



LENT 45-DAY DEVOTIONAL & FASTING GUIDE

Joel 2:12

“Now, therefore,” says the Lord, “Turn to Me with all your heart, With fasting, with weeping, and with mourning.”

HOW THE 45 DAYS ARE STRUCTURED

Each day includes:

- Scripture Reading
- Devotional Thought
- Prayer Focus
- Fasting Instruction
- Reflection Prompt

Sundays are NOT counted in the 45 days and are treated as:

Celebration, Worship, and Reflection Days (no fasting requirement unless personally led)

Week 1 – Clearing Distractions

Fast from:

- Social media (or limit to 15 min/day)
- Excess television / entertainment

Purpose: Sensitivity to God’s voice

Week 2 – Discipline & the Flesh

Fast from:

- Sweets, desserts, sugary drinks
- Late-night eating

Purpose: Self-control and discipline

Week 3 – Time & Priorities

Fast from:

- One meal per day (choose breakfast or lunch)
- Replace with prayer & Scripture

Purpose: Reordering priorities

Week 4 – Attitudes & Speech

Fast from:

- Complaining
- Gossip
- Negative self-talk

Purpose: Purity of heart and speech

Week 5 – Dependence on God

Fast from:

- All snacks
- Only water between meals

Purpose: Deeper dependence on God

Week 6 – ALIGNMENT & PREPARATION

Fast from:

- Fast from distraction-driven living and impulsive decisions.
- No unnecessary social media scrolling

Purpose: To realign our steps, guard our hearts, deepen gratitude, and prepare spiritually for Holy Week.

Week 7 – Consecration Week (Holy Week)

Fast from:

- One full day liquid fast (as able)
- Simplified meals the rest of the week

Purpose: Preparing for the Cross & Resurrection

Those with medical conditions should modify fast wisely.

DAILY DEVOTIONAL & PRAYER GUIDE



WEEK 1 – RETURNING TO GOD

DAY 1 – A CALL TO RETURN

Scripture: Joel 2:12-13

Devotional: Lent begins with an invitation, not condemnation. God does not demand perfection — He invites our hearts. Returning to God means turning away from distractions and turning our attention back to Him. This season is not about what you give up alone, but about who you draw closer to.

Prayer Focus: Repentance and renewed intimacy with God.

Prayer: “Lord, I return to You with my whole heart. Remove distractions and renew my hunger for You.”

Fast: Limit social media today.

Reflect: What has distracted me most from God?

DAY 2 – CREATE IN ME A CLEAN HEART

Scripture: Psalm 51:10

Devotional: God specializes in inner work. Lent is heart work. When God cleanses us, He doesn't just forgive — He renews. Ask God to deal with what others cannot see.

Prayer Focus: Inner cleansing and renewal.

Fast: No television or streaming today.

Reflect: What inner attitude needs renewal?

DAY 3 – SEEK FIRST

Scripture: Matthew 6:33

Devotional: Jesus reminds us that priorities determine outcomes. When God is first, everything else finds its proper place. Fasting re-centers our priorities.

Prayer Focus: Kingdom priorities.

Fast: Skip unnecessary phone use.

Reflect: What competes most for my attention?

DAY 4 – DRAW NEAR

Scripture: James 4:8

Devotional: God promises proximity when we pursue Him. Lent is a holy pursuit — God responds to intentional closeness.

Prayer Focus: Deeper prayer life.

Fast: Silence during commute time.

Reflect: How close do I feel to God today?

DAY 5- THE JOY OF THE LORD (SUNDAY)

Scripture: Nehemiah 8:10

Devotional: Sunday is a celebration. We worship, reflect, and give thanks for God's sustaining grace.

Prayer Focus: Gratitude and praise.

Fast: No required fast — worship freely.

Reflect: Where have I seen God this week?

DAY 6 – REST IN GOD

Scripture: Matthew 11:28

Devotional: Rest is spiritual warfare. Choosing rest declares trust in God.

Prayer Focus: Release burdens.

Fast: No unnecessary errands.

Reflect: What burden do I need to release?

DAY 7 – A HUMBLE HEART

Scripture: Micah 6:8

Devotional: Humility is not weakness — it's alignment. God moves powerfully through surrendered hearts.

Prayer Focus: Humility and obedience.

Fast: Avoid negative speech today.

Reflect: Where is God calling me to humility?

WEEK 2 – DISCIPLINE & THE FLESH

Theme Scripture: “I discipline my body and bring it into subjection...” — 1 Corinthians 9:27

Weekly Fast Focus:

- Fast from sweets, desserts, sugary drinks
 - Practice self-control and intentional choices
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DAY 8 – LIVING BY EVERY WORD

Scripture: Matthew 4:4

Devotional: Jesus reminds us that life is sustained by more than food. Fasting reveals what we rely on most. When we deny the flesh, we strengthen the spirit.

Prayer Focus: Spiritual hunger for God’s Word.

Prayer: “Lord, help me desire Your Word more than temporary satisfaction.”

Fast: No sweets or sugary drinks.

Reflect: What do I turn to for comfort instead of God?

DAY 9 – STRENGTH TO SAY NO

Scripture: Titus 2:11–12

Devotional: Grace does not just save us — it trains us. Discipline is evidence of growth, not punishment. God empowers us to say no to what weakens us.

Prayer Focus: Self-control and godly discipline.

Fast: Continue the sweets fast.

Reflect: Where do I need God’s strength to say no?

DAY 10 – TEMPTATION AND ESCAPE

Scripture: 1 Corinthians 10:13

Devotional: Temptation is not defeat. God always provides a way out. Lent sharpens our awareness so we can recognize God’s escape routes.

Prayer Focus: Victory over temptation.

Fast: Avoid impulsive eating.

Reflect: What escape route has God already provided?

DAY 11 – A RENEWED MIND

Scripture: Romans 12:1–2

Devotional: Transformation begins in the mind. Fasting exposes habits that need renewal and thoughts that need surrender.

Prayer Focus: Mind renewal and holy thinking.

Fast: No late-night snacking.

Reflect: What thought pattern needs renewal?

DAY 12 – REST & REJOICE (SUNDAY)

Scripture: Psalm 118:24

Devotional: Sunday is a reminder that joy and discipline work together. We rest, rejoice, and remember why we fast — to draw closer to Christ.

Prayer Focus: Gratitude and worship.

Fast: No required fast today.

Reflect: How has discipline strengthened me this week?

DAY 13 – DISCIPLINE PRODUCES FRUIT

Scripture: Hebrews 12:11

Devotional: Discipline is uncomfortable, but it produces righteousness and peace. What God is shaping in you now will bless you later.

Prayer Focus: Endurance and spiritual maturity.

Fast: Continue sweets fast.

Reflect: What fruit is God developing in me?

DAY 14 – WALKING IN THE SPIRIT

Scripture: Galatians 5:16

Devotional: The Spirit and the flesh pull in opposite directions. When we walk in the Spirit, the flesh loses its grip.

Prayer Focus: Sensitivity to the Holy Spirit.

Fast: Be mindful of portions today.

Reflect: Am I led more by appetite or obedience?

WEEK 3 – TIME & PRIORITIES

Theme Scripture: “Teach us to number our days, that we may gain a heart of wisdom.” — Psalm 90:12

Weekly Fast Focus:

- Skip one meal each day (breakfast or lunch)
- Replace that time with prayer, Scripture, or quiet reflection

Purpose: To realign our time, schedules, and priorities with God’s will.

DAY 15 – REDEEMING THE TIME

Scripture: Ephesians 5:15–16

Devotional: Time is one of God’s greatest gifts. Lent reminds us that how we spend our time reveals what we value. When we redeem time, we invite wisdom into our daily lives.

Prayer Focus: Wise use of time.

Prayer: “Lord, help me steward my time in ways that honor You.”

Fast: Skip one meal today; pray during that time.

Reflect: What consumes most of my time?

DAY 16 – FIRST THINGS FIRST

Scripture: Matthew 6:33

Devotional: When God is first, everything else falls into place. Fasting from a meal reminds us that God is our true source.

Prayer Focus: Kingdom-first living.

Fast: Skip one meal; read Scripture during that time.

Reflect: What has taken first place over God?

DAY 17 – LISTENING FOR GOD’S VOICE

Scripture: Psalm 46:10

Devotional: Stillness is often where God speaks. Lent creates space to quiet noise and hear God clearly.

Prayer Focus: Spiritual Attentiveness.

Fast: Skip one meal; sit in silence for 10 minutes.

Reflect: What distractions keep me from hearing God?

DAY 18 – ALIGNING MY SCHEDULE WITH GOD

Scripture: Proverbs 16:3

Devotional: Commitment to God transforms ordinary routines into sacred moments. When our schedules align with God, our lives gain clarity.

Prayer Focus: Daily alignment with God’s will.

Fast: Skip one meal; pray over your calendar.

Reflect: What needs adjusting in my schedule?

DAY 19 – WORSHIP & THANKSGIVING (SUNDAY)

Scripture: Psalm 100:4

Devotional: Sunday reminds us that our time ultimately belongs to God. We worship, give thanks, and celebrate His faithfulness.

Prayer Focus: Gratitude and worship.

Fast: No required fast today.

Reflect: How has God reshaped my priorities this week?

DAY 20 – TRUSTING GOD WITH MY DAY

Scripture: Psalm 37:5

Devotional: Trusting God with our time means surrendering control. Lent invites us to depend on God’s guidance rather than our own pace.

Prayer Focus: Trust and surrender.

Fast: Skip one meal; journal a prayer.

Reflect: Where do I struggle to trust God?

DAY 21 – LESS RUSH, MORE PRESENCE

Scripture: Luke 10:41–42

Devotional: Jesus reminds us that presence matters more than productivity. Lent teaches us to slow down and sit at His feet.

Prayer Focus: Presence over busyness.

Fast: Skip one meal; read Luke 10 slowly.

Reflect: Am I busy but distracted from God?

WEEK 4 – ATTITUDES & SPEECH

Theme Scripture: “Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord.” — Psalm 19:14

Weekly Fast Focus:

- Fast from complaining, gossip, negative speech, and negative self-talk
- Practice intentional, life-giving words

Purpose: To purify our hearts and mouths so we reflect Christ in speech and attitude.

DAY 22 – THE POWER OF WORDS

Scripture: Proverbs 18:21

Devotional: Words carry power — to heal or to harm, to build or to break. Lent reminds us that spiritual maturity shows up in how we speak, especially under pressure.

Prayer Focus: Holy and wise speech.

Prayer: “Lord, guard my mouth and guide my words.”

Fast: No complaining today.

Reflect: What words do I speak most often?

DAY 23 – A TRANSFORMED HEART

Scripture: Luke 6:45

Devotional: Our words reveal what lives in our hearts. God doesn’t just want to change our language — He wants to heal the source.

Prayer Focus: Heart transformation.

Fast: No gossip or negative conversations.

Reflect: What do my words reveal about my heart?

DAY 24 – SPEAKING LIFE

Scripture: Ephesians 4:29

Devotional: God calls us to speak words that build up and give grace. Even silence can be an act of love when words cause harm.

Prayer Focus: Encouragement and grace-filled speech.

Fast: Speak only about what is helpful and kind.

Reflect: Who needs encouragement from me today?

DAY 25 – CHECKING MY ATTITUDE

Scripture: Philippians 2:14–15

Devotional: Complaining clouds our witness. Gratitude, even in difficulty, shines God’s light into dark places.

Prayer Focus: A grateful spirit.

Fast: Replace complaints with gratitude.

Reflect: What am I most tempted to complain about?

DAY 26 – PRAISE & REST (SUNDAY)

Scripture: Psalm 34:1

Devotional:

Sunday is a reset. We rest from fasting and return to praise. Gratitude reshapes our hearts.

Prayer Focus: Praise and thanksgiving.

Fast: No required fast today.

Reflect: How has God changed my speech this week?

DAY 27 – THINKING ON WHAT IS GOOD

Scripture: Philippians 4:8

Devotional: Healthy speech begins with healthy thoughts. God transforms us by renewing how we think.

Prayer Focus: Pure thoughts and renewed thinking.

Fast: No negative self-talk today.

Reflect: What thought needs to be replaced with truth?

DAY 28 – TONGUE UNDER SUBMISSION

Scripture: James 3:5–10

Devotional: The tongue is small but powerful. When surrendered to God, it becomes an instrument of blessing instead of division.

Prayer Focus: Self-control and wisdom.

Fast: Pause before speaking.

Reflect: Do I speak quickly or prayerfully?

WEEK 5 – DEPENDENCE ON GOD

Theme Scripture: “Trust in the Lord with all your heart and lean not on your own understanding.” — Proverbs 3:5

Weekly Fast Focus:

- Fast from snacks
- Water only between meals
- Eat simply and intentionally

Purpose: To shift from self-reliance to God-reliance and to recognize God as our true source.

DAY 29 – GOD IS MY SOURCE

Scripture: Philippians 4:19

Devotional: Lent reminds us that God is not a backup plan — He is the source. When comforts are removed, dependence is revealed. God supplies what truly sustains us.

Prayer Focus: Trusting God as provider.

Prayer: “Lord, help me depend on You and not myself.”

Fast: No snacks today; water between meals.

Reflect: What do I rely on more than God?

DAY 30 – DAILY BREAD

Scripture: Matthew 6:11

Devotional: Jesus teaches us to pray for daily bread — not excess, not tomorrow’s supply. Lent teaches us to trust God one day at a time.

Prayer Focus: Daily dependence.

Fast: Simple meals only.

Reflect: Am I trusting God daily or worrying ahead?

DAY 31 – STRENGTH IN WEAKNESS

Scripture: 2 Corinthians 12:9

Devotional: God’s power is revealed when we admit our weakness. Fasting exposes where we need God’s strength most.

Prayer Focus: Grace in weakness.

Fast: Water only between meals.

Reflect: Where do I feel weakest right now?

DAY 32 – LEARNING TO WAIT

Scripture: Isaiah 40:31

Devotional: Waiting is not wasted time. God renews strength in those who wait on Him.

Prayer Focus: Patience and endurance.

Fast: No snacks; pause before meals to pray.

Reflect: Where is God teaching me patience?

DAY 33 – PRAISE IN DEPENDENCE (SUNDAY)

Scripture: Psalm 28:7

Devotional: Sunday is a celebration of God's sustaining power. We rest, rejoice, and give thanks for how God has carried us.

Prayer Focus: Praise and gratitude.

Fast: No required fast today.

Reflect: How has God proven faithful this week?

DAY 34 – GOD IS ENOUGH

Scripture: Psalm 73:26

Devotional: When everything else fades, God remains. Lent reminds us that God alone is sufficient.

Prayer Focus: Contentment in God.

Fast: Water only between meals.

Reflect: Is God enough for me?

DAY 35 – LETTING GO OF CONTROL

Scripture: Psalm 62:5

Devotional: Dependence requires surrender. Lent invites us to release control and trust God's timing and direction.

Prayer Focus: Surrender and trust.

Fast: Eat slowly and prayerfully.

Reflect: What do I need to surrender to God?

WEEK 6 – Alignment & Preparation

Theme Scripture: “Order my steps in Your word, and let not any iniquity have dominion over me.” Psalm 119:133

Fast from:

- No unnecessary social media scrolling
 - No impulsive spending
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DAY 36 – ORDER MY STEPS

Scripture: Psalm 37:23

Devotional: Lent is not only about sacrifice; it is about alignment. When God orders your steps, confusion decreases and clarity increases. Some seasons require discipline. Others require direction. This week is about asking God to govern your pace, your choices, and your movements. When your steps are ordered, your life gains stability.

Prayer Focus: Divine direction and clarity.

Prayer: Lord, order my steps. Direct my decisions. Align my plans with Your purpose. Remove any path that is not ordained by You.

Fast: Fast from impulsive decisions today. Pause and pray before responding.

Reflect: Am I moving ahead of God or walking with Him?

DAY 37 – A HEART OF GRATITUDE

Scripture: 1 Thessalonians 5:18

Devotional: Gratitude shifts your perspective. Complaining magnifies problems; thanksgiving magnifies God. As we prepare for Holy Week, gratitude centers our hearts on grace. Even in fasting, we are reminded that God has already provided more than we deserve.

Grateful hearts remain steady.

Prayer Focus: Thankfulness and contentment.

Fast: Fast from complaining. Replace every complaint with praise.

Reflect: What blessing have I overlooked this week?

DAY 38 – GUARD YOUR HEART

Scripture: Proverbs 4:23

Devotional: The condition of your heart determines the direction of your life. Lent exposes what has been influencing us. Guarding your heart means protecting your peace, your focus, and your faith. Not every voice deserves access. Not every influence deserves space.

Holy Week requires a guarded heart.

Prayer Focus: Purity of heart and motives.

Fast: Fast from negative media, gossip, or draining conversations.

Reflect: What has been shaping my heart lately?

DAY 39 – WALK IN THE NEW

Scripture: 2 Corinthians 5:17

Devotional: Resurrection power does not start on Sunday morning; it begins in daily obedience. You are not who you were. The old patterns do not own you. This week is about walking in what God has already made possible. Lent has been preparation for transformation.

New life requires new steps.

Prayer Focus: Confidence in spiritual growth.

Fast: Fast from negative self-talk and old identity statements.

Reflect: What “old version” of me needs to stay buried?

DAY 40 – PRAISING THE KING OF KINGS (Sunday)

Scripture: Revelation 19:16

Devotional: Sunday is celebration. After weeks of fasting, praying, aligning, and guarding — we lift praise. Jesus is not only Savior; He is Sovereign. We do not end Lent in weakness — we end it in worship.

The discipline prepared us. The Cross redeemed us. The Resurrection empowers us.

Now we praise the King.

Prayer Focus: Joyful worship and surrender.

Fast: No required fast today — feast in gratitude and praise.

Reflect: How has God changed me during this Lenten journey?

WEEK 7 – HOLY WEEK: CONSECRATION & THE CROSS

Theme Scripture: “Not my will, but Yours be done.” — Luke 22:42

Weekly Fast Focus:

- Simplified meals all week
- One liquid-only fast day (as health allows)
- Increased prayer, Scripture, and reflection on Christ’s sacrifice

Those with medical conditions should modify this fast wisely.

DAY 41 – A WILL SURRENDERED (MONDAY)

Scripture: Luke 22:41–42

Devotional: In Gethsemane, Jesus teaches us what true surrender looks like. Consecration means yielding our will to God, even when obedience is costly.

Prayer Focus: Complete surrender to God’s will.

Prayer: “Father, align my will with Yours. I surrender fully to You.”

Fast: Simplified meals; water between meals.

Reflect: What am I still holding back from God?

DAY 42 – THE COST OF LOVE (TUESDAY)

Scripture: Isaiah 53:4–5

Devotional: Jesus carried what we could not. Lent reminds us that salvation came at a cost — the suffering love of Christ.

Prayer Focus: Gratitude for Christ’s sacrifice.

Fast: Liquid-only fast today (if you are able).

Reflect: What does Christ’s sacrifice mean to me personally?

DAY 43 – SERVANT LOVE (WEDNESDAY)

Scripture: John 13:12–15

Devotional: Before the Cross, Jesus served. True greatness in God’s Kingdom is expressed through humility and service.

Prayer Focus: A servant’s heart.

Fast: Return to simplified meals.

Reflect: How can I serve others like Christ?

DAY 44 – THE CROSS & THE CUP (HOLY THURSDAY)

Scripture: 1 Corinthians 11:23–26

Devotional: At the table, Jesus reminds us that His body was broken and His blood was shed for us. Communion anchors us in remembrance and gratitude.

Prayer Focus: Remembrance and reverence.

Fast: Light meals; reflective prayer.

Reflect: What does the Cross call me to lay down?

DAY 45 – IT IS FINISHED (GOOD FRIDAY)

Scripture: John 19:30

Devotional: The words “It is finished” declare victory. Sin was defeated. Redemption was secured. Love prevailed.

Prayer Focus: Thanksgiving for salvation.

Fast: Sunrise to sunset fast (if you are able).

Reflect: How will I live differently because of the Cross?

CLOSING LENT BLESSING

As this sacred journey concludes, may the fast you offered produce lasting fruit.

May the prayers you prayed deepen your faith.

May the surrender you embraced lead to resurrection power.

“If we died with Him, we shall also live with Him.” (Romans 6:8)

