



FASTING, PRAYING AND ALMSGIVING

are the three penitential practices that we are asked to engage in during Lent. In addition, we are also challenged to make individual sacrifices appropriate to our own spiritual condition. However, before we choose something to give up for Lent, it's important to assess our current spiritual state:

- To what material things am I too attached?
- What areas in my life are unbalanced?
- To what do I devote too much or not enough time?

Only after asking questions like these are we ready to decide what to give up or what to add to our lives during Lent.

Liquid Fast – Drinking only purified liquids for a period of **40 days. February 18 — April 4**

Daniel Fast – Eat no meat, no dairy, no sweets, no bread, processed food, and drink purified liquids water, juice, etc. Nuts, fruits, and vegetables; raw or cooked.

Indulgence Fast – A Fast that involves self-denial of a habit. (TV, Social Media, Shopping, Sweets...) This is not technically a Biblical fast, but is often combined with a Biblical fast as the Holy Spirit leads.

Partial Fast – Fast 6:00AM to 6:00PM or sun-up to sundown.

Fast of Sacrifice – Anything the Holy Spirit speaks to you about that would be a personal sacrifice.

PRAYER FOCUS
HEALING AND UNITY
IN OUR COUNTRY

*Through fasting and praying,
we allow Him to come and
satisfy the deepest hunger that we
experience in the depths of our
being: the hunger and thirst for God.*