



## 40 Days of Fasting & Prayer Guide

February 22, 2023 (Ash Wednesday) – April 9, 2023 (Easter Sunday)

**Lent** (Latin: *Quadragesima*, 'Fortieth') is a solemn religious observance in the Christian liturgical calendar that begins on Ash Wednesday and ends approximately six weeks later on Holy Saturday, the day before Easter Sunday. The purpose of Lent is the preparation of the believer for Easter through prayer, doing penance, mortifying the flesh, repentance of sins, almsgiving, and denial of ego. It is a season when we mourn our sin and let go of worldly things that keep our hearts from experiencing God more fully.

**The Holy Week:** The last week of Lent is Holy Week, starting with Palm Sunday. Following the New Testament story, Jesus' crucifixion is commemorated on Good Friday, and at the beginning of the next week the joyful celebration of Easter Sunday recalls the Resurrection of Jesus Christ.

### **Invitation:**

In each of these 6 weeks during this Lenten season, you are invited to set aside time from the busyness of our lives to focus on the suffering and sacrifice of Jesus. Pray that the Lord will grace our LENT 2023 with His presence, power and love, and that the daily biblical readings, brief reflections and prayer will recalibrate the values of our hearts to match those of our suffering Savior, and will encourage us to abide in the abundant joy found in Christ as we encounter the Savior more fully and follow him more faithfully.

## **Fasting & Prayer**

You are encouraged to select a time slot on each day, or any day, during LENT 2023 (2/22 – 4/9) that you would like to commit to fasting and prayer. Keep the attached sign-up sheet and follow the devotional prayer guide which will be sent to you and be uploaded to our church's website weekly.

Please spend some time to pray for your family, relatives and friends who have not yet accepted Jesus Christ as their Lord and Savior. Please pray for the patients around the world who are affected by the COVID-19 coronavirus and ask God for mercy and healing. Please pray for world peace and ask God to stop the wars and save the refugees. Pray for churches in the world that they can be the salt and light to witness Christ to bring hope to peoples in great suffering!

Pastoral Team  
February 19, 2023

Encl. LENT 2023 – 40 Days of Fasting & Prayer Guide Signup Sheet

## LENT 2023 - 40 Days of Fasting & Prayer Guide Signup Sheet

Name: \_\_\_\_\_ Small Group: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2/22 Ash Wednesday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/23 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/24 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/25 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
2/26 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/27 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	2/28 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/1 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/2 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/3 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/4 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/5 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/6 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/7 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/8 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/9 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/10 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/11 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/12 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/13 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/14 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/15 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/16 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/17 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/18 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/19 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/20 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/21 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/22 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/23 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/24 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/25 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
3/26 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/27 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/28 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/29 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/30 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	3/31 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/1 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
<b>HOLY WEEK</b>						
4/2 Palm Sunday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/3 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/4 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/5 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/6 <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/7 Good Friday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	4/8 Holy Saturday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner
4/9 Easter Sunday <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner	<b>WHY SHOULD WE FAST AND PRAY?</b> The purpose of fasting and prayer is for us to leave aside our personal desires so we can concentrate on praying. By giving up our personal desires (e.g. the food we crave, our addictions), we can be reminded that only Jesus can satisfy our needs. We can also see the needs of others when we are not focusing on our own desires.					

### GUIDE FOR FASTING

1. You need to spend time to read Bible and pray when you are fasting. It would defeat the purpose of fasting and prayer if you are not praying when you are fasting.
2. Drink more water and avoid any stimulating beverages when you are fasting.
3. Do not overwork or exercise too much when you are fasting.
4. Please make sure your personal health will not be affected when you are fasting.