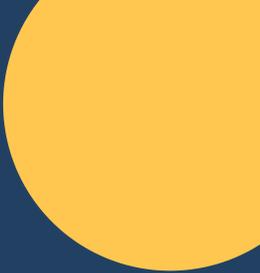




# PRACTICE: FASTING (LENT 2020)



## Week 1: ALCOHOL & CAFFEINE

- MAR 2: Read Luke 4 (The temptation of Jesus)
- MAR 3: Contemplative prayer (focus on the temptations)
- MAR 4: Bless someone with the \$ you would have spent on drinks
- MAR 5: Drink only water. Pray for the thirsty.
- MAR 6: Journal your reflections from this week's fast
- MAR 7: Rest/Sabbath**
- MAR 8: Worship Gathering/Share a meal with family/friends**



## Week 2: TV, MOVIES, VIDEO GAMES

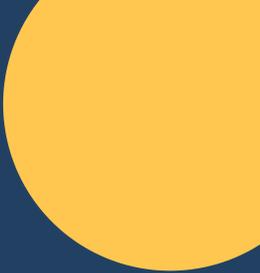
- MAR 9: Read Matthew 5 (The Sermon on the Mount)
- MAR 10: Contemplative prayer (focus on the Beatitudes)
- MAR 11: Send a handwritten note to someone who needs it
- MAR 12: Play a card or board game with a friend/family member
- MAR 13: Journal your reflections from this week's fast
- MAR 14: Rest/Sabbath**
- MAR 15: Worship Gathering/Share a meal with family/friends**

## Week 3: INTERNET & SOCIAL MEDIA

- MAR 16: Read Matthew 6 (The Sermon on the Mount cont.)
  - MAR 17: Contemplative prayer (focus on the Lord's Prayer)
  - MAR 18: Put your phone away/Turn it off for the day!
  - MAR 19: Call someone and tell them what you love about them
  - MAR 20: Journal your reflections from this week's fast
  - MAR 21: Rest/Sabbath**
  - MAR 22: Worship Gathering/Share a meal with family/friends**
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# PRACTICE: FASTING (LENT 2020)



## Week 4: SWEETS & TREATS

- MAR 23: Read Luke 14 (Eating with Jesus)
- MAR 24: Contemplative prayer (focus on Luke 14:15-24)
- MAR 25: Cook a meal and take it to someone
- MAR 26: Do something nice (sweet) for someone you don't like
- MAR 27: Journal your reflections from this week's fast
- MAR 28: Rest/Sabbath**
- MAR 29: Worship Gathering/Share a meal with family/friends**



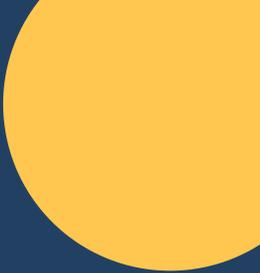
## Week 5: PERSONAL

- MAR 30: Read John 12 (Jesus enters Jerusalem)
- MAR 31: Contemplative prayer (focus on John 12:12-19)
- APRIL 1: This week choose something that feels personal to your journey: (Anger, Sarcasm, Outrage, etc)
- APRIL 2: Set up a time to talk to a friend about this week's fast, how can you journey together?
- APRIL 3: Journal your reflections from this week's fast
- APRIL 4: Rest/Sabbath**
- APRIL 5: Worship Gathering/Share a meal with family/friends**



## Week 6: EXCESS

- APRIL 6: Read Matthew 27:1-56 (The Crucifixion of Jesus)
  - APRIL 7: Contemplative prayer (focus on Matthew 27:45-56)
  - APRIL 8: Have a "no spend" day where you don't buy anything!
  - APRIL 9: Collect items in your home to donate or give away
  - APRIL 10: Journal your reflections from this week's fast
  - APRIL 11: Rest/Sabbath**
  - APRIL 12: EASTER AT DISCOVERY!**
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# LENT 2020



DISCOVERY  
CHRISTIAN CHURCH

An invitation for our community this year (2020) is to engage the season of Lent with intentionality (and overlap with the practice of fasting). Have you experienced Lent before? What was that like? What did you do? What was the significance of the season for you?

**Lent Background:** Quite a lot could be said about Lent! For our purposes, **Lent is an annual season within the traditional church calendar (similar to Advent) in which we anticipate and prepare for a significant Holy Day (in this case Easter).** Typically, Lent has been a 40 day period between Ash Wednesday and Good Friday. For us, we are invited to join in an Ash Wednesday service with our brothers and sisters at Christ the Redeemer. This would then kick off the Lenten season.

Although its format has varied throughout the centuries and throughout different cultures, the basic concept of Lent remains the same: **to open our hearts to God's refining grace through prayer, confession, fasting, and almsgiving as we anticipate Holy Week.**

### **Characteristics of Lent:**

- Lent is signified by the color **Purple**, which is the color of the repentance of sins.

- Lent is a season of **confession**. Fasting and confession go hand in hand. We are naming and seeking freedom from anything that can have a controlling influence in our lives that takes the place of God (idols). Are there recurring areas of sin in our lives that we need to name in order to be free?

- **Fasting and Prayer.** Fasting helps free us from our idols, and can be a powerful means of renewing our relationship with God. The 40 days of Lent are a reflection of the 40 days of fasting undergone by Moses (Exodus 34:28), Elijah (I Kings 19:8), and Jesus (Matthew 4:2) (BTW, these are the three who end up on the mountain together during the transfiguration, see Matthew 17:3). Fasting is a way of denying ourselves to be more attuned to God's spirit, and it is a way of disciplining our bodies and our cravings. Keep in mind that Jesus connects fasting with pride (Matthew 6:1-6), and that for those who are new to the practice it can be quite jarring. Have grace for yourself, and make sure health/diet issues are considered!

- **Meditation on Christ:** we are heading towards Palm Sunday, Good Friday, and Easter. We are not fasting to see how long we can go without certain things, we are fasting in order to remember Christ's sacrifice for us, that he is the lamb who takes away the sins of the world. Sarah Phillips writes: *Lent is a time when Christians find out our faith is not just a feel-good, self-help religion but one that answers the deepest questions of life and eternity. Those who journey through the Lenten season will enter the Easter season with an increased appreciation for who God is and what He has done for us. And the joy of Resurrection, as well as the promises of eternity, will not be soon forgotten.*

- **Alms Giving (Generosity):** This brings us back to Isaiah 58. Fasting is both deeply personal, but also leads to right relationship with our neighbors. **Are there ways for us to be seeking justice, peace, shalom, and right relationship with people in our community who need good news?**