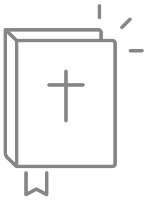


FASTING

Fasting is giving up food, drink, or other worldly thing for the purpose of turning our attention to God and relying on God more fully.

READ



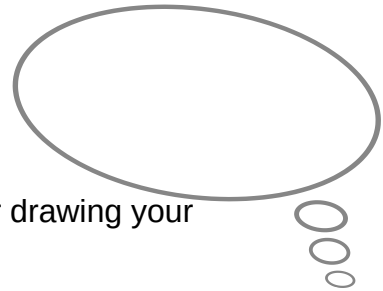
Engage these Scriptures using the Lectio Divina method this week:

- Esther
- Matthew 6:16-18
- Esther 4:1-17
- Isaiah 58:1-7

WONDER

Use these prompts as a starting point for journaling or drawing your wonderings on fasting in the space below.

- What controls my life?
- What in my life gets most of my attention or thoughts?
- What could I fast from that would help me turn my attention to God, rely more on God, or live out my faith more fully?



PRACTICE FASTING

How and when will you will engage the practice this week? Choose one to focus on or try out several. How does fasting help you listen for the Spirit, love God and others, and be more like Jesus?

"Fasting is not just a physical discipline. It can be a spiritual feast."

~ Jentezen Franklin

FASTING PRACTICES

(from Vibrant communication's Lenten Micropractices)

- **Detach** - Set aside what you find yourself attached to for the day. It could be your phone, books, video games, etc. What space does this open up for you?
- **Traditional fast** - Partake of only one full meal today. Or choose to forgo one meal.
- **Be inconvenienced** - Cut out a convenience that you use regularly (digital devices, microwave, coffee maker, car, etc.) for the day. How does this change your daily activities?
- **Disconnect** - Disconnect from your social media networks for the day. How does this change your day?
- **Press Pause** - Press pause on videos, shows, movies, and streamed content. What can you fill this time with instead?
- **Speak Kindness** - Refrain from gossip and other unkind words. Only speak what is positive. Bonus: add a quarter to a giving jar if you say something negative.
- **Buy less** - When we can buy with the click of a button, it's not easy to pause and think. Take a day to refrain from purchasing anything unless it's truly needed.
- **Go green** - How can you reduce your waste today? Find ways to use cloth instead of paper products, reusable instead of single-use products, purchase items with eco-friendly packaging.
- **Unplug** - Unplug as much as you can - perhaps even the wifi router! Make room for connection with those close to you.