

Mt. Calvary Baptist Church
Lenten Fast 2021

Book:

The 40-Day Sugar Fast: Where Physical Detox Meets Spiritual Transformation

Author – Wendy Speake

Narrative:

Book is designed to assist with fasting over a 40-day period. The fast is designed to refrain from sugar. However, the reader can designate what they would like to fast from (i.e. sugar, meat, caffeine, etc.).

The goal is to help individuals to become less dependent on the things/foods that they crave the most and become more dependent on God. Fasting from physical food increases spiritual hunger that leads not only to a transformed body but also to a transformed life. “The goal of this fast isn’t that you will begin to choose healthy food options; it’s that you will come to see Christ as the only option” (Speake, 2019, 17).

Before you begin:

1. Make a commitment to saying no to sugar (or whatever you crave) for 40 days.
2. Take time to pray and ask God to speak to you about the things you crave (sugar) that are used to satisfy your soul’s deep hunger and then give it to God as an offering.

Guidelines:

1. Remove all the high-in-sugar and highly processed items in your pantry and refrigerator.
2. Stock your pantry and fridge with healthy food options
 - a. See book for recommendations
3. Do some meal planning
 - a. See book for recommendations
4. Avoid using sugar substitutes
 - a. Raw Honey and Stevia are acceptable for family meal preparation
 - b. Sugar free deserts are not acceptable
5. Invite family and friends to join you in the fast
 - a. Identify 2 or 3 people to fast with you – accountability partners
 - b. Read the daily lessons according to the day (day 1, day 2, day 3 etc.)
 - c. Identify 15-20 minutes each day to talk with your accountability partners to discuss each daily lesson.
6. Enjoy the journey and transformation (both physical and spiritual)

Cost and Location of Book:

\$9.45 (Kindle); \$10.28 (Paperback); \$9.95 (Audible Audiobooks) – Amazon Smile
\$10.28 – Target & Walmart

Fast Outline:

“The 40-Day Sugar Fast is primarily a spiritual fast, so the main way we will “crowd out sugar” is by intentionally turning to the Lord and consuming His living Word instead. We are focusing on taking in more of Him and less of the things that don’t make us more like Him.” (Speake, 2019, 16).

- Feb. 17 – Make the commitment to participate in the fast. Begin to establish specific prayer times for the fast. Pray!
- Feb. 18- Identify your accountability partners. Establish time of the day that your group will meet to hold each other accountable for the fasting period. Pray!
- Feb. 19– Strip your kitchen and work-space of all sugary snacks and treats. Replace your kitchen with healthy food options. Pray!
- Feb. 20 - Pray throughout the day to gain guidance from God. Identify the ways that you want God to move in your life, specifically. Write down your expectations and consider journaling your fasting experience.
- Feb. 21 – 1st Official Day of refraining from sugar
 - Read Day 1 in *The 40-Day Sugar Fast*
 - Read Psalm 34:8-10
 - Meet with accountability partners
 - Pray
- Feb. 22 – Fasting Period Continues
 - Read Day 2 in *The 40-Day Sugar Fast*
 - Read Joel 2:12; Psalm 16:11; John 15:5; Matthew 1:23; Nehemiah 1:5-9
 - Meet with accountability partners
 - Pray
- Feb. 23 – Fasting Period Continues
 - Read Day 3 in *The 40-Day Sugar Fast*
 - Read Joshua chapters 5 and 6
 - Meet with accountability partners
 - Pray
- Feb. 24 – Fasting Period Continues
 - Read Day 4 in *The 40-Day Sugar Fast*
 - Read 2 Chronicles 20:1-30; Psalm 121:1-2
 - Meet with accountability partners
 - Pray
- Feb. 25– Fasting Period Continues
 - Read Day 5 in *The 40-Day Sugar Fast*
 - Read Jeremiah 15:16; Revelation 10:8-11; 1 Thess. 5:17
 - Meet with accountability partners
 - Pray
- Feb. 26 – Fasting Period Continues
 - Read Day 6 in *The 40-Day Sugar Fast*
 - Read Ephesians 6:10:18; Matthew 16:23; 1 John 4:4; Philippians 4:8
 - Meet with accountability partners
 - Pray

- Feb. 27 – Fasting Period Continues
 - Read Day 7 in *The 40-Day Sugar Fast*
 - Read Matthew 5:6; Psalm 42:1-2
 - Meet with accountability partners
 - Pray
- Feb. 28 – Fasting Period Continues
 - Read Day 8 in *The 40-Day Sugar Fast*
 - Read Psalm 54:4; Psalm 55:22
 - Meet with accountability partners
 - Pray
- March 1 – Fasting Period Continues
 - Read Day 9 in *The 40-Day Sugar Fast*
 - Read John 4:34; John 6:4; Romans 8:29
 - Meet with accountability partners
 - Pray
- March 2 – Fasting Period Continues
 - Read Day 10 in *The 40-Day Sugar Fast*
 - Read Matthew 6:16-18; Psalm 73:25-28; Matthew 6:19-21
 - Meet with accountability partners
 - Pray
- March 3 – Fasting Period Continues
 - Read Day 11 in *The 40-Day Sugar Fast*
 - Read Matthew 5:14-16; John 8:12; Exodus 34:35
 - Meet with accountability partners
 - Pray
- March 4– Fasting Period Continues
 - Read Day 12 in *The 40-Day Sugar Fast*
 - Read Psalm 139
 - Meet with accountability partners
 - Pray
- March 5 – Fasting Period Continues
 - Read Day 13 in *The 40-Day Sugar Fast*
 - Read Matthew 6:33; Philippians 3:21; 1 Sam. 16:7; Deut. 4:29; Jer. 29:13
 - Meet with accountability partners
 - Pray
- March 6 – Fasting Period Continues
 - Read Day 14 in *The 40-Day Sugar Fast*
 - Read Psalm 139:13; John 7:37-38; John 7
 - Meet with accountability partners
 - Pray
- March 7 – Fasting Period Continues
 - Read Day 15 in *The 40-Day Sugar Fast*
 - Read Jer. 2:13; Psalm 81:7-12
 - Meet with accountability partners
 - Pray

- March 8 – Fasting Period Continues
 - Read Day 16 in *The 40-Day Sugar Fast*
 - Read 2 Cor. 1:3-4; Isaiah 51:12; Prov. 25:16; John 14:16
 - Meet with accountability partners
 - Pray
- March 9 – Fasting Period Continues
 - Read Day 17 in *The 40-Day Sugar Fast*
 - Read Ecc. 5:2; Matthew 17:1-5; Rev. 21:23
 - Meet with accountability partners
 - Pray
- March 10 – Fasting Period Continues
 - Read Day 18 in *The 40-Day Sugar Fast*
 - Read Matthew 5:29-30; 1 Cor. 10:23; Romans 8:38-39
 - Meet with accountability partners
 - Pray
- March 11 – Fasting Period Continues
 - Read Day 19 in *The 40-Day Sugar Fast*
 - Read 1 Peter 5:8; Romans 6:14
 - Meet with accountability partners
 - Pray
- March 12 – Fasting Period Continues
 - Read Day 20 in *The 40-Day Sugar Fast*
 - Read 1 John 2:15-17
 - Meet with accountability partners
 - Pray
- March 13 – Fasting Period Continues
 - Read Day 21 in *The 40-Day Sugar Fast*
 - Read Prov. 19:15; Prov. 20:13; Heb. 12:1-3
 - Meet with accountability partners
 - Pray
- March 14 – Fasting Period Continues
 - Read Day 22 in *The 40-Day Sugar Fast*
 - Read Isaiah 30:21
 - Meet with accountability partners
 - Pray
- March 15 – Fasting Period Continues
 - Read Day 23 in *The 40-Day Sugar Fast*
 - Read Psalm 63:1; Psalm 73:26; Psalm 63:8;
 - Meet with accountability partners
 - Pray
- March 16 – Fasting Period Continues
 - Read Day 24 in *The 40-Day Sugar Fast*
 - Read Matthew 11:28
 - Meet with accountability partners
 - Pray

- March 17 – Fasting Period Continues
 - Read Day 25 in *The 40-Day Sugar Fast*
 - Read Ezra 8:21-23
 - Meet with accountability partners
 - Pray
- March 18 – Fasting Period Continues
 - Read Day 26 in *The 40-Day Sugar Fast*
 - Read Joshua 24:14-15; Exodus 20:5; Mark 9
 - Meet with accountability partners
 - Pray
- March 19 – Fasting Period Continues
 - Read Day 27 in *The 40-Day Sugar Fast*
 - Read Isaiah 58:3-9
 - Meet with accountability partners
 - Pray
- March 20 – Fasting Period Continues
 - Read Day 28 in *The 40-Day Sugar Fast*
 - Read John 21:17; John 4:7-11
 - Meet with accountability partners
 - Pray
- March 21 – Fasting Period Continues
 - Read Day 29 in *The 40-Day Sugar Fast*
 - Read Romans 8:26-27; Psalms 138:8; Hebrews 7:25; Matthew 19:26
 - Meet with accountability partners
 - Pray
- March 22 – Fasting Period Continues
 - Read Day 30 in *The 40-Day Sugar Fast*
 - Read Songs of Solomon 2:4
 - Meet with accountability partners
 - Pray
- March 23– Fasting Period Continues
 - Read Day 31 in *The 40-Day Sugar Fast*
 - Read 2 Chronicles 7:14
 - Meet with accountability partners
 - Pray
- March 24 – Fasting Period Continues
 - Read Day 32 in *The 40-Day Sugar Fast*
 - Read Isaiah 32:9-11; Zeph. 1:12; Rev. 3:20-22
 - Meet with accountability partners
 - Pray
- March 25 – Fasting Period Continues
 - Read Day 33 in *The 40-Day Sugar Fast*
 - Read Prov. 14:1; Prov. 25:28; Psalm 16:5-6; Jer. 31:4
 - Meet with accountability partners
 - Pray

- March 26 – Fasting Period Continues
 - Read Day 34 in *The 40-Day Sugar Fast*
 - Read Matthew 16:4-10; Deut. 8:3; Jer. 33:3; Psalm 119:18
 - Meet with accountability partners
 - Pray
- March 27 – Fasting Period Continues
 - Read Day 35 in *The 40-Day Sugar Fast*
 - Read Acts 13:2; Eph. 2:10; Matt. 28:19
 - Meet with accountability partners
 - Pray
- March 28 – Fasting Period Continues
 - Read Day 36 in *The 40-Day Sugar Fast*
 - Read Matthew 6:24-26; Deut. 6:5
 - Meet with accountability partners
 - Pray
- March 29 – Fasting Period Continues
 - Read Day 37 in *The 40-Day Sugar Fast*
 - Read Matthew 7:7-11; 1 Thess. 5:17; Luke 18:1-8; James 4:2
 - Meet with accountability partners
 - Pray
- March 30– Fasting Period Continues
 - Read Day 38 in *The 40-Day Sugar Fast*
 - Read Psalm 1:1-4; Matthew 4:1-4
 - Meet with accountability partners
 - Pray
- March 31 – Fasting Period Continues
 - Read Day 39 in *The 40-Day Sugar Fast*
 - Read Romans 12:1-2; 2 Timothy 2:4
 - Meet with accountability partners
 - Pray
- April 1 – Fasting Period Concludes: CONGRATULATIONS YOU MADE IT!!!!
 - Read Day 40 in *The 40-Day Sugar Fast*
 - Read Psalm 90:14; Gal. 5:1, 16-25
 - Meet with accountability partners
 - Pray
- April 2 – SURPRISE DAY: HE’S NOT DONE WITH YOU YET
 - Read Day 41 in *The 40-Day Sugar Fast*
 - Read 1 Peter 2:2-3; Phil. 2:12
 - Meet with accountability partners
 - Pray