

40-Day Guide to Prepare for Easter

BIBLE + PRAYER + FASTING

OLD TESTAMENT BACKGROUND

- ❑ **Day 1: Creation**
Genesis 1-2
- ❑ **Day 2: Fall**
Genesis 3
- ❑ **Day 3: Abraham's Calling**
Genesis 12:1-9; 15
- ❑ **Day 4: Covenant Promises**
Genesis 17
- ❑ **Day 5: Covenant Promises**
Genesis 26:1-5; 28:70-17, 35:1-15
- ❑ **Day 6: Moses' Calling**
Exodus 1-3
- ❑ **Day 7: The Final Plague**
Exodus 11; 12:29-51
- ❑ **Day 8: Covenant at Sinai**
Exodus 19:1-20:21
- ❑ **Day 9: The Conquest**
Joshua 1; 24
- ❑ **Day 10: Judges**
Judges 2
- ❑ **Day 11: Samuel's Calling**
1 Samuel 3
- ❑ **Day 12: Saul**
1 Samuel 8; 10:17-27
- ❑ **Day 13: Saul & David**
1 Samuel 15-16
- ❑ **Day 14: David**
2 Samuel 5:1-10; 7
- ❑ **Day 15: Solomon**
1 Kings 2:1-4; 3:1-15; 9:1-9; 11:1-13
- ❑ **Day 16: Kings 1**
2 Kings 8:16-19; 8:25-27; 12:1-3; 13:1-2; 13:10-11; 14:1-4; 14:23-24; 15:1-4
- ❑ **Day 17: Kings 2**
2 Kings 15:8-9; 15:17-18; 15:23-24; 15:27-28; 15:32-35; 16:1-4; 17:7-23
- ❑ **Day 18: Messianic Prophecies**
Deuteronomy 18:15-18; Isaiah 7:14; 53; Jeremiah 23:5; Micah 5:2; Zechariah 9:9

JESUS' LIFE & MINISTRY

- ❑ **Day 19: Jesus' Birth**
Luke 1-2
- ❑ **Day 20: Jesus' Baptism**
Matthew 3:13-17; Mark 1:9-11; Luke 3:21-22
- ❑ **Day 21: Jesus' Temptation**
Luke 4:1-15
- ❑ **Day 22: The Sermon on the Mount**
Matthew 5-7
- ❑ **Day 23: Parables 1**
Mark 4:1-33
- ❑ **Day 24: Parables 2**
Luke 15-16
- ❑ **Day 25: Power Over Nature**
Matthew 14:13-21; Luke 8:22-25
- ❑ **Day 26: Power Over Demons**
Matthew 9:32-34; Mark 1:21-28; Luke 8:26-39
- ❑ **Day 27: Power Over Disease**
Matthew 12:9-14; Mark 7:31-37; Luke 14:1-6; John 5:1-9
- ❑ **Day 28: Power Over Death**
Mark 5:21-24; 35-43; Luke 7:11-17; John 11:1-44
- ❑ **Day 29: Confrontation with Religious Leaders**
Matthew 22:15-40; Luke 20:1-8

JESUS' LIFE & MINISTRY

■ **Day 30: The Great I AM**

John 6:35-51; 8:12-20;
8:48-59; 10:7-18; 11:17-27; 14:1-7

■ **Day 32: The Anointing**

John 12:1-8

■ **Day 31: The Vine
and the Branches**

John 15

PASSION WEEK

■ **Day 33: The Triumphal Entry**

Mark 11:1-17

■ **Day 37: The Last Supper**

John 13-17

■ **Day 34: Cleansing
of the Temple**

Mark 11:12-19

■ **Day 38: The Crucifixion**

Luke 22:39-23:56

■ **Day 35: Teaching in the
Temple**

Mark 11:20-13:37

■ **Day 39: Life in Christ**

Romans 8

■ **Day 36: Jesus' Betrayal**

Matthew 26:14-16;
Mark 14:10-11

■ **Day 40: The Resurrection**

John 20-21

Six Weeks of Fasting

WK 1



WK 2



WK 3



WK 4



WK 5



WK 6



FASTING OPTIONS

SOUL FASTING

Abstain from distractions (social media, video games, TV).

SELECTIVE FASTING

Eliminate specific foods (no meat, sugar, or caffeine).

PARTIAL FASTING

Restrict eating to certain hours of the day.

COMPLETE FASTING

Consume only liquids for a designated period.

