

OUR YEAR OF GREATER: HOLY WEEK FAST GUIDE (*PRINTED 12126*)

March 30 – April 5, 2026

"Two are better off than one, because together they can work more effectively. If one of them falls down, the other can help him up..." – Ecclesiastes 4:9-10

THE SPIRITUAL CHARGE

During this final week leading to Easter, we continue our daily discipline while fasting to align our hearts with God's "Greater" purpose.

- **Daily Prayer:** 15 Minutes
- **Daily Journaling:** 1 Entry based on the Spirit's leading. (Psalms 6, 32, 38, 51, 102, 130, and 143 or Gospel of Mark)
- **Wednesday Devotional:** Video
- **Thursday Prayer Call:** 7:00 AM | **Dial:** 677.770.1302 | **Code:** 2242502# **Playback Number:** 667.770.1349; **Code:** 2242502#

THE FASTING GUIDELINES: Daniel Fast

FOODS TO EAT: Whole grains - Beans and legumes - Nuts and seeds - Vegetables - Fruit - Oils - Water/lemon water (*Drink plenty of water!*); Unsweetened almond, soy, coconut, or rice milk; Unsweetened, caffeine-free teas like chamomile, peppermint

FOODS TO AVOID: Animal products - Added sugar - Yeast - Refined grains - Processed food - Deep-fried food - Solid fats - Chocolate - Caffeinated and alcoholic beverages (Sodas, energy drinks, sweetened drinks, flavored seltzers) - Coffee with cream, sugar, or sweeteners - Sweetened teas or juices.

TIP: **Ease into the fast.** Start cutting back on restricted foods about a week before the fast begins. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Doing so will help your body adjust to the Daniel Fast and also reduce the severity of any unpleasant side effects.

HOLY WEEK SCRIPTURE & PRAYER SCHEDULE

Day	Date	Scripture	Prayer Focus
Mon	Mar 30	Psalm 6	Cleansing of our Hearts
Tue.	Mar 31	Psalm 32	Submission of our Wills
Wed.	Apr 1	Psalm 38	Alignment with God's Will
Thu.	Apr 2	Psalm 51	Prayer Call @ 7AM
Fri.	Apr 3	Psalm 102	Strength in the Sacrifice
Sat.	Apr 4	Psalm 130	Anticipation of the "Greater"
Sun.	Apr 5	Psalm 143	REJECTION TO RESURRECTION

PASTOR'S ENCOURAGEMENT

Let us finish strong. If you feel the weight of the fast, lean on your **Accountability Partner** and remember that we are emptying ourselves so that God may fill us with His best.

Pastor Kenney