



03.02.22 - 04.17.22

# lent

[ a period of intentional  
preparation for Easter ]





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## [ prepare to fast ]

During Lent, we choose to fast to prepare our hearts for the celebratory season of Eastertide following Resurrection Sunday.

Fasting has many benefits for our physical bodies, our spirits, and our souls. Healthy fasting creates opportunity to re-set our system much like healthy exercise does so we can grow back stronger.

By taking one season to refrain, we will learn to hunger for spiritual things plus we will enjoy the next season of feasting all the more. Use these questions to help you decide which fast is right for you:

Is your body able to fast from food?

YES

NO

Which food could you refrain from to reset your system and hunger more for God?

What else could you refrain from that has become a hinderance or distraction from connecting with God?

When you hunger for this throughout Lent, how do you plan to move toward God instead?