

Fasting



“On our road to success,
Jesus is beside us.”



WORD (Matthew 6:17-18)

Jesus said, ‘When you fast and give up food, wash your face and comb your hair so that others cannot know you are fasting. Only your Father God, who is in heaven, will see you and will reward you.’



THINK
Fasting is a way of showing self-discipline and of focusing on our relationship with God.

MISSION:

What can you go without this Lent? Think of something that you can give up to leave more time and space for what’s important.

