

21

LENT 2026 DAYS OF PRAYER, FASTING, REFLECTION & SERVICE

30-SECONDS MEDITATION GUIDE

MARCH 11 - APRIL 3, 2026

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We will embark on a **church-wide fast** — **THE DANIEL FAST**. We will fast primarily from meats and sweets but should **avoid all foods listed on the back of the flyer**. Weekly we will also pray together. The fast will begin on **Wednesday, March 11th** and conclude on **Friday, April 3rd**.

Spend this time studying God's word. Commit during this time to regularly attending our weekly TNT Tuesday Bible Study, at 6:00 PM.

We will pray together on Tuesdays, 6:15 AM to 6:30 AM and Thursdays, 6:00 PM to 6:15 PM.

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21 DAY LENT FASTING PLAN 2026

Your experience with fasting may differ from someone else's journey. Perhaps you have never fasted before and want to take it slow. Or you may already be committed to this familiar journey. But as long as your heart is set on feeding your spirit and gaining a closer walk with God, all roads lead to Him!

This year, we want you to select a plan of your choosing or a combination. There are five Lent-friendly plans to choose from designed with varying levels of commitment suitable for you and your entire family.

As you embark our 21-Days of church-wide Fasting, we encourage families [children and youth] to participate together in this spiritual church-wide journey. Each plan has a simple rhythm, scripture, journaling opportunity, and prayers. These are important components to follow to enhance your journey and add purpose.

Each day you fast, make the following commitments:

15 mins of prayer
20 mins of Bible reading/study
20 mins of journaling/reflection

Classic Christian Fast & Abstinence (Fridays)

How It Works

- Good Friday: one full meal + up to two small snacks (not equaling a full meal).
- All Fridays of Lent: abstain from meat.
- Pick a personal "give up" (e.g., sweets, sweet drinks social media, etc.) to practice daily self denial.

Scripture Anchors

- Matthew 6:16–18 — “When you fast... your Father who sees in secret will reward you.”
- Joel 2:12–13 — “Return to me with all your heart, with fasting...”

Prayer Focus

- Morning: Psalm 51.
- Noon: Quiet intercession for those in need.
- Evening: Examine (review your day with God) + Our Father.

Good For: A balanced, church-rooted pattern that still allows normal work/family routines.

Daniel Fast (Plant based Simplicity)

How It Works

- For 21 or 40 days, eat whole plant foods (vegetables, fruits, legumes, whole grains, nuts/seeds); drink water.
- Avoid meats, dairy, processed foods, sweeteners, caffeine, alcohol.

Scripture Anchors

- Daniel 1:12–16 — Vegetables and water as a discipline.
- Daniel 10:2–3 — “I ate no choice foods...”

Prayer Focus

- Pray before each meal for a “simple heart” (Prov. 30:8–9).
- Add a weekly act of generosity (Isaiah 58:6–10).

Good For: Those wanting a clear, food-based reset that also supports stewardship of body.

Sunrise to Sunset (Wesleyan style) on Wednesdays & Fridays

How It Works

- On Wednesdays and Fridays, abstain from food after an early, simple breakfast (or begin the fast at sunrise) until after sunset; hydrate well.
- Break the fast with a small, wholesome meal and prayer.

Scripture Anchors

- Matthew 9:15 — Fasting as longing for the Bridegroom.
- Acts 13:2–3 — Fasting with prayer for guidance.

Prayer Focus

- Midday: 10 minutes of silent prayer as you are led by the Holy Spirit.
- Evening: Thanksgiving before breaking the fast.

Good For: A time-boxed, weekly rhythm with strong historical roots that's doable alongside work.

Intermittent Fast (16:8) with a Weekly 24 Hour Fast

How It Works

- Daily: Choose an 8 hour eating window (e.g., 11am–7pm); drink water/unsweetened tea/black coffee outside the window.
- Weekly: Add one 24 hour fast from dinner to dinner.

Scripture Anchors

- Matthew 4:1–2 — Jesus fasted forty days.
- Nehemiah 1:4 — Fasting with mourning and intercession.

Prayer Focus

- Reexamination of your heart, motives, and temptations.

Good For: People who like clear structure and want to pair discipline with daily prayer.

Isaiah 58 “Mercy” Fast (Media/Sweets + Almsgiving)

How It Works

- Abstain from a daily comfort (e.g., social media, streaming, sweets, caffeine).
- Redirect the saved time/money to prayer, Scripture, and almsgiving (e.g., serve weekly, give to a local need).

Scripture Anchors

- Isaiah 58:6–7 — “Is not this the fast that I choose...?”
- James 1:27 — Pure religion is caring for the vulnerable.

Prayer Focus

- Daily: Self-examination; Ask, “Lord, who can I bless today?” Keep a simple record of mercies shown.

Good For: Families and anyone for whom medical or work demands make food fasting difficult.

Choosing A Plan (Quick Guide)

- **New to fasting?** Start with **Plan 1** (classic) or **Plan 5** (mercy fast).
- **Want a dietary option?** Try **Plan 2** (Daniel) for 21 days.
- **Prefer defined days?** **Plan 3** (Wed/Fri) is simple and historic.
- **Like daily structure?** **Plan 4** (16:8 + one 24 hr) balances rhythm and stretch.
- You can **combine** (e.g., Plan 1 + Plan 5) if that serves your growth in Christlike love.

Scripture Reading Set for Lent

- **Repentance & Renewal:** Psalm 51; Joel 2:12–13; Isaiah 58; Matthew 6:1–18.
- **Following Jesus to the Cross:** Matthew 16:24; Luke 9:23; Philippians 2:5–11.
- **Prayer & Guidance:** Acts 13:1–3; Ezra 8:21–23; Nehemiah 1:4–11.
- **Hope & Resurrection:** John 11; 1 Corinthians 15; Romans 6:3–11.

Health & Pastoral Notes

- If you're **pregnant, nursing, under 18, elderly, diabetic, on medications, or have a history of eating disorders, don't** undertake restrictive food fasts without medical counsel. Choose a **mercy/media fast** or a **partial** food fast instead.
- Fasting is about love, humility, and reexamination — not performance. Pair your fast with prayer, Scripture, confession, and almsgiving.

21 DAY LENT FASTING LIST

Start Date: March 11, 2026

Choose Your Fasting Pattern (check one or combine prayerfully)

Classic Fast & Abstinence	Ash Wed & Good Fri: 1 full meal + 2 small; All Fridays: no meat (Mt 6:16-18; Joel 2:12-13)
Daniel Fast	Whole plant foods & water; avoid meat/dairy/sweets/ processed (Dan 1:12-16; 10:2-3)
Wed/Fri Sunrise→Sunset	Fast from food (hydrate) until after sunset; simple break (Mt 9:15; Acts 13:2-3)
Intermittent 16:8 + Weekly 24h	Daily 8-hour eating window; 1 dinner→dinner fast weekly (Mt 4:1-2; Neh 1:4)
Isaiah 58 Mercy Fast	Abstain from media/sweets; redirect time & money to mercy (Is 58:6-10; Jas 1:27)

Daily Rule of Life

Morning (____:____)	Scripture & Prayer — Psalm 51; Matthew 6:16-18
Midday (____:____)	10 min silence & intercession; Isaiah 58:6-10
Evening (____:____)	Examen, thanksgiving, Our Father

Intentions & Almsgiving

(Write 1-3 specific names/needs)

1. _____
2. _____
3. _____

Food/Abstinence Specifics

Foods avoided:	
Allowed during windows:	
Exceptions/ health notes:	
Works of mercy (time/ money redirected):	

Break-the-fast Prayer:

Lord Jesus, as I receive this food, grant me grace to hunger most for You; use my fasting to kindle love for the poor, humility of heart, and obedience to Your will. Amen

Health Note:

If you are pregnant, nursing, under 18, elderly, diabetic, on medications, or have a history of eating disorders, choose a mercy/media fast or consult your clinician before food fasting.

Notes / Graces: _____

21 DAY LENT CALENDAR

Includes **Ash Wednesday (February 18)** through **Easter Sunday (April 5)**.
Lent ends on **Holy Saturday (April 4)**; Easter is shown for planning.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Feb 16 (pre-Lent)	Feb 17 (pre-Lent)	Feb 18 (Ash Wed)	Feb 19	Feb 20	Feb 21	Feb 22
2	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28	Mar 1
3	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8
4	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15 Off
5	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22 Off
HOLY WEEK	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29 (Palm Sunday) Off
7	Mar 30	Mar 31	Apr 1	Apr 2 (Holy Thu)	Apr 3 (Good Fri) Breakfast	Apr 4 (Holy Sat)	Apr 5 (Easter)

NOTE: Abstinence from fasting obligations on **Sundays and Holy Saturday**.

■ **21-Days of Fasting:** March 11-April 3

■ **Non-Fasting Days:** Sundays March 15-March 29 & April 4-April 5



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