

**A DIFFERENT APPROACH TO FASTING**

**Maximize the Meditation, prayer & Bible reading time**

**Minimize the use of T.V, Social media & Phone**

**Be trustworthy and gentle. Drop out tour ego.**

**Don’t find faults in the absentee. Rather find out the goodness in others.**

**Practice tithe giving and be Simple. Desist from extravagance.**

**Visit/call the Senior Citizens, Sick & Less Privileged**

**Rejuvenate the broken and Lost relations**

**Forgive and ask forgiveness, Dare to forgive even to the unforgivable**

**Share your resources**

**(Food, Wealth, Health and Time)**

**“ Food for me is a material problem food for other is a spiritual problem”**

**May this Lent be a fruitful and Meaningful one!**

**IMMANUEL MAR THOMA CHURCH**

**Virginia**

**Youth Fellowship**

**Great Lent – 2022**

**February 26th to April 17th**

**Daily Bible Reading & Meditation Portions**

**Theme**

**Lent: A Call for Traversing the Road Less Traveled**



**"Even Jesus who is the Lord of Lords and the king of kings fasted and prayed in the desert for 40 days and 40 nights. How much more we need to do the same with all our sinfulness and baggage."**

| **Great Lent February 2016 Bible Reading Portions** | | | |
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| **Day 1**  *Ann C* | **Sunday 27th Feb 2022** | **John 2:1-11 Lent: (Renewal of Creation)**  **(*Pethrutha*)** | |
| **Day 2**  *Hannah* | **Monday 28th Feb 2022** | **Matthew 18:18-27 (Reconciliation - *Shubkono*)**  **Isaiah 29:13-24** | |
| **Day 3**  *Aiswarya* | **Tuesday 1st Mar 2022** | **1John. 4:11-20 - Jeremiah 11:1-8** | |
| **Day 4**  *Johan* | **Wednesday 2nd Mar 2022** | **James 1:19-27 - Isaiah. 29:15-24** | |
| **Day 5**  *Lisa* | **Thursday 3rd Mar 2022** | **Romans 3: 9-26 - Zechariah. 13:1-9** | |
| **Day 6**  *Josh K* | **Friday 4th Mar 2022** | **1John 1:5-10 - Isaiah 1:1-9** | |
| **Day 7**  *Janita* | **Saturday 5th Mar 2022** | **Ephesians 2:1-10 – Jer. 17:5-18** | |
| **Day 8**  *Joshua M* | **Sunday 6th Mar 2022** | **Mark 1:40-45 (Healing that Comforts)** | |
| **Day 9**  *Amy* | **Monday 7th Mar 2022** | **John 4:10-26 – Genesis 35: 1-7** | |
| **Day 10**  *Debbie* | **Tuesday 8th Mar 2022** | **1 Cor. 4: 8-13 - Psalms 130** | |
| **Day 11**  *Anina* | **Wednesday 9th Mar 2022** | **1 Cor. 8:1-13 - Exodus 12:20-28** | |
| **Day 12**  *James* | **Thursday 10th Mar 2022** | **1 Cor. 6: 12-20 - Genesis 4:8-16** | |
| **Day 13**  *Ann G* | **Friday 11th Mar 2022** | **Acts. 16:11-18 – Job 25:1-6** | |
| **Day 14**  *Aiden* | **Saturday 12th Mar 2022** | **Romans 5:6-11 – Isaiah 35: 1-10** | |
| **Day 15**  *Elizabeth Ann Varghese* | **Sunday 13th Mar 2022** | **Mark 2:1-12 (Healing through Forgiveness of Sin)** | |
| **Day 16**  *Nikil Daniel Jones* | **Monday 14th Mar 2022** | **1 Tim. 1:12-17 - Isaiah 1:10-20** | |
| **Day 17**  *Daniel Shaun Joykutty* | **Tuesday 15th Mar 2022** | **Ephesians 3:1-13 - Amos 3** | |
| **Day 18**  *Elizabeth Ann Varghese* | **Wednesday 16th Mar 2022** | **James 2:14-26 - Jonah 4:6-11** | |
| **Day 19**  *Neil Raji John* | **Thursday 17th Mar 2022** | **Phil. 1:1-11 - Hosea 2:14-23** | |
| **Day 20**  *Natasha Matthew* | **Friday 18th Mar 2022** | **Philippians 1:17-21 - Job 22:13-30** | |
| **Day 21**  *Gia Susan John* | **Saturday 19th Mar 2022** | **Galatians 6:1-5 – Hosea 2:18-23** | |
| **Day 22**  *Christy Vinod Varghese* | **Sunday 20th Mar 2022** | **Mathew 15:21-28 (Universal Salvation in Christ)** | |
| **Day 23**  *Rohit Samuel* | **Monday 21st Mar 2022** | **James 1-27 – Amos 6:1-14** | |
| **Great Lent March 2016 Bible Reading Portions** | | | |
| **Day 24**  *Ollivya Phillip* | **Tuesday 22nd Mar 2022** | | **Luke 1:26-38 – Jer 6:16-21** |
| **Day 25**  *Roshin John* | **Wednesday 23rd Mar 2022** | | **Mark 10: 32-34 - 1 Samuel 7:5-12** |
| **Day 26**  *Sherlyn Phillip* | **Thursday 24th Mar 2022** | | **Psalms 41:1-13 - Exodus 3:1-10** |
| **Day 27**  *Divya A Kuruvilla* | **Friday 25th Mar 2022** | | **Romans 8:31-39 – Daniel 9:1-11** |
| **Day 28**  *Justin Vinod* | **Saturday 26th Mar 2022** | | **Galatians 5:1-12 – 1 Cor. 9:14-27** |
| **Day 29**  *Debbie Varghese* | **Sunday 27th Mar 2022** | | **Luke 13:10-17 (Worship-which gives Perfection)** |
| **Day 30**  *Josh K* | **Monday 28th Mar 2022** | | **Romans 9:1-13 - Daniel 3** |
| **Day 31**  *Davis* | **Tuesday 29th Mar 2022** | | **Acts 16:16-40 – Isaiah 40:12-24** |
| **Day 32**  *Aiswarya* | **Wednesday 30th Mar 2022** | | **1 Cor. 10:14-22 - Isaiah 12:1-6** |
| **Day 33**  *Johan* | **Thursday 31st Mar 2022** | | **Col. 3:1-17 - Job 42:10-17** |
| **Day 34**  *Dylan Kuruvilla* | **Friday 1st April 2022** | | **Philippians 2:5-11 - Hosea 6:1-6** |
| **Day 35**  *Ann Cherian* | **Saturday 2nd April 2022** | | **Ephesians 2:1-10 – Ezekiel 15:1-8** |
| **Day 36**  *Hannah* | **Sunday 3rd April 2022** | | **Mark 10:46-52 (Christ gives Hopeful Vision)** |
| **Day 37**  *Amy* | **Monday 4th April 2022** | | **1 Thess. 4:1-12 - Job 42:1-10** |
| **Day 38**  *Ann George* | **Tuesday 5th April 2022** | | **Romans 8:12-30 – Zech. 9:9-17** |
| **Day 39**  *Janita* | **Wednesday 6th April 2022** | | **1Peter 1:17-25 – Daniel 7:9-18** |
| **Day 40**  *Nikil Jones* | **Thursday 7th April 2022** | | **Luke 4:1-13 – Isaiah 51:1-8** |
| **Day 41**  *Christy Vinod Varghese* | **Friday 8th April 2022** | | **40th Friday Luke 4: 1-13**  **(Christ who Transcends Temptations)** |
| **Day 42**  *Aiden Christian* | **Saturday 9th April 2022** | | **1 Peter 1:13-16 –Num. 16:41-50** |
| **Day 43**  *Anju Chacko* | **Sunday 10th April 2022** | | **Luke 19:28-40 (Hosanna: Lord Save Us)** |
| **Day 44**  *Anina George* | **Monday 11th April 2022** | | **Mathew 22:1-14 – Isaiah 63:7-19** |
| **Day 45**  *Lisa Kurian* | **Tuesday 12th April 2022** | | **Mathew 23:13-22 - Isaiah 52:1-15** |
| **Day 46**  *Taniya John* | **Wednesday 13th April 2022** | | **Mathew 25: 1-13 - Isaiah 28:14-29** |
| **Day 47**  *Simren John* | **Thursday 14th April 2022** | | **Mathew 26:17-30 (Passover: Banquet of Survival)** |
| **Day 48**  *Ashish K. Thomas* | **Friday 15th April 2022** | | **Good Friday: (Cross: Way of Salvation)**  **Mathew. 26:47-75**  **Mathew. 27: 1-44**  **Mathew 27: 57-61** |
| **Day 49**  *Dana Kuruvilla* | **Saturday 16th April 2022** | | **Holy Saturday: (Victory of Death through Death)**  **Mathew 27:62-66 - Isaiah 53:1-12** |
| **Day 50**  *Rev. Renny Varghese* | **Sunday 17th April 2022** | | **Easter: (Celebration of Resurrection)**  **Mathew 28:1-10** |