

FEB
18TH

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T A B E R N A C L E B A P T I S T C H U R C H

2026 LENT FAST

Minus 1 | Plus 1

GIVE UP ONE THING | ADD ONE THING

Devotional

- + DAILY PRAYER CALLS @ 6AM ET
- + DIAL IN NUMBER: 667-930-8560 | ACCESS CODE: 6043130
- + DAILY DEVOTIONALS: TEXT "LENT2026" TO 706-995-7044

WELCOME

Lent is a sacred season that invites us to slow down, reflect, and realign our hearts with God as we journey toward the cross and the resurrection. It is not about punishment or perfection—it is about preparation. Lent prepares us to walk more closely with Jesus and to be changed by the journey.

This season is grounded in a simple but powerful truth: Every choice is a seed. What we choose daily—what we release and what we embrace—has the power to shape what grows in our lives. Small, intentional decisions made over time produce lasting spiritual fruit.

During Lent, we are invited to pay closer attention to our choices. The habits we allow, the thoughts we entertain, and the practices we prioritize are all planting something. Lent gives us the opportunity to choose more wisely—to plant seeds that lead to spiritual growth, clarity, and deeper intimacy with God.

As you begin this journey, approach each day with intention and expectation. Trust that God honors faithful, daily choices—and that what you plant in this season will bear fruit in the one to come.

WHAT IS THE MINUS 1 | PLUS 1 FAST?

The Minus 1 | Plus 1 Fast is a simple, intentional approach to practicing Lent in everyday life. During this fast, participants are invited to:

Minus One: release one habit, distraction, or posture that competes for your attention or dulls your spiritual sensitivity.

Plus One: replace it with one intentional practice that draws your heart closer to God.

Maybe it's stepping back from social media, television, or negative self-talk. And in its place, stepping into prayer, Scripture, stillness, journaling, or time in God's presence.

This fast isn't about going without rather, it's about making a deliberate exchange—laying down habits that distract you and choosing practices that nourish your faith. What you lay down creates space for what God wants to grow.

EACH DAY OF THIS DEVOTIONAL WILL HELP YOU:

- Discern what God is asking you to release
- Choose a practice that nourishes your faith
- Pause for a heart check, allowing God to search, align, and restore

As you walk through this season, trust that small, faithful choices can produce lasting spiritual fruit. What feels simple can become sacred when surrendered to God.

HOW THE FAST WORKS

Start Date: February 18, 2026

End Date: April 4, 2026

Focus: Prayer, Scripture, consecration, and clarity

Daily Prayer: 6:00 a.m. Dial-In #: 667-930-8560; Access Code: 6043130

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LENTEN DEVOTIONAL SCHEDULE

2026 Theme: *Every Choice is a Seed*

Week 1 - PLANTING INTENTIONALLY

Weekly Focus: Choose wisely what you plant.

Anchor Scripture: Galatians 6:7-9

DAY	DATE	THEME	SCRIPTURE	REFLECTION	SEED PRINCIPLE	HEART CHECK
Day 1	Feb 18	Choose to Plant Well	Joshua 24:15	Every life is shaped by choices. What we plant today determines what we harvest tomorrow. Lent begins with intentional commitment.	My choices today are seeds that shape my tomorrow.	What choice is God inviting me to make today that will shape my future faith?
Day 2	Feb 19	Choose to Live Each Moment with Jesus	Psalm 73:23	Walking with Jesus is not occasional—it is continual. Every moment becomes sacred when lived with Him.	Living with Jesus daily plants seeds of peace and direction.	Where am I most tempted to live without awareness of Jesus' presence?
Day 3	Feb 20	Choose to Do Every Little Thing for the Love of God	Colossians 3:17	Ordinary acts become holy offerings when done in love and gratitude.	Small acts done in love honor God and bear lasting fruit.	What “little thing” can I intentionally offer to God today?
Day 4	Feb 21	Choose to Rest Near God	Mark 9:36-37	True rest flows from trust, not achievement. God invites us to rest close, not strive far.	Resting in God plants seeds of trust and peace.	Where am I striving instead of resting near God?

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Week 2 - ROOTED IN PRESENCE

Weekly Focus: Deepen attentiveness to God's voice.

Anchor Scripture: Luke 10:39

DAY	DATE	THEME	SCRIPTURE	REFLECTION	SEED PRINCIPLE	HEART CHECK
Day 5	Feb 23	Choose to Be Present to God	Psalm 46:10	Stillness is an act of trust. When we slow down, we become aware of God's nearness.	Stillness before God deepens intimacy and clarity.	What do I need to quiet so I can be fully present with God today?
Day 6	Feb 24	Choose to Make God More Than First	Matthew 6:33	God is not one priority among many—He is the center that orders everything else.	When God is central, every choice becomes worship.	In what area of my life have I made God an appointment instead of the center?
Day 7	Feb 25	Choose to Take Turns in Prayer	Psalm 5:3	Prayer is not meant to be one-sided. God invites us into conversation—speaking honestly and listening expectantly.	Prayer that listens as well as speaks deepens intimacy with God.	When I pray, do I leave space to listen for God's response?
Day 8	Feb 26	Choose to Listen	Luke 10:39	Sitting at Jesus' feet requires choosing presence over productivity. Listening reshapes priorities and clarifies direction.	Listening plants seeds of wisdom and discernment.	What voices or distractions do I need to quiet so I can hear Jesus more clearly?
Day 9	Feb 27	Choose to Be Still	Psalm 37:7	Stillness is an act of trust. Waiting patiently on God resists anxiety and strengthens faith in His timing.	Stillness before God nurtures trust and peace.	Where am I tempted to rush ahead instead of waiting on God?
Day 10	Feb 28	Choose to Come Away	Mark 6:31	Jesus invites us to step away from constant demands so we can be renewed. Withdrawal with God restores perspective and strength.	Time away with Jesus replenishes the soul.	What do I need to step away from so I can rest with God?

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Week 3 - WAITING, TRUSTING, AND REFINEMENT

Weekly Focus: Learn to trust God in the in-between.

Anchor Scripture: Philippians 1:6

DAY	DATE	THEME	SCRIPTURE	REFLECTION	SEED PRINCIPLE	HEART CHECK
Day 11	Mar 2	Choose to Value the Less Visible	1 Corinthians 12:22	God honors faithfulness in hidden places. What appears small or unseen is often essential to His work.	God values what is faithful, even when it is unseen.	What quiet or hidden work might God be asking me to honor rather than overlook?
Day 12	Mar 3	Choose to See the Sacred Small	Zechariah 4:10	God rejoices in small beginnings. Consistent obedience in ordinary moments prepares the way for growth.	Small acts of faith are sacred in God's sight.	What small step of obedience is God inviting me to take today?
Day 13	Mar 4	Choose to Savor In-Between Spaces	Philippians 1:6	God does not pause His work in the waiting. The in-between is sacred space where faith deepens and trust matures.	God works faithfully in seasons that feel unfinished.	What in-between season am I tempted to rush through instead of trust?
Day 14	Mar 5	Choose to Trust the Father	Proverbs 3:5	Trust grows when we release our need to understand everything. God's heart can be trusted even when His ways are unclear.	Trusting God plants seeds of peace and confidence.	Where am I leaning on my own understanding instead of trusting the Father?
Day 15	Mar 6	Choose to Find Hope in God's Gap	Hebrews 11:1	Faith lives in the space between promise and fulfillment. God is present and active even when answers are delayed.	Hope flourishes when faith anchors the waiting.	What gap am I walking through that requires hope instead of certainty?
Day 16	Mar 7	Choose to View Your Pain Through His Cross	Isaiah 53:5	The cross reminds us that God redeems suffering. Pain offered to Christ becomes a place of healing and transformation.	God does not waste pain surrendered to Him.	What pain do I need to bring honestly to Jesus today?

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Week 4 - AWARENESS, ALIGNMENT, AND COURAGE

Weekly Focus: Pay attention to what God is revealing and respond with courage.

Anchor Scripture: Psalm 139:23–24

DAY	DATE	THEME	SCRIPTURE	REFLECTION	SEED PRINCIPLE	HEART CHECK
Day 17	Mar 9	Choose to Remember Your Redeemer	Job 19:25	Remembering God's faithfulness strengthens faith in present trials. Redemption is both our history and our hope.	Remembering God's work anchors faith during uncertainty.	What has God already redeemed in my life that I need to remember today?
Day 18	Mar 10	Choose to Ask for Living Water	John 4:14	Only Jesus satisfies the deepest thirst of the soul. Lent invites us to ask honestly for renewal and refreshment.	Jesus alone quenches spiritual thirst.	What am I thirsting for that only Christ can truly satisfy?
Day 19	Mar 11	Choose to Listen to Your Body	1 Corinthians 6:19	God speaks not only to our hearts but through our bodies. Fatigue, tension, and restlessness are invitations to steward what He has entrusted to us.	Honoring my body supports spiritual faithfulness.	What signal has my body been giving me that I need to acknowledge?
Day 20	Mar 12	Choose to Grow and Guard Margin	Mark 6:31	Margin creates space for God's voice and restores our strength. Without it, we live depleted rather than dependent.	Margin protects spiritual vitality.	What do I need to release to create space for rest and renewal?
Day 21	Mar 13	Choose to Invest in Tune-Ups (Instead of	Psalm 139:23–24	God invites regular examination, so we don't wait for collapse to change. Tune-ups are acts of wisdom and grace.	Ongoing surrender prevents spiritual breakdown.	What needs attention now before it becomes a deeper issue?
Day 22	Mar 14	Choose to Hear the Invitation in the Storm	Matthew 14:27	Storms often sharpen God's voice. Jesus speaks courage in chaos and invites us to trust Him beyond fear.	God's presence steadies me in uncertainty.	What invitation might Jesus be offering me in the middle of this storm?

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Week 5 - OBEDIENCE, FAITHFULNESS, AND LOVE

Weekly Focus: Live aligned with God's will, even when it costs.

Anchor Scripture: 2 Corinthians 5:9

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Day 23	Mar 16	Choose to Name Your Real Fear	2 Timothy 1:7	Fear loses power when named before God. Honest confession opens the door to courage and clarity.	Naming fear invites God's truth and strength.	What fear have I been avoiding naming before God?
Day 24	Mar 17	Choose to Renounce Unholy Alliances	2 Corinthians 6:14	Some attachments quietly compete with devotion. Lent calls us to release what compromises our walk with God.	Releasing unhealthy attachments creates space for holiness.	What connection or habit might be pulling my heart away from God?
Day 25	Mar 18	Choose to Seek What Pleases God	2 Corinthians 5:9	Faithfulness begins with intention. When pleasing God becomes our aim, our priorities shift and our choices align with His will.	A God-centered focus produces faithful living.	Whose approval has most influenced my recent decisions?
Day 26	Mar 19	Choose to Pay the Price for Greater Ministry	Luke 9:23	Following Jesus requires daily surrender. Greater impact is formed through sacrifice, not convenience.	Sacrifice enlarges spiritual capacity.	What is obedience costing me right now?
Day 27	Mar 20	Choose to Define Faithfulness Biblically	Matthew 25:21	Scripture defines faithfulness as consistency and obedience, not visibility or success. God honors steady devotion.	God values faithfulness over outcomes.	How have I been measuring faithfulness—by results or obedience?
Day 28	Mar 21	Choose to Offer the Ache to God	Psalm 34:18	God draws near to the brokenhearted. Ache becomes holy ground when it is honestly offered to Him.	God meets me tenderly in honest pain.	What ache have I been carrying that I need to bring to God?

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Week 6 - JOY, COURAGE, AND ALIGNMENT

Weekly Focus: Live with courage, integrity, and joy as faith matures.

Anchor Scripture: Philippians 4:4–5

DAY	DATE	THEME	SCRIPTURE	REFLECTION	SEED PRINCIPLE	HEART CHECK
Day 29	Mar 23	Choose to Leave a Legacy of Love	1 Corinthians 16:14	Legacy is shaped daily by how we love. What we do in love will outlast what we accomplish.	Love shapes what endures beyond me.	If my life were remembered today, would love be its clearest mark?
Day 30	Mar 24	Choose to Applaud Obedience	1 Samuel 15:22	Obedience may be quiet and unseen, but it delights God deeply. Faithfulness matters more than performance.	Obedience pleases God more than sacrifice.	Have I overlooked obedience because it felt small or unnoticed?
Day 31	Mar 25	Choose to Rejoice	Philippians 4:4	Rejoicing is not rooted in circumstances but in God's unchanging presence. Joy strengthens us for perseverance and guards our hearts against despair.	Joy sustains the soul through every season.	What would it look like to rejoice today because God is near, not because life is easy?
Day 32	Mar 26	Choose to Celebrate What Is Near	Philippians 4:5	God's nearness is reason enough for gratitude. Lent teaches us to notice God's presence now, not only after prayers are answered.	Awareness of God's nearness cultivates gratitude.	Where have I overlooked God's presence while waiting for something more?
Day 33	Mar 27	Choose to Ask Boldly	James 4:2	Bold prayers reflect confident trust in a generous God. Lent invites us to expand our asking and trust God with our deepest desires.	Faith grows when prayers expand.	What have I stopped asking God for because I was afraid or discouraged?
Day 34	Mar 28	Choose to Say "Yea"	Isaiah 6:8	Obedience often begins before clarity. Saying yes to God places our lives fully in His hands.	Surrender opens doors clarity cannot.	What invitation from God have I been hesitating to answer?

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Week 7 - COMPLETION, COMMISSIONING, AND ROOTEDNESS

Weekly Focus: Finish well and remain rooted in Christ beyond Lent.

Anchor Scripture: Colossians 2:6-7

DAY	DATE	THEME	SCRIPTURE	REFLECTION	SEED PRINCIPLE	HEART CHECK
Day 35	Mar 30	Choose to Steward God's Gifts	1 Corinthians 4:2	God entrusts gifts to be stewarded faithfully, not possessed selfishly. What we nurture grows and multiplies for His glory.	Faithful stewardship multiplies God's work.	What gift or responsibility has God entrusted to me that needs renewed attention?
Day 36	Mar 31	Choose to Address Hypocrisy	Matthew 15:8	God desires integrity—alignment between our hearts, words, and actions. Lent calls us to honest self-examination and repentance.	Integrity restores spiritual wholeness.	Where might my actions and intentions be misaligned before God?
Day 37	Apr 1	Choose to End Well	2 Timothy 4:7	Faithfulness is revealed over time. Ending well requires perseverance, trust, and a steady commitment to obedience even when the journey feels long.	Perseverance completes the work God began.	What would it look like for me to finish this season faithfully and well?
Day 38	Apr 2	Choose to Bring Your Unedited Self to God	Psalm 62:8	God invites honesty, not performance. When we stop filtering our prayers, intimacy with God deepens and healing begins.	Honesty before God creates space for transformation.	What part of myself have I been holding back or editing in prayer?
Day 39	Apr 3	Choose to Share the Journey	Hebrews 3:13	Faith was never meant to be lived alone. God strengthens us through encouragement, accountability, and shared perseverance.	Shared faith multiplies strength and endurance.	Who has God placed in my life to walk this journey of faith with me?
Day 40	Apr 4	Choose to Attend to Roots	Colossians 2:7	Fruitfulness depends on what is nurtured beneath the surface. Lent ends by anchoring us in practices and truths that sustain long-term growth in Christ.	Strong roots produce lasting fruit.	What spiritual practices will help me remain rooted in Christ beyond Lent?

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Notes

The image consists of a dark gray, almost black, textured background. It features a faint, thin white grid pattern with horizontal lines spaced evenly across the frame. The background has a subtle, organic texture, possibly resembling a close-up of a natural material like wood or stone. The overall effect is minimalist and abstract.