

VOX CHURCH LENTEN FASTING GUIDE

Lent is the prelude to the most important celebration in the church's calendar, the greatest event of all history and the culmination of the incarnation—the death and resurrection of our Lord Jesus Christ. As we step out of the routine and busyness of our lives, we can embrace special times and acts of devotions to allow the gospel to work its way deeper into our hearts and lives.

Fasting is an act of devotion to God. Our deep hunger to know and love God more fully comes alive when we surrender our physical appetites. Every Wednesday during Lent, you are invited to join us as we fast. *For more information about why we fast, go to <http://voxchurch.org/lent> and view a video about fasting from our Lead Pastor, Justin Kendrick.*

Here are basic steps to prepare for these one-day fasts:

STEP ONE: PREPARE YOUR HEART. SET YOUR PURPOSE.

- Enter this Lenten season expecting to encounter God and his love for you in a deep and transformative way.
- Be consistent. Ask the Holy Spirit to empower you as you embrace these changes in your routine.
- Let all you do be fueled by the power of the gospel. Resist duty and obligation. Invite the grace of God to carry you every day, every hour.
- Anticipate holy interruptions. As we declutter our hectic lives, God will bring others to our attention. That neighbor in need. That friend who is far from God. Areas of your heart where you are resisting surrender. The list is endless. Be responsive to the Spirit's prompts.

STEP TWO: ADJUST YOUR RHYTHMS.

- Don't just abstain from food or activities. Replace these with devotional Bible reading, prayer, and worship. Ask God's Spirit to breathe new life on your devotional practices.
- Create a strategy for a manageable technology fast. Schedule times to put away your phone or laptop. Turn off the TV. Dedicate certain days and times when you will fast social media.
- Be curious about how God is working in your friends' lives. Make time for extended conversations and prayer with other followers of Jesus.

STEP THREE: PICK YOUR FAST.

- Full fast: Drink liquids only. If you have a persistent medical condition, please consult your physician first.
- Daniel fast: Eat only vegetables, fruit, water, and juice.
- Partial fast: Skip one or two meals on specific days or abstain from certain foods.

