



# 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](http://cornerstonelife.com/lent)

