

2021 CVC LENT PRAYER GUIDE

THROUGHOUT THE WORLD, WE PRAY...

FOR OUR COUNTRY, WE PRAY...

IN OUR REGION, WE PRAY...

FOR OUR CHURCH, WE PRAY...

I PRAY THESE PEOPLE WOULD COME TO KNOW YOU...

FOR MY FAMILY, I PRAY...

FOR MYSELF, I PRAY...

GOSPEL OF LUKE 2021 READING CALENDAR

Week of Feb 21 -Feb 27: Luke 1-4

Week of Feb 28 – March 6: Luke 5-8

Week of March 7 – 13: Luke 9-12

Week of March 14 – 20: Luke 13-16

Week of March 21 – March 27: Luke 17-20

Week of March 28 – April 4: Luke 18-24

FASTING BASICS

WHAT IS FASTING?

Fasting is the spiritual discipline of abstaining from eating in order to gain something spiritually. What is central to the fast is the idea of humbling ourselves through self-denial. Fasting is a voluntary weakness. Fasting is just one of many spiritual disciplines that are all considered part of a normal Christian experience. There are other ways to practice the discipline of self-denial and voluntary weakness that are not tied directly to food (Isaiah 58). This is important for those who have a medical limitation to food fasting.

HOW DO I GET STARTED?

Fasting is a process, and it is wise to start with manageable lengths and progress from there. You might begin by skipping one meal in a day. If you choose this option it is wise to set a time frame for not eating, like 9:00 am to 6:00 pm.

As with any form of self-denial, there will be some discomfort. But if you start gradually and increase over time your body will learn how to adapt and you will be amazed at what you will be able to tolerate while continuing to fulfill your obligations. The objective is the ongoing practice of creating space for God.

