

LENTEN FAST

MARCH 5 - APRIL 19

**Surrender, Seek, Strengthen,
Sacrifice, Serve, and Soar!**

T H E R O A D T O
CALVARY

W W W . C S B C O G . O R G



CEDAR STREET
BAPTIST CHURCH OF GOD



John 10:10
Living. Learning. Loving.

DR. ANTHONY CHANDLER, SR., PASTOR | 2301 CEDAR ST | RICHMOND, VA

table of

CONTENTS

2

**GREETINGS FROM
OUR PASTOR**

4

**FASTING
OVERVIEW**

5

**DEVELOPING
DISCIPLINE**

6

**DAILY READ PLANS
& PRAYER FOCUS**



Greetings from
OUR PASTOR



THEFORE, I URGE YOU, BROTHERS AND SISTERS, IN VIEW OF GOD'S MERCY,
TO OFFER YOUR BODIES AS A LIVING SACRIFICE, HOLY AND PLEASING TO GOD
—THIS IS YOUR TRUE AND PROPER WORSHIP. DO NOT CONFORM TO THE
PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR
MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS—
HIS GOOD, PLEASING AND PERFECT WILL.

ROMANS 12:1-2 (NIV)

Greetings Cedar Street!

It is with great joy and expectation that I introduce to you our Lenten devotional and fasting guide: "Road to Calvary: 40 Days of Consecration."

Lent is a sacred season marked by fasting, prayer, and reflection leading up to Resurrection Sunday. The aim of this period is to create intentional space to deeply consider Jesus Christ, His suffering, sacrifice, life, death, burial, and triumphant resurrection.

This year, I'm inviting every member of our congregation, myself included, to embrace the "Road to Calvary," committing ourselves to spiritual renewal and deeper intimacy with God. Together, we will fast, pray, and seek God's face, allowing Him to transform our hearts and minds. Enclosed, you'll find scriptures, prayers, and practical guidelines designed to help us on this powerful journey of consecration.

Cedar Street, I believe we will encounter God in profound ways during this season! Scripture assures us in Jeremiah 29:13 (NIV), "You will seek me and find me when you seek me with all your heart." Let this season be marked by heartfelt seeking, earnest prayer, and transformative encounters with God.

Remember, our sacrifice draws us nearer to Him. I am covering each of you in prayer as we begin this sacred journey together.

Because of **Him**, I am!

Pastor Chandler



fasting

OVERVIEW

As believers, we often shy away from conversations around fasting, prayer, sacrifice, and spiritual discipline. This avoidance sometimes stems from uncertainty or misunderstanding about fasting. As long as we resist engaging fully in spiritual fasting and related conversations, we'll remain trapped in cycles of spiritual complacency, both individually and collectively. How we handle our spiritual disciplines reveals our real priorities. If Scripture emphasizes fasting, so should we.

Through Lenten fasting, we intentionally practice spiritual discipline, abstaining from worldly distractions, unnecessary indulgences, and unhealthy habits, shifting our hearts and minds toward deeper devotion to God. Regardless of our individual journeys or spiritual maturity, each of us can grow stronger in stewarding our spiritual lives. This period of fasting challenges us to emulate Christ's example of dedication and self-control—giving up temporary comforts and intentionally restraining our impulses, creating the space and intentionality necessary to grow closer to God.

Get a journal to document your fasting journey, clearly outlining your spiritual goals and creating a structured plan before starting. This step is essential because, as the fast progresses, you may be tempted to waver in your commitment. Your written plan will serve as a personal covenant, reminding you of your purpose. **Continuously remind yourself of the reasons behind your fast and stay anchored in your commitment to draw nearer to God.**



developing discipline

PRAY daily for God's guidance and strength throughout your fasting journey.

READ devotionals, scriptures, and spiritual literature to deepen your faith.

SET SPIRITUAL GOALS and intentionally work toward overcoming your biggest spiritual obstacle first.

MAKE A COMMITMENT to set aside intentional prayer time every day, creating space to clearly hear God's voice.

DEDICATE specific daily quiet time with God throughout the fast, preparing your heart to offer genuine praise and thanksgiving during Resurrection Sunday Worship.

PREPARE a weekly plan outlining your prayer, scripture reading, and meditation time, and stick to your spiritual schedule.

TRACK YOUR PROGRESS by journaling your reflections, prayers, and breakthroughs experienced each day during the fast.

COOK meals at home, as much as possible, to limit dining out.

AVOID using credit cards.

DO NOT engage in conversations or environments that tempt you away from your fasting commitments.

NO unnecessary online shopping during the fast.

NO unnecessary social media scrolling during the fast.

EXPECT your spiritual growth to flourish, your faith to deepen, and your sacrificial commitments to bear transformative fruit in your life!



5-Fold

FOCUS

SUGGESTED FAST OPTIONS, BUT NOT LIMITED TO

FAST

6:00 a.m. to 6:00 p.m.; or 8:00 a.m. to 8:00 p.m.; 12:00 a.m. to 12:00 p.m.

FOCUS

**Choose one: No social media, No alcohol, No drug use, No tobacco,
No road rage, No cursing, No gambling, no gossiping**

FITNESS:

20-30 minutes of movement and exercise.

Join the "Slide N2 Cedar" Line Dancing in our Fellowship Hall

Thursdays from 11:00 a.m. - 12:00 p.m.

FAITH:

Join our daily prayer call every morning at 6:30 a.m.

Dial +1 (605) 313-5072 Access Code: 352952#

Join our Associate Ministers' Midnight Prayer on Fridays at 11:55 p.m.

Dial +1 (605) 313-5072 Access Code: 352952#

FINANCES:

**No credit card use, no "unnecessary" spending, No online shopping, no eating out
no amazon shopping, no buying clothes and shoes**

Road to Calvary

LENTEN FAST

Daily Reading Plans & Prayer Focus



DAY
01

WEDNESDAY, MARCH 5, 2025

READ: Isaiah 40-42

PRAYER: Lord, renew my strength as I wait on Your promises.



DAY
02

THURSDAY, MARCH 6, 2025

READ: Exodus 10-12

PRAYER: Father, deliver me from every bondage and into freedom.



DAY
03

FRIDAY, MARCH 7, 2025

READ: Psalms 20-22

PRAYER: Lord, answer me in my day of trouble and remind me of Your presence.



DAY
04

SATURDAY, MARCH 8, 2025

READ: Judges 1-3

PRAYER: God, give me courage to overcome all spiritual opposition.



DAY
05

MONDAY, MARCH 10, 2025

READ: Proverbs 7-9

PRAYER: Lord, fill me with wisdom to make godly choices.



DAY
06

TUESDAY, MARCH 11, 2025

READ: Galatians 1-3

PRAYER: Lord, help me live in the freedom of Your grace, not under law.



DAY
07

WEDNESDAY, MARCH 12, 2025

READ: Acts 13-15

PRAYER: Father, guide me by Your Spirit as I spread Your gospel.

Road to Calvary

LENTEN FAST

Daily Reading Plans & Prayer Focus



DAY
08

THURSDAY, MARCH 13, 2025

READ: Leviticus 4-6

PRAYER: Lord, purify my heart and lead me into holiness.



DAY
09

FRIDAY, MARCH 14, 2025

READ: Psalms 31-33

PRAYER: Father, be my refuge and my strength in times of trouble.



DAY
10

SATURDAY, MARCH 15, 2025

READ: 1 Samuel 10-12

PRAYER: Lord, equip me to serve You faithfully and wholeheartedly.



DAY
11

MONDAY, MARCH 17, 2025

READ: Ecclesiastes 6-8

PRAYER: Father, teach me to find meaning and joy in Your purpose.



DAY
12

TUESDAY, MARCH 18, 2025

READ: Romans 5-7

PRAYER: Lord, thank You for the gift of grace that conquers sin.



DAY
13

WEDNESDAY, MARCH 19, 2025

READ: Luke 5-7

PRAYER: Jesus, give me faith to respond when You call.



DAY
14

THURSDAY, MARCH 20, 2025

READ: Numbers 8-10

PRAYER: Lord, lead me step by step as I journey with You

Daily Reading Plans & Prayer Focus



**DAY
15**

FRIDAY, MARCH 21, 2025

READ: Psalms 50-52

PRAYER: God, let my worship and my heart be pleasing in Your sight.



**DAY
16**

SATURDAY, MARCH 22, 2025

READ: 2 Kings 5-7

PRAYER: Father, open my eyes to see Your miracles in everyday life.



**DAY
17**

MONDAY, MARCH 24, 2025

READ: Psalms 16-18

PRAYER: God, preserve me and keep me secure in Your unfailing love



**DAY
18**

TUESDAY, MARCH 25, 2025

READ: Ephesians 1-3

PRAYER: Lord, reveal to me the riches of my identity in Christ.



**DAY
19**

WEDNESDAY, MARCH 26, 2025

READ: Ezekiel 18-20

PRAYER: Father, give me a heart committed fully to Your ways.



**DAY
20**

THURSDAY, MARCH 27, 2025

READ: Deuteronomy 5-7

PRAYER: God, help me to love You wholeheartedly and obey Your Word.



**DAY
21**

FRIDAY, MARCH 28, 2025

READ: Psalms 61-63

PRAYER: Lord, be my rock and refuge when life feels overwhelming.

A Call to the Altar

LENTEN FAST

Daily Reading Plans & Prayer Focus



DAY
22

SATURDAY, MARCH 29, 2025

READ: Nehemiah 4-6

PRAYER: Father, strengthen me to complete the good work You've begun.



DAY
23

MONDAY, MARCH 31, 2025

READ: Proverbs 10-12

PRAYER: Lord, help my words reflect Your wisdom and truth.



DAY
24

TUESDAY, APRIL 1, 2025

READ: Matthew 21-23

PRAYER: Lord, keep my heart humble and teachable, that I may walk in true righteousness.



DAY
25

WEDNESDAY, APRIL 2, 2025

READ: Jeremiah 11-13

PRAYER: Father, help me to obey Your voice and remain faithful to Your covenant.



DAY
26

THURSDAY, APRIL 3, 2025

READ: Exodus 25-27

PRAYER: God, dwell among me and make my life a place of worship to You.



DAY
27

FRIDAY, APRIL 4, 2025

READ: Psalms 75-77

PRAYER: Lord, I will remember Your mighty works and trust You in every season.



DAY
28

SATURDAY, APRIL 5, 2025

READ: 1 Kings 17-19

PRAYER: Father, sustain me in dry seasons and remind me of Your power.

Road to Calvary

LENTEN FAST

Daily Reading Plans & Prayer Focus



DAY
29

MONDAY, APRIL 7, 2025

READ: Psalms 26-28

PRAYER: Lord, be my rock and my shield, and guide me in Your truth



DAY
30

TUESDAY, APRIL 8, 2025

READ: 2 Corinthians 4-6

PRAYER: Father, help me not to lose heart but to walk in the light of Your glory.



DAY
31

WEDNESDAY, APRIL 9, 2025

READ: Luke 8-10

PRAYER: Jesus, increase my faith and teach me to trust in Your authority.



DAY
32

THURSDAY, APRIL 10, 2025

READ: Deuteronomy 12-14

PRAYER: Lord, help me to honor and serve You in everything I do.



DAY
33

FRIDAY, APRIL 11, 2025

READ: Psalms 90-92

PRAYER: God, be my refuge and establish the work of my hands.



DAY
34

SATURDAY, APRIL 12, 2025

READ: Ezra 1-3

PRAYER: Father, stir up my spirit to build and restore what You have called me to.



DAY
35

MONDAY, APRIL 14, 2025

READ: Ecclesiastes 9-11

PRAYER: Father, teach me to make the most of my time and trust in Your plan.

Daily Reading Plans & Prayer Focus



DAY
36

TUESDAY, APRIL 15, 2025

READ: Galatians 4-6

PRAYER: Lord, help me walk in the freedom and love of the Spirit.



DAY
37

WEDNESDAY, APRIL 16, 2025

READ: Mark 11-13

PRAYER: Jesus, strengthen my faith to move mountains and stand firm in You.



DAY
38

THURSDAY, APRIL 17, 2025

READ: Numbers 21-23

PRAYER: God, let no curse or opposition stand against what You have blessed.



DAY
39

FRIDAY, APRIL 18, 2025

READ: Psalms 100-102

PRAYER: Lord, I praise You for Your faithfulness and everlasting love.



DAY
40

SATURDAY, APRIL 19, 2025

READ: Nehemiah 7-9

PRAYER: Father, revive my heart and restore my passion for Your Word.

WHAT WE ENCOURAGE YOU TO DO?

Daily Prayer Call

Join our daily prayer call every morning at 6:30 A.M.

+1 (605) 313-5072

Access Code: 352952#

Dedicate Time with God

Spend time with God in prayer and reading your Bible.

Demonstrate Christian Character

Show qualities of love, joy, peace, patience, kindness, goodness, faithfulness, and self-control

Daily Exercise

Commit to 20 - 30 minutes of movement and exercise.

Discipline in Actions

Share the love of God with others by your actions.

Invite someone to worship or a ministry opportunity

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