



















Yeah!

The Lent Fast 2025

-  **8 glasses of Water daily**
-  **At least 4 days exercise per week**
-  **At least 3 family meals per week**
-  **Daily personal Prayer, meditation, and Bible Reading**
-  **Worship at least once each week**
-  **Participation in a group Bible Study (NBCF Thursday Night, BSF).**
-  **Increase my giving (if not currently a tither)**
-  **Join a ministry (if not already “faithfully” participating in one)**
-  **Develop a plan to address one critical personal growth need.**
-  **Complete the Church-wide daily devotionals (@ [Lent 2025](#))**

Nay

The Lent Fast 2025

-  **No Junk /Fast Food/No Fried Food**
-  **No Sweets (candies, cookies, pies, cakes, etc.)**
-  **No more than 1 cup of coffee per day**
-  **No Alcohol**
-  **No eating after 7 pm (modify as needed based upon medical conditions & work schedule).**
-  **No profanity**
-  **No Gambling (casino's, on-line, lotto, etc.)**
-  **No participation in the sex industry (consumer or provider)**

Note: Sundays are exempt from Lent “food” regulations. Behavioral regulations are binding throughout. However, persons are cautioned against eating excessively rich foods on Sundays if fasting during the week. The dramatic shift in dietary practice can cause stomach upset and digestive complications.