



# LENT 2026

## Psalms Reading Plan

- Wednesday Feb 18 - Psalm 1-4
- Thursday Feb 19 - Psalm 5-8
- Friday Feb 20 - Psalm 9-12
- Saturday Feb 21 - Psalm 13-17
- Monday Feb 23 - Psalm 18
- Tuesday Feb 24 - Psalm 19-21
- Wednesday Feb 25 - Psalm 22-24
- Thursday Feb 26 - Psalm 25-27
- Friday Feb 27 - Psalm 28-30
- Saturday Feb 28 - Psalm 31-33
- Monday March 2 - Psalm 34-36
- Tuesday March 3 - Psalm 37-38
- Wednesday March 4 - Psalm 39-41
- Thursday March 5 - Psalm 42-44
- Friday March 6 - Psalm 45-49
- Saturday March 7 - Psalm 50-52
- Monday March 9 - Psalm 53-57
- Tuesday March 10 - Psalm 58-61
- Wednesday March 11 - Psalm 62-65
- Thursday March 12 - Psalm 66-68
- Friday March 13 - Psalm 69-72
- Saturday March 14 - Psalm 73-76
- Monday March 16 - Psalm 77-78
- Tuesday March 17 - Psalm 79-83
- Wednesday March 18 - Psalm 84-87
- Thursday March 19 - Psalm 88-89
- Friday March 20 - Psalm 90-93
- Saturday March 21 - Psalm 94-98
- Monday March 23 - Psalm 99-102
- Tuesday March 24 - Psalm 103-104
- Wednesday Mar 25 - Psalm 105-106
- Thursday March 26 - Psalm 107-108
- Friday March 27 - Psalm 109-115
- Saturday March 28 - Psalm 116-118
- Monday March 30 - Psalm 119
- Tuesday March 31 - Psalm 120-129
- Wednesday April 1 - Psalm 130-137
- Thursday April 2 - Psalm 138-142
- Friday April 3 - Psalm 143-146
- Saturday April 4 - Psalm 147-150

# Suggested Weekly Fasts

Commit to a day (or multiple days) each week to fast. We have suggested something to remove from your life for a period of time each week. When we fast, we are confronted with our weakness and hunger which reminds us of our dependence on God for all of life.

WEEK	FAST	DESCRIPTION
Feb 18	Meal(s)	Beginning on Ash Wednesday, fast from food all day or choose certain meals to refrain from.
Feb 23	Noise	Turn off music, podcasts, TV, etc. Increase the silence in your life and seek to be more attentive to God.
March 2	Screens	Avoid all non-essential screen time. While there are times it may be necessary to be on a screen, be intentional to put them away when you can.
March 9	Meal(s)	Fast all day or choose certain meals to refrain from.
March 16	Spending	Skip the latte, pack your lunch, etc! Spend no more on yourself this week than is necessary.
March 23	Your Choice	Remove anything you would like this week. If one of the previous fasts inspired you, try it again!
March 30	Meal(s)	Fast all day or choose certain meals to refrain from.

Consider using the season of Lent to integrate any practices from our Rule of Life sermon series that may have resonated with you!