

LENTEN FASTING AND DISCIPLINE GUIDE 2023 [Derived from the Lessons in Lent: Walking in Newness – Bishop Proctor’s Protocol (Prayer, Meditation, Fasting and Service) *Northeastern Episcopal District, 2022.*]

Week 1: February 22-26, 2023

Mental – 5 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 5 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 5 minutes of Prayer

[of course, these are minimums but for some of us these will be maximums. Do not worry, we all begin somewhere]

The physical fast is simple for week one: From the time that you wake up until 9:00 a.m.

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

[This sounds simple, doesn't it? You will be surprised of the subconscious actions you take every day, that sets your life on a particular course]

Stop eating at 10:00 p.m. each night

Week 2: Feb 27- March 5, 2023

The same as the previous week.
The physical part and time remain the same.

Stop eating at 10:00 p.m. each night

Week 3: March 6-12, 2023

Mental – 5 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 5 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 5 minutes of Prayer

The physical fast extends from the time that you wake up until 10:00 a.m.

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

[It's amazing how you are starting to see signs of unconscious cravings!!]

Stop eating at 10:00 p.m. each night

Week 4: March 13-19, 2023

Mental – 8 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 8 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 8 minutes of Prayer

The physical fast extends from the time that you wake up until 11:00 a.m.

- No Sweets
- NEED: Walking in Newness 4
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

Stop eating at 10:00 pm. each night

LENTEN FASTING AND DISCIPLINE GUIDE 2023 [Continued]

Week 5: March 20 –26, 2023

Mental – 8 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 8 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 8 minutes of Prayer
5 minutes of sitting quiet and focus on what you are grateful for.

The physical fast extends from the time that you wake up until 11:30 a.m.

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

**

Stop eating at 9:00 p.m. each night

Week 6: March 27 – April 2, 2023

Mental – 10 minutes of devotional reading (can use 5 of these minutes in devotional music)

Emotional – 10 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 10 minutes of Prayer
5 minutes of active listening to God responding to your prayers.

The physical fast extends from the time that you wake up until 12 p.m. (noon).

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

**

Stop eating at 9:00 p.m. each night

Week 7: April 3 – 8, 2023 HOLY WEEK

Mental – 10 minutes of devotional reading (can use 5 of these minutes in devotional music)

Emotional – 10 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 10 minutes of Prayer
5 minutes of reflection on each day that Jesus had during that week.

The physical fast extends from the time that you wake up until 1:00 p.m.

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

**

Stop eating at 9:00 p.m. each night