



PRAYER & FASTING GUIDE

# LENT IS A SEASON OF FASTING AND FEASTING.



It begins on Ash Wednesday and concludes on Easter Sunday. Reminiscent of Jesus' fasting for forty days in the wilderness, the Lenten season, not counting Sundays, lasts forty days. The reason Sundays are not counted is that the Lord's Day, according to tradition, is a feast day. Most of us are familiar with the fasting part during Lent. We voluntarily deny ourselves something that we want or something that we ordinarily consume or enjoy in order to deepen our dependence upon God. But each week on Sunday, we are invited to interrupt our fast to feast in remembrance of where this season is headed: the joy of Easter morning!

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*As we begin this journey to the cross and Easter morning together, consider how you will engage with this rhythm of fasting and feasting.*

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## ASK

What do you need to give up during this season in order to grow in your understanding of God's grace and mercy? What do you need to turn your attention from in order to give greater attention to loving God and neighbor?

Fasting does not need to be limited to food or drink. You might consider fasting from your current diet of social media, technology, or entertainment. But remember that fasting is only one part of this Lenten journey.

Consider how might you also spend the feast days. Break your fast. Invite some friends over for a meal or make a

reservation somewhere. Spend intentional time with your family or close friends. Get together with your small group. Whatever you do, find some way to mark the occasion and to celebrate the coming joy of the resurrection. Taste and see that the Lord is good.

## READ

Read Psalm 138 and Matthew 6.1-6, 16-21 to prepare for this powerful spiritual practice.

## CONSIDER

Delete the two most used apps on your phone

Give up buying coffee out

Take a self-guided silent retreat

**[covenant.org/silent-retreat-guide](https://covenant.org/silent-retreat-guide)**

Give up online purchases

Give up TV (including streaming!)

Set strict time limits for social media use

Prioritize Sunday morning worship

Get up 15 minutes early to read scripture and pray

**[covenant.org/devotional](https://covenant.org/devotional)**

Drink only water and coffee/tea

Commit to a small group

**[covenant.org/groups](https://covenant.org/groups)**