



**Personal Scripture Reading  
for the Season of  
Lent 2022**

40 Days	<b>March</b>		
1	2 – Romans 1 ( <i>Ash Wed</i> )	22	26 – 1 Timothy 1
2	3 – Colossians 1		27 – <i>Sunday</i>
3	4 – Romans 2	23	28 – Romans 12
4	5 – Colossians 2	24	29 – 1 Timothy 2
	6 – <i>Sunday</i>	25	30 – Romans 13
5	7 – Romans 3	26	31 – 1 Timothy 3
6	8 – Colossians 3		<b>April</b>
7	9 – Romans 4	27	1 – Romans 14
8	10 – Colossians 4	28	2 – 1 Timothy 4
9	11 – Romans 5		3 – <i>Sunday</i>
10	12 – 1 Thessalonians 1	29	4 – Romans 15
	13 – <i>Sunday</i>	30	5 – 1 Timothy 5
11	14 – Romans 6	31	6 – Romans 16
12	15 – 1 Thessalonians 2	32	7 – 1 Timothy 6
13	16 – Romans 7	33	8 – Philippians 1
14	17 – 1 Thessalonians 3	34	9 – 2 Timothy 1
15	18 – Romans 8		10 – <i>Palm Sunday</i>
16	19 – 1 Thessalonians 4	35	11 – Philippians 2
	20 – <i>Sunday</i>	36	12 – 2 Timothy 2
17	21 – Romans 9	37	13 – Philippians 3
18	22 – 1 Thessalonians 5	38	14 – 2 Timothy 3
19	23 – Romans 10	39	15 – Philippians 4
20	24 – 2 Thessalonians 1-2	40	16 – 2 Timothy 4
21	25 – Romans 11		17 – <i>Easter Sunday</i>



Ash Wednesday  
March 2, 2022  
to  
Easter Sunday  
April 17, 2022



**First Baptist Church Toronto**

101 Huron St, Toronto, ON M5T 2A9

Tel: 416-977-3508 || Email: info@fbctoronto.ca

www.fbctoronto.ca

# MY LENTEN FAST

Ash Wednesday, Mar 2

to Easter Sunday, April 17

*Isaiah 58:6-8 (cf: Matthew 25:31-46)*

*"Is not this the kind of fasting I have chosen..."*

LENT is the 40-day period between Ash Wednesday and Easter Sunday (not counting Sundays)

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Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our faith.

In our busy world, Lent provides us with an

opportunity to deflect from our habits, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need.

Initially, the word "Lent" simply meant spring, but became associated with the fast in the late Middle Ages as Catholic sermons were spoken in vernacular instead of Latin. The 40-day period is symbolic of the 40 days spent by Moses and Elias in the wilderness; the Jews wandered 40 years traveling to the Promised Land. Jonah in his prophecy of judgment gave the city of Nineveh 40 days' grace in which to

repent. Jesus retreated into the wilderness and fasted for 40 days of temptation to prepare for his ministry.

So, by observing Lent, many Christians join Jesus on His retreat. When we think of fasting, we normally think of food, but we can fast other things that distract or take us away from our Saviour on a regular basis, including unwanted habits.

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## CONSIDER FASTING:

Food (meat, pop, sweets)	Alcohol
Television	Smoking
Technology (Facebook, social media)	Judging Others
Discouragement	Complaining
Resentment/Bitterness	Overspending

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*FOR THIS LENTEN SEASON,  
I COMMIT AND CHOOSE TO FAST FROM:*

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*Grant, Almighty God, through the observances of Holy Lent, that I may grow in understanding of the riches hidden in Christ and by worthy conduct pursue Him. You who breathed the spirit of life within me, draw out of me the light and life you created. Help me to use my life to reflect your glory and to serve others as your son Jesus did.*

*In the name of Lord and Savior,*

*Jesus Christ,*

*AMEN!*