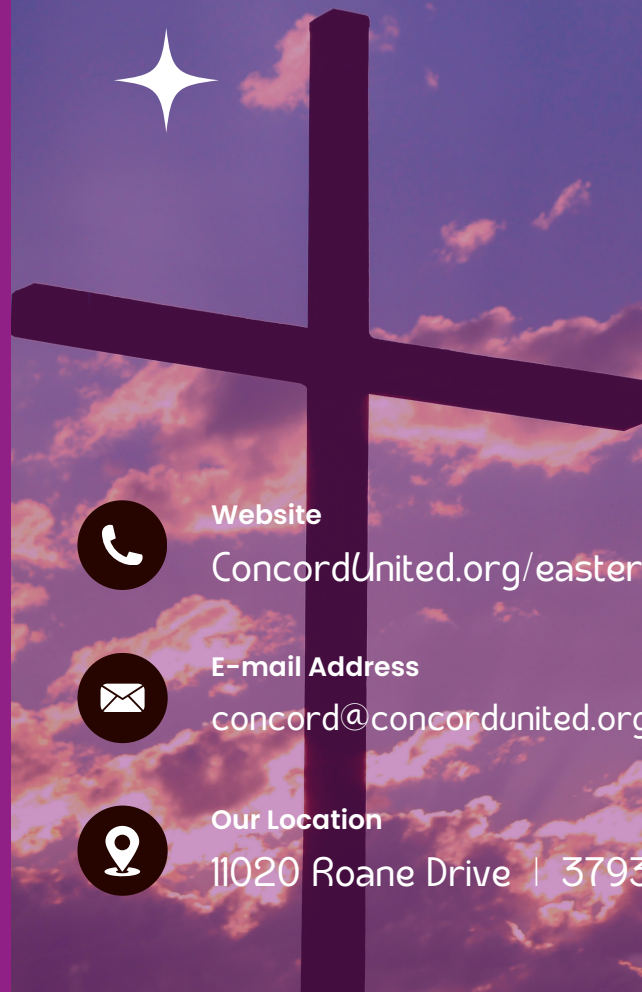


Fasting Suggestions

Suggestions of what to do and not do when fasting:

1. Consider medical issues – Do not fast if you have a medical condition or lifestyle demand that would make fasting harmful to your wellbeing.
2. Start small – Begin with skipping one meal. Do not try an extended fast until you have experience with smaller fasts.
3. Incorporate Bible Reading & Prayer – Consider using the time you would have spent eating to read your Bible and pray. Set aside time to be in the presence of God. This is a great time to engage with our Bible Reading Plan and Daily Devotionals and our Prayer Guide.
4. Do not draw attention to yourself, as noted in Matthew 6:16-18. Do not post on social media about fasting.



Website

ConcordUnited.org/easter



E-mail Address

concord@concordunited.org



Our Location

11020 Roane Drive | 37934



Fasting Cent 2024

Why Would We Fast?

Lent is a forty-day season observed by Christians which begins with Ash Wednesday and concludes the Saturday prior to Easter. Lent does not include Sundays, which are sometime referred to as “little Easters”. The focus of this season includes intentional focus on God through such spiritual practices as prayer, fasting, and serving others.

We often hear of “giving something up” for Lent. Concord UMC will focus on fasting during Lent in conjunction with prayer. Fasting means abstaining, particularly from food for spiritual purposes. This is not a diet plan. This is a spiritual practice. Our motive for fasting and while fasting is God, God-centered and God-dependent

Jesus experienced fasting in the wilderness, going without food for forty days, (Luke 4:1-2). Jesus also spoke about the spiritual practice of fasting. Fasting is part of Jesus’ words to his disciples in what we know as The Sermon on the Mount, (Matthew 6:16-18). Jesus taught to not draw attention to ourselves, but to be seen by our Father.



Remembering the Crucifixion

The founder of the Methodist movement, John Wesley, believed fasting to be a “means of grace”. “Means of grace” are reading scripture, prayer, The Lord’s Supper, fasting and fellowship. Wesley’s focus was through practicing these spiritual practices God’s grace becomes more and more aware to us. He in no way believed that by engaging in these spiritual practices we earn grace. Wesley encouraged early Methodists to fast on Fridays as a remembrance of the crucifixion.



Fast on Fridays

As we journey from Ash Wednesday to the cross and the empty tomb, we encourage fasting. Just as Wesley instilled in the first Methodists, we invite you to fast on Fridays, February 16, February 23, March 1, March 8, March 15, March 22, and March 29. It is a Christian tradition to fast on Friday as it represents the day Jesus was crucified and sacrificed for us.

We recommend one of the three options for fasting weekly during Lent:

- Fridays from 9am-3pm (The hours of the crucifixion)
- Fridays until 3pm
- Fridays until Sundown.

As mentioned, fasting means abstaining. Abstaining from food is one method of fasting. We can also fast from other items, such as screens and social media.

