



Today's Text: Matthew 5

In a fallen world, _____ is the

Fortunately, we've been gifted with a _____
_____ of Grace and Truth

What practices do you have in place to _____
from cultural _____?

Lent provides a unique opportunity to _____
our _____ with God and our Christian
brothers and sisters all around the world

Classic Lenten practices were never meant to be
_____ or disconnected
from _____

Let's begin this Forty Day season by _____
from the _____ and _____ on the

40 DAYS of Spiritual Practices



Explore a variety of spiritual practices each week during Lent. These practices can involve subtraction—setting limits—or addition—trying something new—as you become more like Jesus in authentic community. Choose how you practice from the ideas listed below.

Fasting

Defining the practice

This practice of subtraction involves setting limits on whatever we consume that distracts us from God. We can fast from food, technology, social media, entertainment, and even buying things.

Why this is helpful

When we fast, we learn to control our appetites for the things of this world so we hunger more for God. Fasting helps break the cycle of our attachments and distractions, and it opens space for us to spend more time with God.

How to practice

Get started

- Turn off your phone for two hours on a specific day this week. Be intentional about using that time for being with God.
- Set aside times this week when you will refrain from looking at social media, news, or other digital distractions.
- Consider fasting from a specific kind of food this week that is especially tempting or enjoyable for you.

Next level

- Spend an entire day fasting from something that is difficult for you to give up. Spend set times in quiet prayer to focus your attention on God's presence with you.

Time to reflect

At the end of the week, how did this practice help bring you closer to God and others?

