



DUPAGE AME CHURCH

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LENTEN SEASON 40-DAY FAST

LENT IS THE HOLY SEASON OF THE 40 DAYS PRECEDING EASTER.
IT IS A SACRIFICIAL PERIOD TO PREPARE FOR EASTER THROUGH SELF-DENIAL.

*"A voice cries out: 'In the wilderness prepare the way of the Lord,
make straight in the desert a highway for our God.'"*

Isaiah 40:3

ASH WEDNESDAY, FEBRUARY 17TH – EASTER SUNDAY, APRIL 4TH

WEEK 1	2/17 – 2/23	PRAYER PARTNER WEEK <i>Get a partner and pray together daily this week to prepare for the fast. Pray daily together throughout the fast.</i>
WEEK 2	2/24 – 3/2	Eat NO SWEETS until Easter
WEEK 3	3/3 – 3/9	Eat NO BREAD & PASTA until Easter
WEEK 4	3/10 – 3/16	Eat NO RED MEAT until Easter
WEEK 5	3/17 – 3/23	Eat NO MEAT until Easter
WEEK 6	3/24 – 3/30	Eat NO FRUIT until Easter
WEEK 7	3/31 – 4/4 (Easter Sunday)	Eat NO SOLID FOOD until Easter

Do not eat heavy solid foods when breaking the fast! Gradually return over a few days.

"Only prayer with fasting can force out some demons."

Mark 9:29

*"Being forty days tempted of the devil. And in those days Jesus ate nothing:
and when they were ended, Jesus afterward hungered."*

Luke 4:2

"Small Enough to Care, Large Enough to Share"