



Fasting Instructions

The 7 day fast will be *Monday, March 23 thru Sunday, March 29, 2026*. We will continue meditations throughout Holy week which ends on **Easter, April 5, 2026**. We are asking you to do four things as you prepare for the fast.

Scripture Consumption Instructions:

1. Pray:....Select someone as a prayer partner to strengthen you through out your fast time. Together you can set a prayer goal to touch and agree with one another. Select someone who has similar prayer habits as you so that you can pray in person or on the phone.
2. Mediate: Block off time in your day to be quiet so that you can hear from God. Begin with 10 minutes of quietness each day and work your way up to 20 minutes daily.
3. Read and Study: the Scriptures provided to you for Lent focusing in the topic for that day. (When possible, read the scriptures out loud so that you can release the words into the air and into your ear. Romans 10:17 says Consequently faith comes from hearing the message, and the message is heard through the word of Christ (NIV).
4. Journal: Jot down three words that came to you as you spent time with God on your notes page.

Food Consumption Directions:

Notice: If you are on medications, please continue to take them as recommended by your doctor. No red meat should be eaten during this fast (i.e. beef, ham, veal, etc.) You can substitute fish or chicken. Drink water or juice with meals. You may drink as much water as you want each day during the fast.

We will fast from 6:00am to 6:00pm daily from **Monday, March 23, 2026, through Sunday, April 5, 2026**. Continue meditations throughout Holy Week.

Zion Hill Missionary Baptist Church 2026 Lenten Fast

For detoxing of the body, you are encouraged to try to make foot soaking a habit. A simple foot soak recipe is provided below.



A simple and effective DIY foot soak can be made by mixing **1/2 cup of Epsom salt**, **1/4 cup cup of Listerine mouthwash**, a few drops of **bubble bath** or a few drops of **essential oils** (like tea tree or lavender) into a basin or foot-spa of **warm water**. Soak for 15-20 minutes to reduce pain, soften skin, and remove toxins. Remove the dead skin and dry with a towel. **Notice: If you are on medications, please continue take them as recommended by your doctor.**

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Date	Old Testament	New Testament
Monday, March 23rd	Psalms 51:10	John 11:45-57 Mark 8:27-38
Tuesday, March 24th	Isaiah 58:6	Matthew 4:4 John 12:20-33
Wed., March 25th	Psalms 27:14	Philippians 2:1-11
Thursday, March 26th	Genesis 3:19	Hebrews 5:7-10
Friday, March 27th	Isaiah 52:13-53:12	James 4:8
Saturday, March 28th	Psalms 22:1-4	Matthew 27:46-48
Sunday, March 29th (Palm Sunday)	Zechariah 9:9	Luke 19:29-40
	HOLY WEEK Meditations	
Monday, March 30th	Isaiah 42:1-9 Isaiah 56:1-8	John 12:1-8
Tuesday, March 31st	Psalms 110 Psalms 118:19-22	John 13:1-17, 31-35
Wednesday, April 1	Isaiah 50:4-9a Psalms 41:9	Hebrews 12:1-3 John 13:21-32
Thursday, April 2nd	Exodus 12:1-14	John 18
Friday, April 3rd	Psalms 22:1-8	John 19
Saturday, April 4th	Isaiah 52:13-53:12	Matthew 27:57-66
Sunday, April 5th (EASTER)	Isaiah 52:7-10	John 20:1-18

