

THIRD TEN DAYS

Television

The average American spends five hours per day watching television. It could be you don't watch that much, or maybe you watch more, but we can easily long for television more than to be with God, which is why we need to fast from it.

Over the next 10 days spend time abstaining from all forms of movies and television. This could be streaming on Netflix, Hulu, or Amazon, going to Redbox to get a movie, or going to the theater. And yes, take this time even to fast from watching the news.

Instead of watching TV spend time reading the Bible. If you don't know where to start we encourage you to read through the book of Luke followed by the book of Acts. You can do this as individuals, or as a family and then discuss your reading together.

READ THE BOOKS OF LUKE AND ACTS

- March 20
- March 21
- March 23
- March 24
- March 25
- March 26
- March 27
- March 28
- March 30
- March 31

Reflection

LAST TEN DAYS

Your Choice

For the final 10 days of Lent ask the Jesus what he would like you to fast from. Spend a few minutes listening to the Holy Spirit. What has an unhealthy group on your heart? What do you desire more than Jesus? Listen and then obey whatever God brings to mind. Maybe it is repeating one of the fasts from earlier in Lent. As you fast from whatever the Spirit brings to mind, spend time in prayer and praising Jesus for being the resurrection and life! (John 11:25)

TRY TO LEARN JOHN 11:25

- April 1
- April 2
- April 3
- April 4
- April 6
- April 7
- April 8
- April 9
- April 10
- April 11

Reflection

fasting

2020 LENTEN SEASON

HISTORY OF LENTEN FASTING

Fasting during Lent season is an ancient practice of the church. The season of forty days leading up to Easter is modeled after Jesus who fasted for forty days in the wilderness (see Matthew 4:1-11). Following his example, we fast for the purpose of breaking free from sin, and unhealthy habits, and to devote more of our time to seeking communion with God. This is not simply an individualist practice either but a time for us as a community to seek God together and hear from him.

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FASTING IN COMMUNITY

To help us grow in our walks with Jesus this Lent we have identified four key areas of fasting that can easily have an unhealthy grip on our hearts. We encourage you to participate in these fasts in community with your Life Group and with your families. Instructions are given for each area of Fast.

REFLECT ON THE TRUTH OF WHO YOU ARE IN CHRIST

- Feb 26
- Feb 27
- Feb 28
- Feb 29
- March 2
- March 3
- March 4
- March 5
- March 6
- March 7

FIRST TEN DAYS

Social Media

Social media such as Facebook, Instagram, Snapchat, and Twitter can easily become places where we spend our spare time. However, consuming content on these platforms can easily create dissatisfaction in our souls as we compare our lives with others.

For this 10 day fast we are going to cease engaging with social media and instead fixate on our identity in Christ. Every time you desire to go on social media turn to the list below of reminders about what God says is true about us as Christians. Keep this list on a postcard or create a list in your phone. (Note: if you don't have social media, we encourage you to fast an additional 10 days from movies and television, which is our third set of fasts).

- *I am chosen of God, holy and dearly loved. (Col. 3:12; 1 Thessalonians 1:4)*
- *I have been given a spirit of power, love, and self-discipline. (2 Timothy 1:7)*
- *I have been blessed with every spiritual blessing. (Ephesians 1:3)*
- *Do your own Bible Study and add to the list of who we are "In Christ."*

SECOND TEN DAYS

Sweets

In writing to the church at Corinth the Apostle Paul teaches of the freedom we have in Christ in eating, but then follows up by saying "but I will not be mastered by anything" (1 Cor. 6:12). Studies have shown that sugar can easily become an addiction to us more than any other type of food. This is why for these next 10 days we want to encourage you to break from all kinds of sugar. Sugar found in drinks, candy, and other sweets...yes even chocolate.

Instead of eating sugar this week, whenever you have the urge for a sweet turn your desire into a desire for God's word by memorizing Psalm 119:103. "How sweet are your words to my taste, sweeter than honey to my mouth!" Ask God to make this verse true of your desires.

TRY TO LEARN PSALM 119:103

- March 9
- March 10
- March 11
- March 12
- March 13
- March 14
- March 16
- March 17
- March 18
- March 19

Reflection