

# 2018 LENTEN FAST

*Fasting  
To  
Form  
Foundational  
Habits*  
(Isaiah 58)

**February 14 - March 29, 2018**

*Marion H. Newton, Senior Pastor*

**For the next 21 days let's commit to do the following:**

- 1. Joining us daily at 6AM for our Prayer Call 1(641) 715-0866  
Access Code 372886#**
- 2. Waking up 30 minutes early to spend private devotional time  
with GOD.**
- 3. Setting aside one day a week to do family devotional based on  
the lesson of the week.**
- 4. Putting into Practice the weekly objectives at the end of each  
lesson for January and February each day!!**
- 5. Memorizing and practicing our Church Covenant.**
- 6. Being a True Tither and Sacrificial Giver.**
- 7. Ceasing from any activities in our personal lives that are not  
pleasing to GOD.**
- 8. Living a healthier lifestyle including diet and exercise!**

