



Full on Empty: FCC Lent Fasting Guide 2026

Lent is a 40-day season in the Christian Church (excluding Sundays) where we prepare ourselves for Easter with spiritual practices like prayer, fasting, repentance, contemplation and simplicity. The goal of this "Full on Empty" fasting series isn't to prove our willpower or to go on a special diet. It is to temporarily trade our physical appetite for the reminder that our spiritual life is hungry for God. ***Fasting is pausing from an everyday normal activity for the purpose of spiritual focus and awareness of God and others.*** While a person can fast many things, food reminds us of our spiritual hunger. Please use this guide as just that, a guide. It is meant as a suggestion to help you if you want to explore fasting during this lent season. If you would like our pastors and staff to be in prayer for you during the fast please fill out our brief Fasting Sign Up Sheet click this link here <https://forms.gle/P9vrWqiqFpTzVkiC9> or visit our home page at www.oaklandfcc.org

Love, Pastor Marco Ambriz

Lent 2026

A Suggested Guide to Fasting Meals for LENT

Prioritize HEALTH and SAFETY

- **Health:** If you have any medical or health conditions that could make fasting dangerous, **please consult your doctor before making changes to your diet.** You can always fast from another normal daily activity and still connect with God.
- **Hydration:** Always drink plenty of water. Fasting in the Christian tradition is typically from food, we do not advise fasting water without your doctor's advice.

Practical Tips for Sustainable Fasting

1. **Start Small:** If you've never fasted, start by skipping one meal or even a snack. Don't feel pressured to jump into a multi-day or very intense fast. Choose a level that challenges you but remains sustainable. Any fasting is fasting.
2. **The "Exchange" Rule:** Fasting is not just *not eating*; it's **exchanging** food for spiritual connection with God and others. Spend some of the fasting time intentionally doing something good for your soul or for someone else. Use the fasting time for extra prayer, scripture, worship music, a spiritual practice, serving others, being in nature or spiritual reading or conversation with someone.

3. **Leverage the "Hangry" Moments:** When the hunger pangs hit, use them as a "prayer prompt" to remind you that your soul is actually hungry for God and for spiritual growth. Let it be a small victory that the fasting is actually working and remind yourself that God is with you.

4. **The Main Point** - The main point is to remember your hunger for God and for your spiritual connection with God and others. Whether you accomplish the exact fast you planned or not, you are growing in your journey with God simply by being open to God's presence. Let God's grace take the lead.

Fasting Options	Description
One Meal Fast	Skip a breakfast or lunch and snacks that you normally would eat. Break the fast at the next meal time.
Sundown Fast	Skip dinner and evening snacks. Break the fast in the morning.
Sunup to Sundown Fast	Skip breakfast, lunch and snacks. Break the fast with dinner.
Clock Fast	Fast based on the clock rather than meals (one suggestion is to set a timer for 6 or 12 or 24 hours after your last meal and simply don't eat during that time)
Selective Fast	Fast from "choice foods" that you normally do eat or drink (sweets, meat, caffeine, carbs, alcohol etc...) for a set period of time / days.

Additional OPTION: Incrementally Increasing the Fasting over Lent

- **Week of Feb 23:** One meal fast / One day of the week
- **Week of Mar 2:** One meal fast / One day of the week
- **Week of March 9:** Sundown Fast OR Sunup to Sundown Fast
- **Week of March 16:** Sundown Fast OR Sunup to Sundown Fast
- **Week of March 23:** Sunup to Sundown OR Clock fast
- **Week of March 29 Holy Week:** Sunup to Sundown OR Clock fast

A Prayer for the Fasting Journey

Lord, show me your presence in this season of fasting. Awaken my hunger and thirst for you and your kingdom. Remind me that I don't live by bread alone. Let me be sustained by your Word, your presence and your

people. On this fasting journey, may I be as graceful with myself as you are with me. Amen