



LENT 2026

Psalms Reading Plan

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