



GUIDE TO FASTING FOR LENT

Lent is the period from Ash Wednesday to Holy Saturday before Easter. Ash Wednesday occurs forty-six days before Easter, but Lent is nevertheless considered to be forty days long, due to the fact that Sundays in this season are not counted among the days of Lent. The traditional reason for this is that fasting was considered inappropriate on Sunday, the day commemorating the Resurrection of Jesus.

The forty day period is symbolic of the forty days spent by Jesus in the wilderness and other instances of 40 day periods in the Bible. Jesus is said to have retreated into the wilderness to be tempted by the devil. After fasting the 40 days/nights, He was hungry and the devil tempted Him. Jesus overcame the temptation of the lust of the flesh, lust of the eyes and the pride of life by citing Scripture to the devil. The Devil subsequently left Him and Jesus began his ministry around Galilee.

Fasting during Lent is a way to identify with Jesus' suffering, which according the Bible, Jesus underwent for the sake of humanity, He died on a cross in our place, paying the penalty for our sins; three days later He rose to conquer sin and death and give the gift of salvation to all who believe in Him alone for eternal life.

Why Fast?

- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life – and make you a channel of revival to others.



Choosing What to Fast

A simple fasting of food is always a good choice since food is ingrained in our daily rhythm. Food can also be fasted in intervals [ie. 2-days/week; daylight fast; lunch during weekdays, etc.]. But you may choose something else that you sense your life is over-dependent on, which would help free you to connect more with Jesus. Time saved fasting should be replaced with times of connection with God [prayer/meditation, reading Scripture/spiritual books, loving/helping a neighbor, etc.]. Simply ask God and wait... and wait to see what he wants you to fast.

Suggestions:	Food	Television	Web-Surfing
	Internet	Shopping	Poker/Games/Video Games
	Sweets/Snacks	Media	Fantasy Sports
	Alcohol/Soda/Coffee	Music	Movies/DVD's
	Meat	Being Late	Cutting Remarks/Negativity

Go to the following link for guidelines to fast safely - www.billbright.com/howtofast/