writes to create books about how to manage yourself and build your own personal discipline. However, we know self-control involves more than just reading a book, it also requires us to be tapped into the Spirit of God. The Holy Spirit helps us develop that self-control that we are able to withstand worldly passions. Holy Spirit, aid me in having more self-control.

Step of Faith: When we say we want a snack or we desire to partake in something that make not be the healthiest we excuse it by saying, "I deserve this" or "I'll only eat a couple." Then before you know it, we overeat on those things because we lacked the self-control stop. Therefore today, we are fasting from:

### **All Salty Snacks**

(including salted nuts, chips, trail mix, pretzels, etc. try to drink herbal tea instead)



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## Day 15

Fri. Mar. 6

### **Financial** – The Grip of Greed

**Scripture:** *"Watch out! Be on your guard against all kinds of greed; life does not consist in the abundance of possessions."* **Luke 12:13**

**Devotional Statement:** Greed will block our pathway to prosperity because it will cause us to hoard what we were called to give. Our society makes it seem like there is never enough to go around, this is why psychologists have named the "scarcity mindset." In all actuality, we have more than enough collectively to ensure that everyone is secure. However, when we focus on gaining money and having possessions, this grieves the heart of God because we have allowed greed to grab us. Every day we must remain vigilant to not let greed have its way. God, help us all not be greedy.

**Step of Faith:** Take an inventory of what you own and ask yourself are you holding on to these things out of greed and selfishness. Could the clothing you can wear be donated? Could the extra you have be given as a scholarship to bless a young person? Could you use what you have as influence to change your community for the better?

### **Food** – Seeking God First

**Scripture:** *But seek first his kingdom and his righteousness, and all these things will be given to you as well.* **Matthew 6:33**

**Devotional Statement:** Making God our priority in a busy and swift world is the key for us to live the life we always desired. One filled with purpose and joy. Lent gives us the reminder that our Savior Jesus Christ was all about doing the will of the father and submitting to the divine plan for his own life. Let us follow the example Jesus has laid out for us to seek God's kingdom first and not other worldly desires.

**Step of Faith:** Today we don't seek after any outside influence and we reflect on what we have on the inside. We do this also by cooking what we have in our fridge instead of just ordering out for convenience. Let's take proper inventory of what we already have available to us instead of rushing to have something else. Therefore today, we are fasting from:

### **Eating Out**



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(this includes fast food and all other restaurants, eat every meal prepared from your own kitchen)

## Day 16

Sat. Mar. 7

**Financial** - Outpouring of Grace

**Scripture:** *“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.”* **2 Corinthians 9:6**

**Devotional Statement:** Giving is not just a one-time occurrence but it is part of our fabric as believers. We give because God has given so generously to us, so why not give to others? Our giving is the seed we sow now to reap a plentiful harvest later. No farmer plants a seed and expects nothing, but the farmer sows that seed so that what it produces can be of benefit to them and to others. God guide us in knowing that generosity begets generosity.

**Step of Faith:** Today list the people or organizations that you can be a blessing to be sowing into their lives. Maybe it's a family member who struggles to keep groceries in their homes or an organization that strives to make sure others have necessities the need on a daily basis. So we declare together, “I will give generously and experience the grace of God.”

**Food** – Renewed Mind

**Scripture:** *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.* **Romans 12:1-2**

**Devotional Statement:** Our minds are powerful and our thoughts, what we believe to be true help to shape our reality. Scripture clearly alerts us that in order not to be conformed to this world we must renew our minds, and we do that by having a relationship with Jesus Christ. Knowing the Lord for ourselves gives us the confidence that we need to live on purpose and in purpose. Bringing your spirit and mind to order to follow God's will opens doors we could never imagine. God, renew my mind today!



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Step of Faith: There have been studies to show that overeating sugar in the morning can completely cause disruptions in your body throughout the day. With new levels in the spirit, requires new boundaries in the natural, if we want to feel different, we can start with our diets. Therefore, we are fasting today from:

## All Sugary Breakfast Items

(this includes sugary cereal, muffins, pastries, pop-tarts, frozen waffles with over 7grams of sugar and juices)

Day 17

**Mon. Mar. 9**

**Financial** – Perpetual and Persistent Peace

**Scripture:** *Submit to God and be at peace with him; in this way prosperity will come to you. Job 22:21*

**Devotional Statement:** The enemy truly comes to steal, kill and destroy, using things like our finances to even tear a part our confidence in God. However, God calls us to be a peace with Him, know that all things are under His ultimate control. Won't you trust that God will bring financial peace into your life. So we say this out loud together in faith, "I will not worry about it!"

**Step of Faith:** Today, identify at least one aspect of your finances and decide today to stop stressing about it. Instead, keep this on your prayer list for this week, seeking God to provide peace in the midst of this problem.

**Food** – Hearing God Clearly

**Scripture:** *My Sheep listen to my voice; I know them, and they follow me. John 10:27*

**Devotional Statement:** God is and will always be the good shepherd, He keeps watch over his flock like no other. We must be reassured in this season that there is one who is greater, stronger and wiser guarding us daily. We have to do our part to be so attuned to His voice that we are able to hear him so clearly that we are in step with Him each and every day. God help us to hear your voice distinctly during this fast and every day after!

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**Step of Faith:** Every day we get messages from multiple avenues. From news outlets, social media, books and newspapers, there are various voices speaking to us about what we should do, what we should buy and who we should be. Making time to hear God is key and being in solitude with Him is something our soul needs. Therefore, today we are fasting from:

## **Social Eating At Restaurants**

(this includes all three meals of the day)

### **Day 18**

Tue. Mar. 10

## **Financial** - Wealth is Blessing

**Scripture:** *The blessing of the Lord brings wealth, without painful toil for it. Proverbs 10:22*

**Devotional Statement:** It's okay to embrace your financial wealth and not feel guilty about it. It is also okay to honor other parts of you that make you fortunate outside of what is monetary. While everyone might not be wealthy, all of God's children are rich. How we steward this fact and the hearts of others, making sure we don't make anyone feel less than is truly a powerful gift. In one voice we say, "God, teach me how to embrace my wealth and encourage others wholeheartedly!"

**Step of Faith:** Today, I will stop worrying about not having enough money because God has so richly blessed me. Write down the things that you are concerned about financially, fold it up so no one can see it, and on the outside write "It's in God's hands now." Put it somewhere safe so that this time next year, you can see what God has done concerning these matters.

## **Food** – God Our Refuge

**Scripture:** *God is our refuge and strength, an ever-present help in trouble. Psalm 46:1*

**Devotional Statement:** Refuge is defined as a shelter or place of protection from pursuit, danger, distress and trouble. When we know that God is our refuge that means there is security and safety in his presence. There is nothing extra we have to do to earn it or guarantee it, it is who God is naturally. That's why in faith we can say together, "God thank you for being our refuge."



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**Step of Faith:** God never changes, He always stays the same, no subtraction and no additions. Learning to accept what is verse always leaning into what can be hard for the body to do because it always desires something more, something extra. Therefore, today we are fasting from:

## **All Sauces and Other Condiments**

(this includes any additional salad dressings, or other side sauces you typically enjoy with your meals)

## **Day 19**

Wed. Mar. 11

### **Financial** - Stewardship – The Great Responsibility

**Scripture:** *Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?* **Luke 16:10-11**

**Devotional Statement:** So many things break when they are mishandled, from them most fragile of objects to the most vulnerable among us. When we are not good stewards, it shows like a glaring light. God has given us so much for us to keep watch over including our financial resources, for everything we have it has been given to us by God's grace. Scripture reaffirms for us today that the better I handle the money I have, the more room I make to receive. God teach us how to be better stewards.

**Step of Faith:** Today, acknowledge that everything I have belongs to God and find free sources that can help you develop the gift of financial stewardship.

### **Food** – Peace Through Prayer

**Scripture:** *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* **Philippians 4:7**

**Devotional Statement:** Peace is something that most of us want and need, yet there will be situations and individuals that will try to hinder us from having it. During this Lenten fast, make it up in your mind that peace is your daily portion that no one can give



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and that no one can take away. God help your children to have the type of peace that surpasses all understanding.

**Step of Faith:** Knowing what goes into your food and what you are putting in your body also can provide you with a certain level of peace. Being wise about overdoing or intake too much is something we all need to be concerned with, we only get one body in this life. Therefore, we are fasting from:

Using addition Salt and Salty Seasonings

(this includes all salts like iodized and Himalayan pink sea salt, instead try alternative like Mrs. Dash and other zero salt seasonings)

## Day 20

Thu. Mar. 12

**Financial** – Worrying about it Won't Do

**Scripture:** *But the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful. Mark 4:19*

**Devotional Statement:** Taking a break from fiscal consumption can help you focus on the most important relationships in your life; with God, with self and with those you love. When we worry consistently about matters that are out of our control and we don't trust God to show up for us, it slow impacts other aspects of our lives. Consistent worrying is not good for our souls and those have been called to be in our atmospheres. God, help us to lay aside the weight of worrying!

**Step of Faith:** "I will call a close relative or friend with whom I have exchanged gifts in the past and make an agreement that on the next birthday, anniversary, or holiday, we will not spend money on each other but spend time with each other instead."

**Food**- Trusting God's Timing

**Scripture:** *There is a time for everything, and a season for every activity under the heavens. Ecclesiastes 3:1*

**Devotional Statement:** God's time is perfect; He is never late or early. God never rushes or drags His feet, yet our creator orchestrates everything according to the divine

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will. So when anxiety tries to creep up and make our minds run through every unlikely scenario, our spirit should ground us in the facts, that our God will never make a mistake because He's an one time God. Today, Holy Father never allow us to forget that your timing is the best.

**Step of Faith:** When we don't take in the proper nutrients throughout the day and don't stick to a consistent meal schedule we tend to over indulge when we do get the opportunity to eat. This is why we need to have make sure we eat at the same times every day. Therefore, we are fasting from:

## **Overeating/ Second Helpings**

(this includes even healthy options, listen to your body when you full and don't try to stuff you stomach just because it's on your plate, you are an adult now, you don't have to eat it if you don't want to)

## **Day 21**

Fri. Mar. 13

### **Financial** - Pay on Time

**Scripture:** *Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law. **Romans 13:8***

**Devotional Statement:** Eliminating debt in a timely fashion will ultimately result in you owing nothing but love to others. We have to do our due diligence in making sure that we keep our payments current and to maintain a healthy credit score. If Jesus has already paid the debt we could not pay, we owe it to Him and ourselves to pay that which we can. Let this act be an act of love for yourself, for others and for God.

**Step of Faith:** Today, we will make it a goal to pay all of our outstanding debt on time to organizations, creditors or anyone that we owe, and if we cannot make full payments, we will have the necessary conversations in order to put us back in right standing.

### **Food** – Broken but Not Abandoned

**Scripture:** *The Lord is close to the brokenhearted and saves those who are crushed in spirit. **Psalms 34:18***

**Devotional Statement:** Life can come at us hard and fast, causing damage that we did not want or expect leaving us with broken hearts. No one wants to feel pain but we



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understand that pain is a part of the human experience. Even in our pain, we are not alone and there is comfort in accepting that we serve a God who will always be present. In those times when we feel like we can't move forward, let us hold on to the truth that we are not abandoned. God, reassure us that you are here with us!

**Step of Faith:** When the bitterness of life approaches, sometimes we can turn to another things to make it sweeter. That may look like other relationships, vices or even food. Learning to self-soothe with the word of God and not with food is a lesson that comes with fasting. Therefore today, we are fasting from:

## **Sweeteners**

(this includes sugars, honey, agave and maple syrups; water flavorings that are Zero Sugar are acceptable)

## **Day 22**

Sat. Mar. 14

### **Financial** - Planning with a Purpose

**Scripture:** *The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.* **Proverbs 21:5**

**Devotional Statement:** Planning our finances with diligence leads to abundance and avoids the pitfalls of hasty decisions. Planning shows God how serious we are about sustaining the blessings He has given us by faithful stewardship. It can be nerve wracking to sit with the reality of what you have and do not have. However, it's important to be aware of your current financial state and allow God to lead the way as you map out the future.

**Step of Faith:** Today, take two hours to plan out finances, focusing on long-term and short-term goals. Put safeguards in place that will help you move away from impulsive spending and toward incremental saving.

### **Food** – God Our Sustainer

**Scripture:** *For forty years you sustained them in the wilderness; they lacked nothing, their clothes did not wear out nor did their feet become swollen.* **Nehemiah 9:21**

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**Devotional Statement:** While we do not like wilderness experiences because it brings with unknown territory and anxiety, the bible shows us that it is in the wilderness where God reassures us that He will take care of us. In this life, we must always remember that our Heavenly Father will sustain us even in the most unlikely and uncomfortable circumstances. So we cry, God remind us that you are our divine sustainer.

**Step of Faith:** The children of Israel cried out to God for meat in the wildness because they missed their diet they had in Egypt. God became so frustrated with their complaining and desire for meat to please their stomachs instead of appreciating the manna that was given in the morning, they were given so much meat they could not consume it all. Therefore, today we are fasting from:

## **All Meat Products**

(instead try to eat only plant-based and liquids only, bone broth is acceptable)

## **Day 23**

Mon. Mar. 16

### **Financial** - Contentment in Simplicity

**Scripture:** *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it." 1 Timothy 6:6-7*

**Devotional Statement:** True gain is found in contentment and simplicity, not in the accumulation of material possessions. The hard fact of it all is that we cannot take anything that we have with us when we leave this earth. While we can enjoy what we have gained, we should never idolize it or constantly be on the hunt to gain more because our spirits are never satisfied. Today God aid us in knowing that we have enough.

**Step of Faith:** Take a moment today to find joy in simple pleasures, like having a warm cup of tea or hearing the laugh of someone you love and truly appreciating what I have rather than longing for more. Today remove any app on your phone that you would use to purchase more things you do not need.

**Food** – Strength for the Journey



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**Scripture:** *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10*

**Devotional Statement:** It's okay to know that every day we won't be strong and honestly we do have to. There is a God who loves us enough to provide us with the strength that we need to move forward in this Christian journey. Take a few moments, in the morning, afternoon and evening, to see how the strength of God has shown up in your life. God, let me see and remember it!

**Step of Faith:** Truly relying on God to be our strength shows up even more prevalent when we remove things that we use naturally to strengthen us. One of the main sources we have as human beings is the food that we eat. Therefore, today we are fasting from:

**All Seafood and Red Meat**

## Day 24

Tue. Mar. 17

**Financial** - Generous Giving

**Scripture:** *"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6:38*

**Devotional Statement:** Generosity opens the door to reciprocal blessings. Giving does not create lack or a hole in our lives that can never be filled again. In fact, the more we give, the more open we become to receiving in various forms. Think about it, God gives to us all what we need daily in different ways, not just in one way and we are able to thrive because of it. God show us how we can be generous and allow us to be sensitive to the ways in which you pour back into our lives because of our giving.

**Step of Faith:** Today seek out opportunities to give generously, trusting that my needs will be met in return. Maybe this looks like donating to your favorite charity, or HBCU. Maybe its paying for the tea for the person behind you in line or donating to the Youth Fund at St. John to be a blessing to all of our children.

**Food** – God Our Helper



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**Scripture:** *I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth. Psalm 121:1-2*

**Devotional Statement:** So many of us are the “responsible one” in our families. When someone gets in a bind, they know they can call us to help them. But who will help us? That answer will always and forever be God, God will always be there to help us and that’s the best assistance we could ever gain. So we say this as a body of believers, God remind us that you will always be our faithful helper.

**Step of Faith:** The stomach helps us in digesting food to give our bodies the nutrients that it needs to function. Sometimes we unconsciously do not take into account all the things that we put in our bodies or how it is broken down by the hard work of our organs like the stomach. During this fast, we become intentional about what we consume. Therefore, today we are fasting from:

## **All solid foods**

(this includes soups that have meat, rice and noodles)

## **Day 25**

Wed. Mar. 18

### **Financial** - Faithful Stewardship

**Scripture:** *"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much." Luke 16:10*

**Devotional Statement:** Being faithful in small financial matters prepares us to handle greater responsibilities. How we handle that which have been given speaks directly to our character. We must all ponder over this question, how do we want others to experience us? As trustworthy or dishonest? The better questions would be, how do we want God to experience us? So together we say, God see us a trustworthy!

**Step of Faith:** Today be meticulous and honest in all of your financial dealings, no matter how small. Do not try to be dishonest or conning people to part with their money for your own selfish gain. Be a person who is trustworthy in every aspect of life.

### **Food** – Perseverance



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**Scripture:** *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9*

**Devotional Statement:** Giving up can appear to be the easy way out but truthfully, there will be an effect on every action in which we do whether good or bad. Even when it is hard, we have to choose the high road over a cheap shot. This is why it is so important to make sure that we as believers do a much good as we can because with every action there will come a reaction. God, strengthen our desires to do good in the world so that we can reap a good reward.

**Step of Faith:** Studies have shown that the human body is made of about 60% of water. Water nourishes us and replenishes us we are dehydrated. This Lent fast reminds us that our bodies can become spiritually dehydrated thirsting for the living water that flow from Christ. Therefore, today we are fasting from:

## **All drinks except Water**

(this includes flavored water, try your best to drink purified or spring water only)

## **Day 26**

Thu. Mar. 19

## **Financial** - Debt-Free Living

**Scripture:** *"The rich rules over the poor, and the borrower is the slave of the lender." Proverbs 22:7*

**Devotional Statement:** Living without debt frees us from financial bondage and brings peace of mind. However, where you are today, you might not be able to see yourself living without any debt because you have so much of it. Today, we reaffirm the fact that we serve a God that can make what we feel like is impossible, possible for his children, this includes things like our debts. God we say together, help us to know that you can make what we appears to be impossible a reality for those who love you.

**Step of Faith:** Today, strive to not only reduce your debts but also avoid taking on new debts, this includes even small purchases that are not necessities and can be easily be paid with your next check. The goal here is to not pile anything else on your plate, give God what you have.

## **Food** – God Our Shield



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**Scripture:** *The Lord is my strength and my shield; my heart trusts in him, and he helps me.*

*My heart leaps for joy, and with my song I praise him. **Psalm 28:7***

**Devotional Statement:** Shields are unique weapons of warfare, they can protect your body from the tools of the enemy, and it can also serve as a barrier during close combat. The Lord will be a strength to endure but also our shield in combat, protecting us from all hurt, harm and danger. Today we proclaim together, “God you are our strength and our shield.”

**Step of Faith:** Fasting builds your appetite for something different both physically and spiritually. It assists us in letting go of those things that are not good for us and wanting those things which are. Therefore, today we are fasting from:

## **All Foods That Are Not Whole Foods and Whole Grains**

(try to eat food in its simplest form)

## **Day 27**

Fri. Mar. 20

### **Financial** - Joyful Generosity

**Scripture:** *"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." **2 Corinthians 9:7***

**Devotional Statement:** Imagining someone giving you a gift with a scowl on their face or with the sound of hatred in their words. How much would that impact who you received the gift that they were offering to you? We would all agree that it would impact us greatly. This is why when we give to God, we shouldn't do it reluctantly or begrudgingly because God does not that with us. Giving should be a joyful act, not out of obligation but out of a generous heart. So today we say on one accord, “God teach us how to give joyfully.”

**Step of Faith:** Today, when you write the check for your tithe or when you use an online platform to give back to God the 10% of your earnings, remember to do it cheerfully, finding joy in the act of giving and the blessings it brings to others.



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## **Food** – Endurance Through Faith

**Scripture:** *No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*  
**Hebrews 12:11**

**Devotional Statement:** Living a disciplined life is a part of the Christian journey that we often don't like to discuss. Overindulging and being gluttonous can contribute to the overcrowding of our stomachs and souls. However, having discipline, creating healthy boundaries can give us the room we need to receive all that God has for us. That's why we say God, release us from being comfortable with our lack of discipline in our lives.

**Step of Faith:** When constantly adding things to our lives and our plates it's so easy to overconsume, to let our awareness slip of how full we are so we force feed ourselves with things because we want them or they make us feel better. Fasting helps us to see this more clearly with our daily diets. Therefore, today we are fasting from:

### **All Desserts**

(this includes whipped cream, puddings, yogurts, etc.)

## **Day 28**

Sat. Mar. 21

## **Financial** – The Security of Saving

**Scripture:** *Not that I desire your gifts; what I desire is that more be credited to your account.* **Philippians 4:17**

**Devotional Statement:** In his letter to the Philippian church Paul speaks words of affirmation to them about how they were able to offer him assistance and resources when he did not have any. Saving money functions as a security or safety needs that will allow us to have access to things that we need. So collectively we say, "God show us how to save in a way that honors you most."

**Step of Faith:** Today take the thoughtful approach of how to secure your future by saving. Choose an amount and move that to your savings account that you won't touch. Also, do not purchase any "just in case" items even if they are on sale.



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## **Food** -God Our Peace

**Scripture:** *You will keep in perfect peace those whose minds are steadfast, because they trust in you. **Isaiah 26:3***

**Devotional Statement:** Anxiety is a real emotion that many of us feel when things get out of control. When we experience problems and realize that our human power won't be enough to fix it. However, God as the ability to do what we cannot, it is our job to trust Him with the burdens of our issues. No that truly nothing is too hard for Him. Together we exclaim in faith, "God it's in your hands now, do what you want to do!"

**Step of Faith:** When we do have peace, we search for other things and people to fill that space in our life. Food can be one way that we do this to try to settle the angst that we feel on the inside. Therefore, today we are fasting from:

### **All Foods Except Salads For Lunch and Dinner**

(eat only a light breakfast, nothing heavy for this day)

## **Day 29**

Mon. Mar 23

## **Financial** - Trusting God with Finances

**Scripture:** *"And my God will meet all your needs according to the riches of his glory in Christ Jesus." **Philippians 4:19***

**Devotional Statement:** Our financial security lies not in wealth, but in God's promise to provide for our needs. The jobs we have, the means we acquire, even the status which we hold that gives us access to abundance all stems from the goodness of God's promises to take care of us. Money doesn't meet our needs; it is only a byproduct of how God's provision shows up in our life. So we say, "Thank you God for being the one who meets all of our needs."

**Step of Faith:** Trusting God to provide for all of your needs rather than relying solely on my financial acumen can be scary. Why? Because relinquishing control is hard for humans to do. This is why today, you will write down every financial need that you have on a piece of paper, and beside it in faith, write "Already Done." Let this serve as a physical reminder that God has it covered.



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## **Food** – Oh To Be Kept

**Scripture:** *He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. Psalm 121: 3*

**Devotional Statement:** If we honestly saw the ways in which God keeps us every single day, we would all be in complete awe. The things He keeps from us, the conversations that He guards us from, the plans of the enemy that He intercepts. All of us are here today because we have been kept by God. That isn't a small thing, it is truly miraculous. So with joy in one voice we declare, "Thank you God for keeping us."

**Step of Faith:** While God will keep us, it is also important for us to be good stewards of our bodies, to keep ourselves healthy and well. Fasting gives us the awareness of how small adjustments in our diets opens the door to better caring for the bodies we have been given. Therefore, today we are fasting from:

### **All Meat Products**

(only eat plant-based meals for breakfast, lunch and dinner, this does not include eggs or dairy)

## **Day 30**

Tue. Mar. 24

## **Financial** – Building Something Great

**Scripture:** *"For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it?" Luke 14:28*

**Devotional Statement:** All of us are on a spiritual journey to build something great this Lenten season. Financially, purposeful budgeting is essential for achieving this goal; it helps us to see more clearly how we can properly construct that which we have always desired to see. Yes, this can be hard but doing this is worth it. So let's say this together, "God bless us to build it!"

**Step of Faith:** Today, create a budget even once this fast is over that reflects your values and goals, helping you to steward your resources effectively. Create a "stretch goal," this will be a way in which you can make additional revenue with God's help, this could be starting a business or writing your first e-book.



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## **Food** – Following Christ

**Scripture:** *Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. **Luke 9:23***

**Devotional Statement:** Being a disciple of Christ involving disciplining the flesh. We learn how to do this by reading God’s word and listening to His voice. Daily we should desire to follow the examples that our Savior has given us even when it came to fasting. Jesus fasted for 40 days before beginning his public ministry. Anytime we dare to embark on a new journey, we should follow Jesus and fast, bringing our bodies into physical alignment with God. Say this, “Lord help me to follow you always.”

**Step of Faith:** Fasting exposes your body to a way of being that is outside of your daily norms. Being a true disciple of Christ will involve us to do things are often uncomfortable and outside of where we find ease, yet we are all called to do this. Therefore, today we are fasting from:

### **Using Oils, Butters Or Butter Substitutes**

(this includes oils in salad dressings or spray oils to cook food)

## **Day 31**

Wed. Mar. 25

## **Financial** - Avoiding Materialism

**Scripture:** *“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal.” **Matthew 6:19***

**Devotional Statement:** The society we live in loves to equate a person’s value with the things they possess. This couldn’t be further from the truth. True treasure is not found in material possessions, but in spiritual wealth and relationships. That old saying offers us a valuable lesson today, “It’s not what’s on the outside that makes the person but what’s on the inside.” Pining after materialism is one way to usurp your wealth and destroy financial goals. This is why we have to constantly ask God let us fall more in love with Him and not with the possession of this world.

**Step of Faith:** Today, focus on not buying something because you can or you always desired it. Instead, with everything you think about purchasing, asking yourself this

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question, “Why am I buying this, is it for myself or for the reactions that I will get from other people?”

## **Food** – God Our Strength

**Scripture:** *It is God who arms me with strength and keeps my way secure. Psalm 18:32*

**Devotional Statement:** We often talk about God being our strength within but we sometimes don't share how that strength shows up outside of us. That it's God's strength that clears our way, His strength that makes our steps firm on ground that my be shaky. God will provide us with reassurance inside of us and outside of us. So our prayer today must be, “God help me see your strength in every way that I take.”

**Step of Faith:** It's so easy to be thrown off course. For instance, we can be eating healthy throughout the day and then we think of our favorite snack, like a brownie or that sugary trail mix. Even when God's strength is present, sometimes our own free will can set us back. Snacks have a way of stalling our dietary progress. Therefore, today we are fasting from:

### **All Snacks**

(this includes healthy and unhealthy snacks, try to only consume water when cravings hit)

## **Day 32**

Thu. Mar. 26

## **Financial** - Financial Integrity

**Scripture:** *“Better is a little with righteousness than great revenues with injustice.” Proverbs 16:8*

**Devotional Statement:** Integrity in our financial dealings is more valuable than wealth gained through unjust means. Think about this, no one likes being lied to or taken advantage of, this is a level of cruelty our minds can never accept. But it still happens each and every day to us and to others. Today, we have to make sure that we ourselves are always living a life that is upheld by our spiritual integrity even down to our finances. God help us to be integrous with money and actions.

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**Step of Faith:** Take the time to review the ethical practices in your finances, valuing integrity over profit. As re-evaluate what you are spending money on, do these things reflect the life you are trying to live as a Christian? That is for each of us to answer.

## **Food** – Faith That Endure

**Scripture:** *Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that."* **James 4:14-15**

**Devotional Statement:** The longer we fast the harder it becomes especially when you are approaching the end. God sees our efforts and provides us the confidence in Him through the word that we need to have faith to endure. It is in the process where God gives us what we need to continue on. Today, God we are asking you, to increase our faith!

**Step of Faith:** When we are serious about stretching spiritually, we can experience difficulties naturally. In these moments our focus should be more on what God is doing inside of us and less about what is happening on the outside. Therefore, today we are fasting from:

## **Our Mid-Day Meal**

(this consists of lunch and snacks, during that time, open your bible and nourish your body with water)

## **Day 33**

Fri. Mar. 27

## **Financial** - The Blessing of Sharing

**Scripture:** *"Give to the one who asks you, and do not turn away from the one who wants to borrow from you."* **Matthew 5:42**

**Devotional Statement:** Sharing what we have is a blessing, both to the giver and the receiver. Our foremothers and forefathers survived in community together by providing their resources to benefit the whole and not just themselves individually. Think about it...it was nothing borrow a cup of sugar from a neighbor, lend a few dollars until their next pay day or for them to care and look after the children on their street. When we



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share with others it begins a cycle that can last for generations. We are all products of someone's kindness. God we declare, make us more open to sharing what we have.

**Step of Faith:** Today make a pledge to be open to sharing your resources, recognizing that generosity blesses both the giver and the receiver. This maybe blessing a friend with a gift or doing something for your elderly parent. Use your finances today to benefit someone outside of your household.

**Food** – God Our Strong Deliverer

**Scripture:** *The righteous cry out, and the Lord hears them; he delivers them from all their troubles. Psalm 34:17*

**Devotional Statement:** Have you felt like your back was against the wall? That you found yourself in a situation and you didn't know how you would make it through. This happens more times than we like to admit. The beauty about this is that God is our strong deliverer and in Him there is no defeat. Let this fast bring back to your memory all the times that God gave you the victory.

**Step of Faith:** Our God knows no failure, and we must trust that truth. We must be all in or all out, there is no in between. When we take the time to truly commit ourselves to fasting from something fully, we grow deeper and stronger in our decision-making skills both spiritually and physically. Therefore, today we are fasting from:

**All Processed Foods or Drinks/All Desserts/All Meats/All Snacks**

(Clean Ingredients Only/Check All Labels)

**Day 34**

Sat. Mar. 28

**Financial** - Sustainable Living

**Scripture:** *"The earth is the Lord's, and everything in it, the world, and all who live in it." Psalm 24:1*

**Devotional Statement:** In our current age we are living under an administration that does not value creating sustainable living for everyone, just for the few who rest at the top of the social hierarchy. We as children of the Most High have to do what we can to



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ensure our well-being of ourselves, our planet and those we love. By making sure that we live within our means shows God that we value what we have and we are intentional about not buying into a culture that forces us to consume. Living sustainably is a way of honoring God's creation and managing His resources wisely. God show us a more excellent way.

**Step of Faith:** Today jot down some sustainable practices that you will incorporate into your daily life. This could look like recycling, purchasing your necessities like toilet paper that is biodegradable and septic tank safe. When we recognizing we have the responsibility to care for God's creation, we resist feeding into social order that says we only should care about self.

## **Food** – Victory in Christ

**Scripture:** *But thanks be to God! He gives us the victory through our Lord Jesus Christ. 1 Corinthians 15:57*

**Devotional Statement:** When was the last time you thank God for bringing you through your last major hardship? Or even did you thank God for bringing you through last night? God gives us victories both great and small each and every day. Breathing...victory, talking to a loved on the phone...victory, having a strong support system...victory! We have to make sure that we give God His flowers for keeping the hand of the enemy at bay; because of Jesus Christ's sacrifice, we know that it's a fixed fight...we already won!

**Step of Faith:** When Christ came into the world and died for our sins, it gave us the key to abundance life. We have all that we need to succeed. Being able to feed your body nutritious food is a win as well. Therefore, today we are fasting from:

## **Our Evening Meal**

(this includes dinner, snacks and dessert, spend this time with God, asking Him to show you things you never seen before)

## **Day 35**

Mon. Mar. 30

**Financial** - Mindful Consumption

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**Scripture:** *"Keep your lives free from the love of money and be content with what you have." Hebrews 13:5*

**Devotional Statement:** Contentment and mindful consumption prevent the pitfalls of materialism and overspending. This involves hard work, to quiet your flesh from its material desires and open it to receive spiritual fulfillment. When we pause to think about something we buy it before putting it in our carts on Amazon or picking it up at the mall, we come to a clearer understanding if this is a need or purely a desire. Mindful consumption helps us in knowing that just because we have money to buy it doesn't always mean we should.

**Step of Faith:** Today, practice contentment and mindfulness in my consumption, valuing what you have over constant acquisition. Take a certain amount of cash when you go into the store or put another card in front of your credit card, so when you open your wallet you don't see it.

## **Food** – Preparing The Heart

**Scripture:** *Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god. Psalm 24:3-4*

**Devotional Statement:** It is about of our hygienic routines to shower daily, we have to invite the Holy Spirit into our hearts to ensure that internally we are clean, that good spiritual hygiene. While God accepts us as we are, we must grow to desire to give God a better vessel, cleaner hands and purer hearts. Fasting is our internal shower, where we get to wash off the dirt we didn't realize had accumulated in our spirits. God wash us and make us clean!

**Step of Faith:** Prepping your body for something new is similar to prepping your meals for the day, it takes thought, time and action. Fasting is not passive; it is an active tool to take us deeper in God. Therefore, today we are fasting from:

### **All Meats or Protein Substitutes, Vegetables Only**

(this includes substitutes like tofu and sultan)

**Day 36**

Tue. Mar. 31

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## **Financial** - Gratitude in Abundance

**Scripture:** *"When you have eaten and are satisfied, praise the Lord your God for the good land he has given you."* **Deuteronomy 8:10**

**Devotional Statement:** Gratitude for our abundance is a vital aspect of our relationship with God and our financial health. We know that we allow our safe rails to fall to the wayside when we become arrogant because of what we have. Wealth is a good thing, but it can also be fleeting. There are people who can be millionaires today and flat broke tomorrow, this is why it is so necessary that we thank God for what we have and to steward it well. So we say as one church, "God help me to steward what I have and not squander it."

**Step of Faith:** Today make a gratitude list for all that I have, acknowledging God's generosity in my life. Even if it's \$2 or \$2,000 that you have in your bank account right now, tell God thank you and watch how that gratitude will open a door you didn't see coming.

## **Food** – A Servant's Heart

**Scripture:** *For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.* **Mark 10:45**

**Devotional Statement:** Jesus is our model for how we are to live and serve. Jesus the son of God did not come to be worshipped and neither should we. It feels good when people acknowledge us and give us titles or positions of power. Yet the one who holds all power in his hands came as a lowly infant being placed in a feed trough, wrapped in swaddling clothes. What makes us think that we deserve more than what God allowed his begotten son to have? Serving isn't just a posture, it is the way of life for the believer, God make us all better servants!

**Step of Faith:** Our serving shows that we care for others beyond ourselves. When we fast, we display just how much we value serving our spirits over bodies, so we abstain because we know we are gaining something so much greater. Therefore, today we are fasting from:

### **No Rich Foods**

(Includes food with heavy creams and butter like Alfredo and all sweets)



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## Day 37

Wed. Apr. 1

### **Financial** - Responsible Borrowing

**Scripture:** *"The wicked borrow and do not repay, but the righteous give generously."*  
**Psalm 37:21**

**Devotional Statement:** It can be very hard to ask to borrow money for someone or from your bank. It can be hard hitting your credit score by borrowing against your house or with the title of your car and you miss payments. Responsible borrowing and repayment reflect our integrity and stewardship. God does not promise us anything He cannot give, therefore we should be good conservers of our resources and not sign what we cannot repay. So we say together, "God grant us the wisdom to not borrow beyond our means."

**Step of Faith:** Today be responsible and ethical in borrowing and ensure timely repayment, reflecting my commitment to financial stewardship. Do not swipe your credit care for anything, we know credit usage is just borrowing from the bank until you can repay it. Don't buy what you can't purchase outright. Do not borrow with any payday loans or high interest rates services.

### **Food** – Obedient Till The End

**Scripture:** *And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!* **Philippians 2:8**

**Devotional Sentence:** We all have to make it up in our minds that we will be about God's business until the day we are called home to glory. That the ills of life can never shake us from believing that God sees us and He cares. This requires us not only to believe but also to obey His word and will. Today, let us say with assurance, "God I will obey your word forever."

**Step of Faith:** Obeying God is the best thing that we can do in this life. Fasting opens our ears to hear where we have fallen short and what we can do to remain in right relationship with our creator. Therefore, today we are fasting from:

**All Breads, Sweets, Juice, Coffee and Tea**



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(this includes sweeten and unsweetened, flavored, caffeinated and decaffeinated drinks)

## Day 38

Thu. Apr. 2

### **Financial** - Embracing Simplicity

**Scripture:** *"But if we have food and clothing, we will be content with that." 1 Timothy 6:8*

**Devotional Statement:** Simplicity in our lifestyle can lead to greater contentment and financial peace. Simple doesn't mean bad, basic or low quality, instead look at this word to mean a healthy alternative from the complex. Our world is so complicated, trying to simplify what we can, where we can, decreases our anxiety and decision fatigue. God show us how good simple can get!

**Step of Faith:** Today, embrace a simpler lifestyle, focusing on what truly matters and reducing unnecessary expenses. Instead of that \$12 Starbucks, make your coffee at home in your favorite mug. Instead of purchasing higher name brand necessities, try local store brands.

### **Food** – Love Poured Out

**Scripture:** *"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another." John 13:34-35*

**Devotional Sentence:** The love we have for ourselves, spills over into our relationships with others. Look at God, because He love us so much, that love ran over into the person of Jesus Christ, who was sent to put us back into right relationship with the Father. Love is something not to be withheld but to be given freely yet with wisdom. God teach us how to love you, ourselves and each other the best way we can.

**Step of Faith:** Loving yourself involves loving who God made you to be. Even with the issues and problems you may be dealing with in your body, guess what, that body belongs to you! In this part of our fast, we are intentional with our consumption, showing our bodies love by what we give it. Therefore, today we are fasting from:

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## All Heavy, Salty and Greasy Meals

(do not use any extra oils or butters, don't over pack your plate and try to eat your last meal before 8pm)

### Day 39

Fri. Apr. 3

#### **Financial** - Financial Wisdom

**Scripture:** *"The wise store up choice food and olive oil, but fools gulp theirs down."*  
**Proverbs 21:20**

**Devotional Statement:** The wisdom that we so desire in this life comes from above, housed in the perfect being of our God. Wisdom given to us from God to manage our resources to ensure future stability and prevent wastefulness is key to our financial freedom. While it is good to have advisors and accountants, make sure you don't leave God out of your money management process. God help your children to included you in everything even our finances.

**Step of Faith:** Today seek God's wisdom in managing your resources, saving diligently, and avoiding impulsive financial decisions. Read an article or a book that provides you with additional tools to help you with your money.

#### **Food** – The Cross

**Scripture:** *But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.*  
**Isaiah 53:5**

**Devotional Statement:** Jesus went to the cross so that we could have access to everlasting life with God. Due to his sacrifice over death, hell and the grave, we are able to walk in that victory over 2,000 years later. The cross reminds us that Christ willing gave up His spirit, to give us salvation. Jesus we all thank you for what you did on the cross at Calvary!

**Step of Faith:** Christ teaches us that to gain, we have to give up something. If we are truly serious about growing in the spirit, we must do our best to fast by abstaining from something like food in the natural. Therefore, today we are fasting from:

#### All Meats and Dairy



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(this includes, milk, yogurts and eggs)

## Day 40

Sat. Apr. 4

### **Financial** - Trust in Providence

**Scripture:** *"And my God will supply every need of yours according to his riches in glory in Christ Jesus."* **Philippians 4:19**

**Devotional Statement:** God is not flakey like people can, He is a reliable God. We can rely on Him for everything that we need spiritually, physically, emotionally, and yes, financially. Our ultimate trust should be in God's providence, not in our financial capabilities. While yes, we can do a lot, it's nothing compared to what God can do when we fully trust Him. Today won't you cry aloud, "God I trust you with everything, including my money!"

**Step of Faith:** Remind yourself to trust in God's provision, focusing on His faithfulness rather than your financial anxieties. Repeat this throughout the day, "God made a way before and God will do it again!"

### **Food** – Waiting in Hope

**Scripture:** *Though he brings grief, he will show compassion, so great is his unfailing love.*

*For he does not willingly bring affliction or grief to anyone.* **Lamentations 3:31-33**

**Devotional Statement:** The amazing part about being a child of God is that we are not a people who are without hope, we always have hope because our God is working all things out for our good. Even if we have to wait a little while for it to manifest before our very eyes. When grief and depression knock on the door of your mind, try to remember that divine hope is available because you have heaven's help on your side. Today, as we close out this fast, say this declaration out loud, "God in you I have hope."

**Step of Faith:** Our bodies don't like to wait, we always want what we want when we want it. Fasting interrupts this narrative and says to our bodies, waiting a little for this is okay. God is doing something in you. Therefore, today we are fasting from:

### **Eating Three Full Meals**



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(try to eat only one full meal or do a water only day)