

FIRST BAPTIST CHURCH
EAST MARTINSVILLE

Lenten Fasting Guide

March 5, 2025
thru
April 19, 2025



Charles R. Whitfield, Pastor



FIRST BAPTIST CHURCH
EAST MARTINSVILLE

The Year of Accountability and Radical Commitment
Ephesians 4:12 – “For the equipping of the saints for the work of the ministry, for the edifying of the body of Christ.”

2025 Lenten Fasting Guide
1043 E. Church St. | Martinsville, VA

Purpose of the Fast

This fast is designed to help you embark on an intentional journey of commitment to God during the Lenten season. As you fast (turn your plate down), spend dedicated time in prayer and the Word of God each day.

How to Fast?

Fasting is a spiritual discipline that helps believers seek God with greater focus. According to Matthew 6:16-18, fasting should be done with humility, not for public recognition.

Preparation for the Fast

- ✓ **Pray** before starting, asking God for strength and guidance.
- ✓ **Plan meals** ahead of time to stay focused on your spiritual goals.
- ✓ **Consult your physician** before making dietary changes, especially if you have health conditions.
- ✓ **Replace distractions with devotion.** Use meal times for prayer, Bible study, or worship.

If you accidentally break your fast, do not quit! Reset and continue your commitment. The goal is not perfection—it is **spiritual growth** and transformation.

FASTING SCHEDULE

Week 1 (March 5 – 15)

- ✗ No Coffee
- ✗ No Caffeine
- ✗ No Sweets
- ✗ No Alcohol
- ✗ No Fried Foods

Week 2 (March 17 – 22)

⊘ Continue Week 1 Restrictions PLUS:

- ✗ No Dairy (Milk, Cheese, Butter, Yogurt)
- ✗ No Animal Meat (Beef, Pork, Turkey, Chicken, Lamb, Fish)

Week 3 (March 24 – 29)

⊘ Continue Weeks 1 & 2 Restrictions PLUS:

- ✗ No Processed Foods (Artificial colors, additives, preservatives)

Weeks 4 – 6 (March 31 – April 19)

⊘ Continue Weeks 1, 2, & 3 Restrictions PLUS:

- ✓ Whole Grains
- ✓ Fruits & Vegetables
- ✓ Nuts & Beans
- ✓ 100% Fruit Juice & Water (Distilled, Spring, Sparkling, Mineral)

Guidelines:

⚠ Fast will be observed 24 hours each day, intensifying weekly. If you are unable to increase intensity, maintain a safe and appropriate fasting level. Consult your physician before participating.

⚠ Eliminate sinful habits during this period, asking God for strength in areas of temptation (profanity, fornication, substance use, etc.).

APPROVED FOODS

- ✓ **Whole Grains:** Brown rice, quinoa, oats, whole wheat, barley, etc.
- ✓ **Beans & Legumes:** Lentils, black beans, chickpeas, peanuts, etc.
- ✓ **Nuts & Seeds:** Almonds, cashews, walnuts, sunflower seeds, etc.
- ✓ **Vegetables:** All fresh, frozen, dried, canned, and juiced vegetables.
- ✓ **Fruit:** All fresh, frozen, dried (without sugar), canned, and juiced fruit.
- ✓ **Healthy Oils:** Olive, coconut, sesame (use minimally).
- ✓ **Beverages:** Water (distilled, sparkling, mineral), 100% fruit juice (in moderation).
- ✓ **Other:** Unleavened whole grain bread, herbs, and spices.

RESTRICTED FOODS

- ✗ **Animal Products:** Meat (Beef, Pork, Chicken, Turkey, Fish), Dairy, Eggs
- ✗ **Added Sugars:** Artificial sweeteners, honey, corn syrup, molasses
- ✗ **Leavened Bread:** No yeast-based products
- ✗ **Refined Grains:** No white flour, white rice
- ✗ **Processed Foods:** No preservatives, artificial colors, or chemicals
- ✗ **Deep-Fried Foods:** No French fries, chips, or fried snacks
- ✗ **Solid Fats:** No butter, margarine, shortening, lard
- ✗ **Chocolate & Caffeine:** No chocolate, coffee, energy drinks
- ✗ **Alcohol & Sugary Beverages:** No alcohol, soda, sweet tea

Additional Fasts:

Financial Fast

 **No unnecessary spending** – Buy only necessities

 **Track your spending** – Be accountable for purchases

 **Commit to tithing** – Honor God with your finances

Social Media Fast

 **No gaming**

 **No entertainment scrolling**

 **No unnecessary commenting**

 Use social media only for **news, business, and ministry-related activities.**

Reduce social media entertainment significantly during the fast.

Closing Encouragement

As you fast, pray, and sacrifice, seek a radical commitment to God in every area of life. This journey is not about deprivation—it is about spiritual renewal, discipline, and transformation. Stay encouraged, remain faithful, and trust God’s power to work in you!

FBC 2025: The Year of Accountability & Radical Commitment...

“For the equipping of the saints for the work of the ministry, for the edifying of the body of Christ.” – Ephesians 4:12



