

40-Day Lent Scripture Cheat Sheet Use this table as a quick reference to reflect on repentance and fasting. Each day, read the scripture, pray, and track your progress.

Day	Scripture	Reflection
1	Joel 2:12-13	Return to the Lord with all your heart.
2	Matthew 6:16	When you fast, do not do it to be seen by others.
3	Isaiah 58:6	Fasting should lead to breaking chains of sin.
4	2 Chronicles 7:14	If My people humble themselves and pray...
5	Psalms 51:10	Create in me a clean heart, O God.
6	Mark 1:15	Repent and believe the Gospel.
7	Romans 12:2	Be transformed by renewing your mind.
8	Ephesians 4:31-32	Put away bitterness and anger.
9	Galatians 5:16	Walk in the Spirit, not in the flesh.
10	1 John 1:9	If we confess our sins, He is faithful to forgive.
11	Matthew 5:6	Blessed are those who hunger for righteousness.
12	2 Timothy 2:22	Flee youthful lusts and pursue righteousness.
13	James 4:7-8	Submit to God, resist the devil, and he will flee.
14	Colossians 3:5	Put to death sinful desires.
15	1 Peter 5:8	Be sober and vigilant against the enemy.
16	Proverbs 3:5-6	Trust in the Lord with all your heart.
17	Hebrews 12:1-2	Lay aside sin and run with endurance.
18	Romans 6:12	Do not let sin reign in your mortal body.
19	Matthew 4:4	Man shall not live by bread alone.
20	Philippians 4:6	Be anxious for nothing, pray about everything.
21	Luke 6:37	Forgive, and you will be forgiven.
22	Romans 8:1	There is no condemnation for those in Christ.
23	1 Thessalonians 5:16-18	Rejoice always, pray continually, give thanks.
24	Micah 6:8	Walk humbly with God.
25	Matthew 5:16	Let your light shine before men.
26	Psalms 34:8	Taste and see that the Lord is good.
27	John 15:5	Apart from Christ, we can do nothing.
28	Romans 5:8	Christ died for us while we were still sinners.
29	Psalms 103:12	As far as the east is from the west, God removes our sins.

30	Isaiah 1:18	Though your sins are scarlet, they will be white as snow.
31	Matthew 26:41	Watch and pray, lest you fall into temptation.
32	Acts 3:19	Repent and turn to God.
33	Hebrews 4:16	Approach the throne of grace with confidence.
34	Proverbs 28:13	Whoever confesses and forsakes sin finds mercy.
35	Psalms 119:105	God's Word is a lamp to our feet.
36	Isaiah 58:11	The Lord will guide you continually.
37	1 Corinthians 10:13	God provides a way out of temptation.
38	Revelation 3:19	Those whom God loves, He disciplines.
39	Psalms 46:10	Be still and know that I am God.
40	2 Corinthians 5:17	If anyone is in Christ, he is a new creation.
