

Passion Church Dayton – Lent Consecration Plan 2025



Lenten Season Theme: *Drawing Close*

Family, I we now enter into a precious season as followers of the Lord Jesus Christ.

Lent is a sacred time of reflection, fasting, and spiritual renewal as we journey toward the celebration of Christ's resurrection. Each week, we will consecrate ourselves by fasting from specific things, immersing ourselves in Scripture, and deepening our relationship with God.

WEEK 1: March 5 – March 12

Fasting Focus: Reduce processed sugars (limit sweets, sodas, and artificial sugars).

Scripture Focus: *1 Peter 5:8-9* – “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith...”

Fasting Focus: This week, as we remove excess sugar from our diet, we ask God to remove distractions and temptations that pull us away from Him. Stay alert in your spirit and grounded in faith.

WEEK 2: March 12 – March 19

Fasting Focus: No fried foods.

Scripture Focus: *Romans 12:1-2* – “Do not be conformed to this world, but be transformed by the renewal of your mind...”

Reflection: Just as we cleanse our bodies from unhealthy food, we seek God to renew our

minds. Let this be a week of transformation, allowing the Holy Spirit to reshape our thoughts and desires.

WEEK 3: March 19 – March 26

Fasting Focus: No fast food.

Scripture Focus: *Matthew 6:16-18* – Jesus teaches us about fasting with a pure heart.

Reflection: This week calls for intentionality—not just in food choices but in spiritual discipline. Let's seek God with sincerity, setting aside convenience to embrace His presence fully.

WEEK 4: March 26 – April 2

Fasting Focus: No social media (except for essential communication).

Scripture Focus: *Psalms 46:10* – “Be still, and know that I am God...”

Reflection: Social media can be loud and distracting. This week, silence the noise and make space for God's voice. Spend the time you'd be scrolling in prayer, reading Scripture, or worship.

WEEK 5: April 2 – April 9

Fasting Focus: No meat (Focus on a plant-based diet).

Scripture Focus: *John 6:35* – “I am the bread of life. Whoever comes to me shall not hunger...”

Reflection: As we shift to a simpler diet, we hunger for God more than physical food. Jesus alone satisfies our souls.

WEEK 6: April 9 – April 16 (Holy Week)

Fasting Focus: One healthy meal each day- (Done eating by 9PM.)

Scripture Focus: *Isaiah 53:5* – “But he was pierced for our transgressions; he was crushed for our iniquities...”

Reflection: This is a week of deep reflection on Christ's suffering. With each hunger pang, let's remember the price He paid for our redemption.

CELEBRATION: April 19 (Easter Sunday)

Theme: Resurrection Power!

Focus: Full celebration of Jesus' victory over sin and death! Enjoy a feast together with family and community, worshiping and rejoicing in the power of the risen King!

This consecration is about **discipline, devotion, and deepening our connection with God**. Let's walk this journey together, expecting transformation, breakthrough, and renewed faith!

Let's seek Him wholeheartedly, Passion Church Family!

With you in the journey,

Passion Leadership Team