

Pleasant Grove Baptist Church

40 Days of Fasting & Prayer – Lenten Journey

February 18- April 4, 2026

(Excluding Sundays)



Asa L. Bell, Jr., Senior Pastor

Day 1 – Joel 2:12

“Yet even now,” says The Lord, “turn to me with all your heart, and with fasting, and with weeping, and with mourning.”

Lent begins as an invitation, not an obligation. God is not looking for surface gestures but sincere hearts that truly want Him. Fasting becomes meaningful when it is tied to repentance and renewal. This day sets the tone: come back fully, not partially.

Day 2 – Psalm 51:10

Create in me a clean heart, O God. Renew a right spirit within me.

Spiritual renewal starts on the inside. We often try to adjust behaviors without addressing the heart, but God works from the core outward. This prayer acknowledges our need for divine help in becoming whole. Lent is a season to let God do heart surgery with grace.

Day 3 – Matthew 6:17–18

But you, when you fast, anoint your head and wash your face; so that you are not seen by men to be fasting, but by your Father who is in secret.

Fasting is deeply personal and should never become performance. God values authenticity over visibility. What is done quietly in devotion often produces the strongest spiritual results. The reward is not applause—it is closeness with Him.

Day 4 – Isaiah 58:6

Isn't this the fast that I have chosen: to release the bonds of wickedness, to undo the straps of the yoke, and to let the oppressed go free?

Biblical fasting is not only about food but about freedom. It calls us to confront injustice, selfishness, and harmful habits. A true fast changes how we treat others and how we live daily life. The goal is transformation, not mere restraint.

Day 5 – James 4:8

Draw near to God, and he will draw near to you.

God is never distant from those who sincerely seek Him. Every intentional moment of prayer or sacrifice brings you closer to His presence. Fasting is a bridge that moves your focus away from distractions. As you lean in, He responds with nearness and grace.

Day 6 – Psalm 119:11

I have hidden your word in my heart, that I might not sin against you.

During fasting, Scripture becomes essential nourishment. When physical intake is reduced, spiritual intake must increase. God’s Word strengthens resolve and clarifies purpose. Memorizing and meditating on Scripture deepens endurance and faith.

Day 7 – Romans 12:1

Present your bodies a living sacrifice, holy, acceptable to God, which is your spiritual service.

Fasting is an act of offering, not deprivation. It reminds us that our lives belong to God in every dimension—physical, emotional, and spiritual. Sacrifice here is not punishment but devotion. This day emphasizes surrender as worship.

Day 8 – 2 Chronicles 7:14

If my people, who are called by my name, shall humble themselves, pray, seek my face, and turn from their wicked ways; then I will hear from heaven.

Humility is the gateway to healing and direction. Fasting softens pride and sharpens awareness of God’s authority. Prayer offered in humility opens doors that effort alone cannot. This day invites honest self-examination and dependence on God’s mercy.

Day 9 – Philippians 4:6

In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God.

Fasting gives space to replace worry with worship. Concerns that once dominated the mind can be redirected into prayer. Anxiety shrinks when faith grows. This day encourages exchanging fear for trust through consistent communication with God.

Day 10 – Psalm 27:1

The Lord is my light and my salvation. Whom shall I fear?

Fasting clears emotional and spiritual clutter so God’s light shines more clearly. Darkness loses influence when truth is welcomed. Salvation is not only future hope but present guidance. This day centers on confidence in God’s protection and clarity.

Day 11 – Proverbs 3:5–6

Trust in The Lord with all your heart, and don’t lean on your own understanding.

Trust grows when control is released. Fasting exposes how much we rely on comfort and routine instead of God. Choosing trust requires daily intention. This day encourages leaning into God's wisdom over personal understanding.

Day 12 – John 15:5

I am the vine. You are the branches... apart from me you can do nothing.

Fasting reveals human limitations and divine sufficiency. It strips away illusions of self-reliance. Dependence on Christ becomes clearer when normal supports are removed. This day emphasizes connection to Jesus as the true source of strength.

Day 13 – Hebrews 12:11

All chastening seems for the present to be not joyous but grievous; yet afterward it yields the peaceful fruit of righteousness.

Growth rarely feels comfortable in the moment. Spiritual discipline develops endurance and maturity. Temporary discomfort often produces long-term peace and fruit. This day reminds us that perseverance has purpose.

Day 14 – Psalm 34:8

Oh taste and see that The Lord is good.

Even while fasting physically, you feast spiritually. God's goodness becomes more noticeable when distractions fade. Satisfaction shifts from temporary pleasures to eternal fulfillment. This day highlights rediscovering joy in God's presence.

Day 15 – Matthew 4:4

Man shall not live by bread alone, but by every word that proceeds out of God's mouth.

Jesus modeled spiritual priority over physical need. Fasting teaches that nourishment is more than food. God's Word sustains the soul in ways nothing else can. This day redirects hunger toward divine truth.

Day 16 – Colossians 3:2

Set your mind on the things that are above, not on the things that are on the earth.

Fasting lifts perspective from immediate desires to eternal values. It creates intentional mental discipline. Thoughts shape direction, and direction shapes life. This day focuses on elevating priorities.

Day 17 – 1 John 1:9

If we confess our sins, he is faithful and righteous to forgive us the sins.

Confession brings cleansing, not condemnation. Lent is a season of honesty met with mercy. God's forgiveness restores relationship and removes shame. This day encourages transparency and trust in grace.

Day 18 – Psalm 46:10

Be still, and know that I am God.

Stillness is often more powerful than activity. Fasting invites quiet reflection and listening. In silence, God's voice becomes clearer. This day emphasizes slowing down to recognize His sovereignty.

Day 19 – Galatians 5:16

Walk by the Spirit, and you won't fulfill the lust of the flesh.

Spiritual growth requires intentional movement. Fasting strengthens sensitivity to God's guidance. As fleshly impulses weaken, spiritual clarity increases. This day highlights daily alignment with the Spirit.

Day 20 – Isaiah 40:31

But those who wait for The Lord will renew their strength.

Waiting is active trust, not passive delay. God often works during seasons of patience. Strength is renewed through expectation, not hurry. This day teaches endurance with hope.

Day 21 – Ephesians 6:18

With all prayer and requests, praying at all times in the Spirit.

Consistency in prayer builds spiritual stamina. Short, sincere prayers throughout the day maintain connection with God. Fasting intensifies awareness of this need. This day calls for continual communication.

Day 22 – Psalm 63:1

My soul thirsts for you. My flesh longs for you.

Physical thirst mirrors spiritual longing. Fasting reveals what truly satisfies. When the soul turns toward God, emptiness decreases. This day emphasizes deep desire for Him.

Day 23 – Luke 9:23

If anyone desires to come after me, let him deny himself, take up his cross daily, and follow me.

Discipleship requires regular surrender. Fasting is a tangible reminder of commitment. Each day offers a new opportunity to choose faithfulness. This day focuses on daily devotion.

Day 24 – Micah 6:8

He has shown you, O man, what is good. What does The Lord require of you, but to act justly, love mercy, and to walk humbly with your God?

Spiritual practice must produce ethical living. Fasting without compassion lacks impact. God values justice and humility as expressions of devotion. This day aligns faith with action.

Day 25 – John 8:12

I am the light of the world. He who follows me will not walk in the darkness.

Christ illuminates hidden corners of life. Fasting removes shadows where unhealthy habits hide. His light brings clarity and freedom. This day centers on openness to truth.

Day 26 – Psalm 37:4

Also delight yourself in the Lord, and he will give you the desires of your heart.

Fasting is not joyless—it redirects joy. True delight grows when rooted in God rather than circumstance. Spiritual pleasure outlasts physical gratification. This day celebrates rediscovered delight.

Day 27 – Romans 8:1

There is therefore now no condemnation to those who are in Christ Jesus.

Fasting is not about punishment but renewal. Shame has no authority where grace reigns. God's love restores confidence and identity. This day affirms freedom in Christ.

Day 28 – 1 Thessalonians 5:17

Pray without ceasing.

Prayer becomes rhythm rather than routine. Frequent connection keeps the heart aligned. Fasting sharpens awareness of this need. This day emphasizes continual dependence.

Day 29 – Jeremiah 29:13

You will seek me and find me when you search for me with all your heart.

God rewards sincere pursuit. Effort directed toward Him never goes unnoticed. Fasting intensifies focus and desire. This day encourages wholehearted seeking.

Day 30 – Psalm 23:1

The Lord is my shepherd: I shall lack nothing.

God's leadership removes fear of lack. Fasting reminds us that provision comes from Him. Trust grows when we acknowledge His guidance. This day centers on contentment in His care.

Day 31 – 2 Corinthians 5:17

If anyone is in Christ, he is a new creation.

Transformation is ongoing, not instant. Fasting aligns behavior with identity. God forms new habits and attitudes. This day celebrates renewal.

Day 32 – Matthew 5:6

Blessed are those who hunger and thirst after righteousness.

Spiritual appetite invites divine blessing. Desire shapes pursuit, and pursuit shapes growth. Fasting cultivates holy hunger. This day focuses on longing for righteousness.

Day 33 – Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in your sight.

Speech reveals inner condition. Fasting encourages thoughtful communication. Words can build or break spiritual progress. This day promotes mindful expression.

Day 34 – John 14:27

Peace I leave with you. My peace I give to you.

Peace becomes more noticeable when distractions fade. Fasting quiets internal chaos. Christ's peace stabilizes emotions and decisions. This day emphasizes calm confidence.

Day 35 – Hebrews 4:16

Let us therefore draw near with boldness to the throne of grace.

Prayer is an open invitation, not a restricted privilege. Boldness comes not from perfection, but from relationship. Fasting strengthens confidence in approaching God. This day highlights access to grace.

Day 36 – Romans 15:13

Now may the God of hope fill you with all joy and peace in believing.

Hope grows through intentional faith practices. Joy and peace are spiritual by-products of trust. Fasting opens room for renewed optimism. This day centers on expectancy.

Day 37 – Psalm 121:1–2

I will lift up my eyes to the hills. Where does my help come from? My help comes from The Lord.

Looking upward shifts perspective from limitation to possibility. Fasting reminds us of divine assistance. God's help is constant and reliable. This day encourages lifted vision.

Day 38 – John 3:16

For God so loved the world, that he gave his one and only Son.

God's love is the foundation of every sacrifice. Fasting is a small response to a great gift. Remembering His love fuels perseverance. This day focuses on gratitude.

Day 39 – Philippians 2:8

He humbled himself, becoming obedient to death, yes, the death of the cross.

Christ's humility defines true devotion. Fasting becomes an imitation of His surrender. Reflecting on the cross deepens reverence and gratitude. This day emphasizes humility and obedience.

Day 40 – Matthew 28:6

He is not here, for he has risen, just like he said.

The Lenten journey ends in victory, not emptiness. Resurrection hope replaces sacrifice with celebration. Fasting prepares the heart to fully appreciate renewal and life. This final day declares joy, restoration, and forward movement in faith.