



# Lent 2024

## Reflect. Repent. Return

### Fasting Guide

Go to [quicklinks.wordtab.net](http://quicklinks.wordtab.net) for more detailed information about the Lenten Season at Word.

#### What is Lent?

"Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection."

#### What is Fasting?

Fasting is when believers decide to sacrificially deny themselves something for the sake of personal spiritual development and self-discipline. We fast as a family and as a Church because we believe that shared experiences bring shared outcomes. When we are tempted to indulge in the thing from which we are fasting, we should pray, spend time meditating on God, and be strengthened by the understanding that Jesus Christ, our Savior, fasted for 40 days.

#### When will we fast?

- We will start on Ash Wednesday, **February 14, 2024 @ 12 noon**, and end on Thursday, **March 28, 2024 @ 11:59 pm**.
- **Lent allows for a pause from fasting on Sundays.**

#### How are we fasting?

Collectively, our fast will focus on the 4 THRIVE areas: Faith, Family, Finance, and Fitness. We will be challenged in these areas, as we strive to reflect Christ in our lives.

##### Faith

- Engage in corporate devotion at 6:00 am (**Monday – Saturday**)
  - Join us on E-city Campus on Zoom (**Meeting ID: 470 813 4107**); **Call-in - 301 715 8572**, or tune in via **YouTube**.
- Wednesdays in the Word Lenten Services @ 12 noon at the Impact Center, in the CPAW or on our E-city Campus (all platforms).
- Engage in personal reflection at the end of the day by spending 15 minutes reflecting on scripture and prompt from the fasting calendar.

Please be mindful of your health conditions, personal restrictions, **medical advice from your physicians**, and lifestyle when fasting. While fasting requires sacrifice, it also relies on wisdom.



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### Family

- Establish a daily prayer time with family (natural or church).
- Commit to a small family gathering (natural or church) to discuss the fasting focus scripture and your experience.

### Finance (adapted from the 21 days to financial freedom) **ends on March 5, 2024.**

- Only buy essential items. Essential items are defined as:
  - food and medicine
  - personal hygiene items
  - things needed for your job such as pantyhose, work shirts, or a uniform.  
*We should not buy clothing simply because we think we need a new outfit for work.*
  - for family and home (e.g., school supplies, cleaning products. and other items to replace old ones).
- Don't go to the mall.
- Don't window shop. *A major objective is to stop using shopping as a form of entertainment.*
- Don't shop "on-line" or browse through catalogs.
- Don't buy any meals outside the home.
- Don't go to the movies, plays, or spend money on entertainment.
- Don't use credit cards, use cash whenever possible.

### Fitness

- No concentrated sweets: cake, pies, ice cream, cookies
- Water only as beverage (flavored water is permitted)
- 15 minutes of daily active moving (e.g., walking, biking, elliptical)
- Food fast on Wednesday, from 6am - 12 noon.