

## **Lenten Season 2023**

**Fasting | Praying | Serving | Giving | Evangelizing | Reflecting**

### **Week 1 E-Journal: Fasting**

#### **This Week's Passage of Scripture: Isaiah 58: 1-9 (MSG)**

They ask me, 'What's the right thing to do?' and love having me on their side. But they also complain, 'Why do we fast, and you don't look our way? Why do we humble ourselves and you don't even notice?'

3-5 "Well, here's why: "The bottom line on your 'fast days' is profit. You drive your employees much too hard. You fast, but at the same time you bicker and fight. You fast, but you swing a mean fist. The kind of fasting you do won't get your prayers off the ground. Do you think this is the kind of fast day I'm after: a day to show off humility? To put on a pious long face and parade around solemnly in black? Do you call that fasting, a fast day that I, God, would like?"

6-9 "This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts. What I'm interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You'll call out for help, and I'll say, 'Here I am.'

**Wednesday February 22, 2023**

**Lenten Fast Focus: Fasting**

*What are Your reflections on this Passage of Scripture as you begin Week 1 of the Lenten Fast?*

**Thursday, February 23, 2023**

**Lenten Fast Focus: Drink Water Only today**

*What are your reflections on today's Lenten Fast Focus?*

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### **Week 1 E-Journal: Fasting**

**Friday, February 24, 2023**

**Lenten Fast Focus: Commit to consuming locally grown, fresh or flash frozen produce whenever possible.**

*What are your reflections on today's Lenten Fast Focus?*

**Saturday, February 25, 2023**

**Lenten Fast Focus: Take a walk. Commit to consistency in your exercise or workout routine.**

*What are your reflections on today's Lenten Fast Focus?*