

The Road UMC 2016 - 40 Day Lenten Fast

Start: Wednesday, February 10th at 6:00 a.m. - Sunday, March 27 at 6:00 a.m.

Fasting is a path to peace and happiness. The practice of abstaining from food or drink for meals, days, and even weeks at a time, is one of the most powerful ways we have of becoming closer to God and finding true joy. Self-denial leads to a greater sense of wholeness. That's why Christians have fasted for thousands of years, and it's why Lent, the 6-week period between Ash Wednesday and Easter, is a time of serious fasting.

Unless you're an Orthodox Christian, however, you don't have to simply fast from food. Lent can be a time of shedding whatever is standing between you and God. Our time of fasting will be inclusive of eating and activities and human felt needs.

Prayer: Monday mornings at 5:00 a.m. (15, 22, 29, 7, 14, 21)

Remember to place your telephone on mute. You do not have to announce your name.

Conference call number: 1-605-475-6006 Access code: 2797318#

This will be a strict diet. Please consult your physician before starting. Please uphold to the covenant of the fast.

Week 1: Change

Scripture: Genesis 12:1,2

Focus: Jesus knew when you want something you have never had, you have to do something you have never done. We must risk leaving the comfort zone.

Week 2: Gossip: Jesus Never Wasted Time Answering Critics

Scripture: Proverbs 14:7

Focus: Critics are spectators, not players. Critical people are usually disheartened people who have failed to reach a desired goal. Someone has said, "Criticism is the death garble of a non-achiever."

Week 3: Jesus Understood Timing And Preparation

Scripture: Hebrews 11:7

Focus: The quality of preparation determines the quality of performance.

Week 4: Jesus Knew The Power of Habit

Scripture: John 8:31

Focus: "Then said Jesus to those Jews which believed on him, 'If you continue in my word, then are you disciples indeed.'"

Week 5: Jesus Recognized The Law of Repetition

Scripture: Mark 10:32

Focus: What you hear repeatedly, you eventually will believe.

Week 6: Jesus Knew When you want something you have never had, you have to do something you have never done.

Scripture: Genesis 12:1,2

Focus: Everything is difficult at first. Thousands will fail in life because they are unwilling to make changes.

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40-Day Lenten Fast
Length: Wednesday, February 10th -at 6:00 a.m.
Sunday, March 27th at 6:00 a.m..

Week One:	No Complaining
Week Two:	No Gossip
Week Three:	Limit Your Social Media/TV to professional and as necessary
Week Four:	Refrain from Profanity
Week Five:	Practice Kindness to Enemies
Week Six:	Practice Abstinence: Money spent on Coffee or lunch this week should be placed in the well. You will not drink coffee this week nor purchase lunch or dinner.

Diet

- *Sweet drinks, desserts*
- *Candy, cookies, sodas, sweet tea.*
- *You may use sweetener, honey for coffee/hot tea if needed.*
 - *Drink herbal tea(s)*
 - *No Bread of any kind. You may have crackers.*
- *Maintain a Fast of vegetables, fruits, boiled eggs, beans, nuts*
 - *Eat oatmeal and whole grain cereal w/o butter*
 - *No cheese of any kind*
 - *Soups w/o meat*
 - *Pasta w/o cheese/meat (no chicken)*
 - *Meats for this Fast include fish, tofu, lobster*
 - *Refrain from alcohol, smokes of any kind*
 - *No processed foods*