

40 Day Lent Fast Schedule February 17 – April 3, 2021

Fresh Wind Christian Center
Pastor Phil and Toni Williams

Fasting Schedule – Omitting Sundays

First Ten Days (SWEETS)

February 17 – February 27

We as a ministry will sacrifice all sweets - desserts, chocolate candies.... etc. (breath mints and gum are excluded)

Second Ten Days (MEATS)

March 01 – March 11

We as a ministry will sacrifice all meats except for fish/seafood

Third Ten Days (BREADS)

March 12 – March 23

We as a ministry will sacrifice all breads (cornbread included)

Final Ten Days (SWEETS) (MEATS) (BREADS)

March 24– April 03

We as a ministry will sacrifice all sweets, meats (with exception of fish/seafood), and breads to follow as weeks prior.