

Lent 2026: Still in the Story (Sankofa Edition)
February 18 through April 5th
We want 100% Mount Member Participation

"This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." - Jeremiah 6:16

Back to the BASICS

- **Prayer** (7A, 12P, and bday time)
- **Read** the Gospel of Matthew
- **Wednesday Bible Study**
- **Sunday Church School**
- **Worship**

Food Fast

- **Daniel Fast**
- **Veggies:** no meats
- **Candy Crush:** no sweets and treats
- **Give Up the Golden Arches:** no Fast Food
- **You Got Food At Home:** no eating out
- **Chase the Waterfalls:** drink only water

Financial Fitness Fast

- **Create and stick to a budget** based on your take-home pay
- **No lotto** tickets or **casino** trips
- **No non-essential shopping** (online or in-person)
- **Try tithing** (giving 10% of your income)
- **Get a life insurance policy**

Physical FitnessFast

- **Walk or Work Out** 20–30 minutes a day
- **Schedule** annual physical/wellness visit
- **Schedule a preventive screening** (mammogram, prostate exam, colon screening, etc.)
- **Know your numbers:** blood pressure, cholesterol, A1C/blood sugar
- When you have a choice, **take the stairs**

Digital Detox

- **Limit Scrolling and Streaming:** Facebook, Instagram, Netflix, Hulu, YouTube, TikTok, etc.
- **Information Overload:** Limit consumption of negative news
- **Tech Sabbath:** One day per week without screens (only work/school)
- **Don't watch or listen** to anything that's **not life-giving**

Bad Habits Fast

- **I Won't Complain:** No complaining
- **You Didn't Hear it From Me:** No gossiping
- **Good Vibes Only:** No negative thoughts or words
- **Let It Go:** Give away clothes, shoes, or household goods that you no longer need
- **Let This Go Too:** No cussing, fussing, smoking, drinking, holding grudges, or any other bad habit

Go Back and Get It

- **Learn Our Story:** Read one chapter a week from a Black History book
- **Church History Challenge:** Learn one thing weekly about Sixth Mount Zion's history
- **Spirituals & Scripture:** Listen to the Negro spiritual of the day and think about one line that speaks to your life
- **Legacy Letters:** Write one letter per week to youth/children (or your younger self) about faith, survival, and hope
- **Family Faith Tree:** Ask your family about your spiritual roots (who prayed, who served, who taught you faith)



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