

Wayne Chapel AME Zion Church

Lenten Fasting & Prayer Plan 2025

March 5 – April 17, 2025 (Excluding Sundays)

What is Fasting & Praying?

Fasting is the act of abstaining from food, certain activities, or habits to focus on seeking God. It is a spiritual discipline that helps believers draw closer to God through **prayer, repentance, and renewal**.

When paired with prayer, fasting strengthens our faith, brings clarity, and allows us to hear from God more clearly. It is not just about giving something up—it is about gaining a closer relationship with God.


How We Will Fast & Pray Together

- **Daily Prayer at 12 PM** – Wherever you are, pause and pray, seeking God's presence.
 - **Weekly Fasting Themes** – Each week, we will focus on a different type of fasting to cleanse our **minds, hearts, and spirits**.
 - **Partial Day Fasting** – We will fast daily from **6:00 to 12:00 or 12:00 to 6:00** breaking the fast with a simple, nutritious meal. *(We will pray together at 12 everyday. See prayer points)*
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Ash Wednesday - March 5, 2025

Significance of Ash Wednesday:

Ash Wednesday marks the beginning of Lent, a **season of repentance, fasting, and reflection**. The ashes symbolize our mortality and remind us to turn away from sin and draw closer to God.

 **Join us for a special Lenten Conference Call at 6 PM** to begin this journey together in prayer and reflection.

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Fasting Schedule & Weekly Prayer Points

Week 1: Consecration (Mar 5 - Mar 8)

- **Fast from Social Media or TV & Sweets.** Instead of screen time, spend time in prayer, worship, and reading Scripture.
- **Prayer Focus:** "Lord, help me remove distractions and set my heart on You."
- **Scripture:** Romans 12:1-2 (Renewing the mind)

Week 2: Mental Cleansing (Mar 10 - Mar 15)

- **Fast from Negative Thinking & Bad Carbs.** Speak and meditate only on what is good, true, and praiseworthy.
- **Prayer Focus:** "Father, renew my mind so that I think in alignment with Your Word."
- **Scripture:** Philippians 4:8 (Think on what is pure)

Week 3: Spiritual Cleansing & Bad Carbs (Mar 17 - Mar 22)

- **Fast from Negative or Foul Language & Sodas.** Speak life and encouragement to others.
- **Prayer Focus:** "Lord, let my words bring life and healing."
- **Scripture:** Proverbs 18:21 (Power of the tongue)

Week 4: Emotional Cleansing (Mar 24 - Mar 29)

- **Fast from Holding Grudges & Coffee.** Let go of past hurts and extend forgiveness.
- **Prayer Focus:** "Jesus, help me to forgive as You have forgiven me."
- **Scripture:** Colossians 3:13 (Forgive as the Lord forgave you)

Week 5: Physical Cleansing (Mar 31 - Apr 5)

- **Fast Slothfulness & Snacks.** Choose healthier food options and drink plenty of water.
- **Prayer Focus:** "Lord, help me to honor You with my body."
- **Scripture:** 1 Corinthians 6:19-20 (Your body is the temple of the Holy Spirit)

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Week 6: Financial Cleansing (Apr 7 - Apr 12)

- **Fast from Unnecessary Spending & Meats.** Give to those in need instead of indulging in wants.
- **Prayer Focus:** "God, teach me to be a wise steward of my resources."
- **Scripture:** Proverbs 3:9-10 (Honor the Lord with your wealth)

Week 7: Holy Week Cleansing (Apr 14 - Apr 17)

- ***Fast from Foods for 12 hours (6:00 – 6:00)** (*If not, stick to your fasting schedule of 6 – 12 or fast from a specific food*). This is a time of deep reflection on Jesus' sacrifice.
- **Prayer Focus:** "Jesus, thank You for Your sacrifice. Prepare my heart for Easter."
- **Scripture:** Isaiah 53:5 (By His stripes, we are healed)

Daily 12 PM Prayer Time

Each day at **12 PM**, stop and take a moment to pray. Here are our weekly prayer points:

- **Week 1:** "Lord, help me remove distractions and set my heart on You."
- **Week 2:** "Renew my mind, Lord, so that I think in alignment with Your Word."
- **Week 3:** "Purify my speech, God. Let my words build others up."
- **Week 4:** "Heal my heart, Lord, and help me forgive as You have forgiven me."
- **Week 5:** "Strengthen my body, Lord, and teach me to care for it as Your temple."
- **Week 6:** "Help me be wise with my finances, Lord, and bless those in need."
- **Week 7:** "Jesus, thank You for Your sacrifice. Prepare my heart for Resurrection Sunday."

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Holy Week & Easter Schedule

April 17 – Maundy Thursday

Reflect on **Jesus' Last Supper and His command to love one another** (John 13:34-35).

April 18 – Good Friday

Remember **Jesus' suffering and sacrifice on the cross** (Isaiah 53:5).

April 19 – Holy Saturday

A day of **waiting, reflection, and expectation** before the celebration of Christ's resurrection.

April 20 – Easter Sunday

Rejoice in **Jesus' victory over death! He is risen!** (Matthew 28:6)

Fasting Guidelines (Especially for the Elderly & Those with Health Concerns)

If you have health concerns or medical conditions, consult your doctor before fasting. Here are some **modifications** to help you participate safely:

✓ **Instead of fasting from food**, consider abstaining from unnecessary habits (e.g., excessive TV, social media, gossip, unhealthy foods, or unnecessary spending).

✓ **Stay hydrated**—drink plenty of water and herbal teas.

✓ **Modify your meals** instead of skipping them entirely—eat **lighter, more nutritious meals** with fruits, vegetables, and whole grains.

✓ **Focus on spiritual nourishment**—use meal times for **prayer, scripture reading, and worship**.

✓ **Listen to your body**. If you feel weak, adjust your fasting approach. The goal is **spiritual growth, not physical harm**.