

Lenten Season 2023

Fasting | Praying | Serving | Giving | Evangelizing | Reflecting

Week 2 E-Journal: Fasting

This Week's Passage of Scripture: Hebrews 12:1-3 (MSG):

Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls!

Sunday, February 26, 2023

Lenten Fast Focus: Avoid listening to or watching secular media.

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

Monday, February 27, 2023

Lenten Fast Focus: Only use your cell phone for work-related or emergencies.

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

Tuesday, February 28, 2023

Lenten Fast Focus: Abstain from playing video games or game apps. Use this time to memorize Scripture.

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

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Wednesday, March 1, 2023

Lenten Fast Focus: Watch Rise Up, Wake Up, Pray Up or Attend Live Bible Study in the Sanctuary.

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

Thursday, March 2, 2023

Lenten Fast Focus: Abstain from Watching Any TV or Streaming Content

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

Friday, March 3, 2023

Lenten Fast Focus: Commit to Staying Focused! Avoid all manner of distractions.

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

Saturday, March 4, 2023

Lenten Fast Focus: Declutter one room in your home.

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