



lent

Lent is a 40-day journey of fasting and feasting that begins on Ash Wednesday and leads us to Easter. This season invites us into fasting for the purpose of repentance and a deeper focus on Christ.

At Cornerstone, we will walk this journey together through a variety of weekly fasts, scripture memorization, and Sunday communion.

WEEK	MEMORY VERSE
1	Philippians 2:5
2	Philippians 2:6
3	Philippians 2:7
4	Philippians 2:8
5	Philippians 2:9
6	Philippians 2:10
7	Philippians 2:11

Sign up for weekly reminders plus daily Holy Week readings and videos to guide you through this season.

**TEXT 'LENT' TO
515-329-3343**

WEEK 1

food

This is not an absolute fast.

Fast from one meal a day, one full day, or a specific type of eating.

WEEK 2

tv & movies

WEEK 3

social media & internet

No usage beyond
your job and studies.

WEEK 4

caffeine & sweets

WEEK 5

radio & music

WEEK 6

shopping for non-essentials

Only purchase
essential items.

WEEK 7

sleep

This is not an absolute fast.

Replace some sleep with prayer.

MORE DETAILS
cornerstonelife.com/lent

