

The Soak & Squeeze: 40 Days in the Practical Wilderness

“A sponge stays soft by soaking; it stays clean by the squeeze.”

Theme: Moving from the performance of "Habits" to the deep-water restoration of the soul.

Tools: Your Bible (The Tool), Silence (The Secret Place), and The Calendar (The Rhythm).

| Week | Mon Soak | Tue Soak | Wed Soak | Thur Squeeze | Fri Squeeze | Sat Squeeze | SUN RISE & PLAY |
|-----------|------------------|------------------|------------------|------------------|------------------|------------------|--------------------|
| Wk 1 | — | — | Feb 18 Day 1 | Feb 19 Day 2 | Feb 20 Day 3 | Feb 21 Day 4 | Feb 22 |
| Wk 2 | Feb 23 Day 5 | Feb 24 Day 6 | Feb 25 Day 7 | Feb 26 Day 8 | Feb 27 Day 9 | Feb 28 Day 10 | Mar 1 |
| Wk 3 | Mar 2 Day 11 | Mar 3 Day 12 | Mar 4 Day 13 | Mar 5 Day 14 | Mar 6 Day 15 | Mar 7 Day 16 | Mar 8 |
| Wk 4 | Mar 9 Day 17 | Mar 10 Day 18 | Mar 11 Day 19 | Mar 12 Day 20 | Mar 13 Day 21 | Mar 14 Day 22 | Mar 15 |
| Wk 5 | Mar 16 Day 23 | Mar 17 Day 24 | Mar 18 Day 25 | Mar 19 Day 26 | Mar 20 Day 27 | Mar 21 Day 28 | Mar 22 |
| Wk6 | Mar 23 Day 29 | Mar 24 Day 30 | Mar 25 Day 31 | Mar 26 Day 32 | Mar 27 Day 33 | Mar 28 Day 34 | Mar 29 Palm Sun |
| Holy Week | Mar 30 Day 35 | Mar 31 Day 36 | Apr 1 Day 37 | Apr 2 Day 38 | Apr 3 Day 39 | Apr 4 Day 40 | APR 5 EASTER |

The Weekly Rhythm

Mon – Wed | THE SOAK: Focus on silence, the "First Word" rule, and receiving.

Thu – Sat | THE SQUEEZE: Focus on subtraction—fasting from noise or giving to others.

Sundays | THE RISE: A day of "Holy Play" and communal worship. (Sundays are not counted in the 40 days of Lent).

Phase 1: Naming the Need (Days 1–10)

Focus: Radical honesty. Admitting the "wine has run out."

Day 1 (Ash Wednesday): The Empty Jar. 10 minutes of silence. Prayer: "Lord, my jar is empty. Fill it."

Day 2: The Audit. Identify one habit from our last series. Ask: "Am I doing this for an audience or for God?"

Day 3: The Digital Squeeze. Delete or "offload" one app that creates noise in your morning.

Day 4: The Secret Place. Read Matthew 6:1–6. Find a physical place to "shut the door" today.

Day 5: The Tool Test. Carry your physical Bible all day. Open it once in a "waiting" moment (grocery line, doctor's office).

Day 6: Naming the Lack. Write down one area where you feel "dry." Tell God, "I have no more wine here."

Day 7–10: The First Word. No phone, no news, no email until you have read one Psalm.

Phase 2: Breaking in the Leather (Days 11–20)

Focus: Treating the Word as a Tool, not a Trophy.

Day 11–13: The Gospel Soak. Read 2 chapters of John's Gospel daily. Highlight every time Jesus meets a physical need.

Day 14: The Handcrafted Connection. Write out one verse by hand. Feel the "weight" of the words.

Day 15: The Comfort Squeeze. Fast from your favorite drink or snack today. Use the "craving" as a prompt to pray.

Day 16: The Identity Shift. Read Matthew 6:16–18. Fast in secret. Don't let anyone know you're doing it.

Day 17–20: The Deep Prayer. Spend 15 minutes praying for people you usually overlook (the "servants" in your life).

Phase 3: The Integration (Days 21–30)

Focus: Stepping into the Easy Yoke.

Day 21: The Big Rock. Identify your biggest worry. Physically hold a rock, pray over it, and "leave it" somewhere.

Day 22–24: The Yoke Meditation. Read Matthew 11:28–30. Imagine Jesus standing in the harness next to you.

Day 25: The Financial Squeeze. Give a "surprise" gift. Turn your resource into a vessel of grace for someone else.

Day 26: The Body Integration. Walk for 20 minutes in silence. Let your body and soul move in the same rhythm.

Day 27–30: The Willard Reset. Ask: "Is my soul integrated or fragmented?" Pray for God to pull the pieces together.

Phase 4: The Deep Water (Days 31–40)

Focus: Clearing the "Gurry" (The Grime).

Day 31–33: The Pride Squeeze. Fast from "being right" in conversations. Listen more than you speak.

Day 34: The Monument. Visit a quiet place (a park, a chapel, a porch). Meditate on the cost of the Cross.

Day 35: Cleaning the Sponge. Ask: "Where has cynicism made me hard?" Ask God to squeeze it out.

Day 36–39: The Silent Soak. Increase silence to 20 minutes. Don't ask for anything; just sit in the "Handcrafted" presence.

Day 40 (Holy Saturday): The Wait. A day of total stillness. The jars are filled; we are waiting for the New Wine of Easter.