



GIVING UP TO GAIN

A SEASON OF SACRIFICE

LENT 2026



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WELCOME LETTER

Tuskegee University Community:

We are excited that you have decided to join in the 40-Day Lenten Fast “Giving Up to Gain.” Jesus Christ emphasizes throughout scripture, that fasting is a personal exercise of commitment, conviction, and love. Jesus didn’t say if you fast, but WHEN you fast (Matthew 6:16-18 & 9:14-15). Scripture records many instances where people fasted; and a season of growth and spiritual blessings follow.

This year each day will have a prayer focus:

- Monday: Fasting in the Bible
- Tuesday: Family
- Wednesday: Self
- Thursday: United States
- Friday: Friends
- Saturday: Tuskegee University
- Sunday: Open

As you participate in this fast, you will begin to discover and experience God in a new way. Your relationship with the Lord will grow and your vision, clarity and focus will sharpen. We are excited to see what God will do in you and through you, as well as our corporate body.

Please note, if you happen to fail, don’t be discouraged or feel condemned. Get back on track and keep going – remember, God’s mercies are new every morning. The Lord will give you grace and strength to keep moving, so don’t quit!

We look forward to God meeting us together as we journey through the next 40 days!

*Rev. Cecil Andrew Duffie, Ph.D.
Dean of the Chapel
Tuskegee University*

40-DAY LENTEN FAST COMMITMENT

My purpose for fasting is: _____

Specific things I am praying and believing God for during this fast:

1. Tuskegee University: _____
2. Family: _____
3. Self: _____

Remember to journal the scriptures you read each day and include any revelations you receive during your study and meditation time.

MY SUCCESS PLAN:

1. I will find an accountability partner; someone who will encourage me when the temptation to quit arises. Note: This person should be in agreement with your desire to complete the fast and should be a spiritually mature individual who can encourage you with the word. Ecclesiastes 4:12, "A threefold cord is not quickly broken."
2. My accountability partner for this fast is: _____
3. I will set aside time every morning from __:__ am to __:__ am to praise God, read my Word and spend time in prayer.
4. I will set aside time every evening from __:__ pm to __:__ pm to praise God, read my Word and spend time in prayer.
5. I will NOT allow the enemy to accuse or shame me should I fall short. I am determined to use this time to draw closer to the Lord.

Ezra 8:23, "So we fasted and petitioned our God about this, and he answered our prayers."

I believe God is the only one who can answer my prayer, and that fasting will draw me closer to God. Therefore, everyday God will freely give me the strength and grace I need to commit myself to the above fast.

Signed: _____

FASTING OPTIONS

FEEL FREE TO SELECT ONE OF THE FOLLOWING

- A. Daniel Fast
- B. Modified Daniel Fast: No Meats and No Sweets
- C. Regular Daily Fast – No Food (Water only) from 6:00 A.M. – 6:00 P.M.
- D. Abstaining from distractions: social media, idle gossip, TV, frivolous spending
- E. Other: _____

Prayer is a two-way modem for communicating with God.

Why Fast?

The purpose and goal of fasting is to strengthen you spiritually, mentally, and physically. By incorporating fasting and prayer as a part of your Christian walk, you will grow closer to the Lord as you mature in your faith.

Fasting will help you increase your ability to deny the flesh. Over the next 40 days, be diligent in your study and meditation of God's Word. Our objective is to focus our attention on seeking God's direction for our lives. Through fasting and prayer, the Holy Spirit can transform your life!

DAY 1 – WEDNESDAY, FEBRUARY 18TH

Pray for guidance and direction over the next 40 days

Psalm 63

DAY 2 – THURSDAY, FEBRUARY 19TH

Pray for the United States

Matthew 27:46; 2 Corinthians 5:16-21; Psalm 32

DAY 3 – FRIDAY, FEBRUARY 20TH

Pray for your friends

John 19:26–27; Romans 10:1-11; Psalm 90

DAY 4 – SATURDAY, FEBRUARY 21ST

Pray for the unity of Tuskegee University

Acts 1:1-26; Acts 2:1-27

SUNDAY, FEBRUARY 22ND

Attend Chapel & Remain in a posture of Prayer

DAY 5 – MONDAY, FEBRUARY 23RD

Fasting in the Bible - Deuteronomy 9:9, 18, 25-29; 10:10

DAY 6 – TUESDAY, FEBRUARY 24TH

Pray for your salvation and the salvation of others

Luke 23:43; Micah 7:18-20; Psalm 15

DAY 7 – WEDNESDAY, FEBRUARY 25TH

Pray to fully entrust your life to God

Luke 23:46; Romans 12:1-3; Psalm 23

DAY 8 – THURSDAY, FEBRUARY 26TH

Pray for the resilience of People of Color in the United States

John 19:30; Galatians 6:6-10; Psalm 20

DAY 9 – FRIDAY, FEBRUARY 27TH

Pray for revival and the growth of your friends' relationship with Christ

Psalm 65

DAY 10 – SATURDAY, FEBRUARY 28TH

Pray for the continued revitalization of God's House

Nehemiah 2:17-18; Isaiah 58:10-12; Psalm 48

SUNDAY, MARCH 1ST

Attend Chapel & Remain in a posture of Prayer

DAY 11 – MONDAY, MARCH 2ND

Fasting in the Bible - Ezra 10:6-17

DAY 12 – TUESDAY, MARCH 3RD

Pray for the cancellation of all your debt, and your family's debt

Romans 13:8; Deuteronomy 28:8-13; Psalm 3

DAY 13 – WEDNESDAY, MARCH 4TH

Pray for your healing

Jeremiah 17:14; Isaiah 53:1-6; Psalm 91

DAY 14 – THURSDAY, MARCH 5TH

Pray for holiness and sanctification of the Community

1 Peter 1:13-16; 1 Thessalonians 5:14-24; Psalm 1

DAY 15 – FRIDAY, MARCH 6TH

Pray that Christ will arise in you, and your friendships

Galatians 2:16-20; 2 Timothy 2:1, 3-4, 10-13; Psalm 145

DAY 16 – SATURDAY, MARCH 7TH

Pray for Tuskegee University to be a blessing

Matthew 21:12-17; Isaiah 28:16; Matthew 16:19; Psalm 98

SUNDAY, MARCH 8TH

Remain in a posture of Prayer

DAY 17 – MONDAY, MARCH 9TH

Fasting in the Bible - 1 Kings 19:7-18

DAY 18 – TUESDAY, MARCH 10TH

Pray for the Lord to increase the spirit of worship in your family

Mark 14:1-11; Acts 16:25-30; Psalm 29

DAY 19 – WEDNESDAY, MARCH 11TH

Pray for miracles, signs, and wonders

Acts 3:1-11; Acts 5:12-16; Acts 9:36-41

DAY 20 – THURSDAY, MARCH 12TH

Pray that the country would be profitable to God

Matthew 21:18-22; Matthew 25:14-30; Psalm 100

DAY 21 – FRIDAY, MARCH 13TH

Pray for your friends to have the desire to do God's Will

John 19:28; Philippians 2:5-13; Psalm 11

DAY 22 – SATURDAY, MARCH 14TH

Pray for the freedom of religious belief

Deuteronomy 28:7; Deuteronomy 31:3-6; Psalm 4

SUNDAY, MARCH 15TH

Remain in a posture of Prayer

DAY 23 – MONDAY, MARCH 16TH

Fasting in the Bible - Matthew 4:1-11

DAY 24 – TUESDAY, MARCH 17TH

Pray for peace in your family

Matthew 5:9; Philippians 4:6-7; Isaiah 26:3

DAY 25 – WEDNESDAY, MARCH 18TH

Pray for endurance to complete the fast

James 1:12-18; Hebrews 10:36; Hebrews 12:1-3

DAY 26 – THURSDAY, MARCH 19TH

Pray for righteous leadership in the United States

Proverbs 16:9; Proverbs 11:14; 1 Peter 5:2-3

DAY 27 – FRIDAY, MARCH 20TH

Pray for your friends to be active in spirituality

Romans 12:4-5; Matthew 18:20; Ephesians 2:19-20

DAY 28 – SATURDAY, MARCH 21ST

Pray for sustained growth at Tuskegee University

2 Peter 3:18; Matthew 13:31-32; Hebrews 5:12-14; Acts 16:5

SUNDAY, MARCH 22ND

Attend Chapel & Remain in a posture of Prayer

DAY 29 – MONDAY, MARCH 23RD

Fasting in the Bible - Nehemiah 1:4-2:10

DAY 30 – TUESDAY, MARCH 24TH

Pray for employment and a healthy work-environment for your family

Colossians 3:23; John 6:27; Proverbs 12:11

DAY 31 – WEDNESDAY, MARCH 25TH

Pray for a spirit of obedience and submission to God

John 14:15; 1 John 5:3; Isaiah 1:19

DAY 32 – THURSDAY, MARCH 26TH

Pray for the example the United States is in the world

1 Timothy 4:12; Titus 2:6-8; Proverbs 24:1-2

DAY 33 – FRIDAY, MARCH 27TH

Pray that you are reconciled with friends

Hebrews 12:14; Luke 17:3; Colossians 3:13

DAY 34 – SATURDAY, MARCH 28TH

Pray for Tuskegee University to be a blessing to the community

Galatians 6:1-2; Ecclesiastes 4:9-12

PALM SUNDAY, MARCH 29TH

Attend Convocation & Remain in a posture of Prayer

DAY 35 – HOLY MONDAY, MARCH 30TH

Fasting in the Bible - Daniel 10:3-13

DAY 36 – HOLY TUESDAY, MARCH 31ST

Pray for the principles of Holy Week to be activated in your family

Matthew 21:12–22, Mark 11:15–19, Luke 19:45-48, John 2:13-17

DAY 37 – HOLY WEDNESDAY, APRIL 1ST

Pray for the significance of Christ’s death and sacrifice during Holy Week to guide you

John 12:20-38

DAY 38 – MAUNDY THURSDAY, APRIL 2ND

Pray for the United States to understand the concept of servanthood

John 13:1-17

DAY 39 – GOOD FRIDAY, APRIL 3RD

Pray for your friends to capture the meaning of Good Friday

Luke 23:34; Luke 23:43; John 19:26-27; Matthew 27:46; John 19:28; John 19:30; Luke 23:46

DAY 40 – SILENT SATURDAY, APRIL 4TH

Pray for Resurrection Sunday, salvation and enduring relationships with Christ

John 3:16; Matthew 28

WE MADE IT!