

Lent 2021

A FAST TO ASK



When Jesus saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”

MATTHEW 9:36-38

WHY FAST DURING LENT?

The season of forty days leading up to Easter is modeled after Jesus who fasted for forty days in the wilderness. Following his example, we fast for the purpose of:

- breaking free from sin • drawing closer to God • to prepare our hearts to celebrate the resurrection

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FASTING IN COMMUNITY

This Lent is a Fast to Ask.

Days 1-20 we will ask God to make our hearts more like Jesus, filled with compassion and love for others.

Days 21-40 we will ask God to send us out as workers on mission to tell and show the story of Jesus.

We have selected themes of fasting to help us towards these pursuits.

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**Sundays are not included in the 40 day count between Ash Wednesday and Easter.*

FIRST 10 DAYS: FEBRUARY 17-27

Social Media

It's far too easy for us to engage with others on social media in a way that idolizes them or belittles them, rather than seeing them as human beings made in the image of God that we actually feel compassion towards as Jesus does. For the first 10 days we are going to cease engaging in social media and instead spend time praying asking to be "filled with compassion" for our world.

CALL TO ACTION

- Read Matthew 9:35-36 every day; try to memorize it.
- Pray every day these 10 days: "Jesus, please fill me with compassion for people."

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Note how you saw God change your heart.

☐ Wednesday, February 17

☐ Thursday, February 18

☐ Friday, February 19

☐ Saturday, February 20

☐ Monday, February 22

☐ Tuesday, February 23

☐ Wednesday, February 24

☐ Thursday, February 25

☐ Friday, February 26

☐ Saturday, February 27

SECOND 10 DAYS: MARCH 1-11

Television

The average American spends five hours per day watching television. You may watch more or less, but regardless there's a great danger to our souls in over indulging in TV. As Pastor John Piper says "Sources of spiritual power—which are what we desperately need—are not in the cinema."

CALL TO ACTION

- Make a list of people to pray for; include your enemies and those you don't pay attention to.
- Continue to read Matthew 9:35-36.
- Ask Jesus to grow your compassion for people on your list.

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Note how you saw God change your heart.

☐ Monday, March 1

☐ Tuesday, March 2

☐ Wednesday, March 3

☐ Thursday, March 4

☐ Friday, March 5

☐ Saturday, March 6

☐ Monday, March 8

☐ Tuesday, March 9

☐ Wednesday, March 10

☐ Thursday, March 11

THIRD 10 DAYS: MARCH 12-23

Sweets

Sweets can be a quick fix to fill our appetites and bring us comfort. In Matthew 9:37 Jesus addresses the appetites of his disciples. He uses the analogy of a “harvest” to call his disciples’ attention to the need to share the story of Jesus with others. But, he notes few people have an appetite to intentionally tell and show the story of Jesus to others around them.

CALL TO ACTION

- Read Matthew 9:37-38 every day; try to memorize it.
- Ask Jesus to give you an appetite for spiritual matters, what He cares about most -- people coming to know him as Lord and Savior.

Note how you saw God answer prayer.

☐ Friday, March 12

☐ Thursday, March 18

☐ Saturday, March 13

☐ Friday, March 19

☐ Monday, March 15

☐ Saturday, March 20

☐ Tuesday, March 16

☐ Monday, March 22

☐ Wednesday, March 17

☐ Tuesday, March 23

FOURTH 10 DAYS: MARCH 24 - APRIL 3

Your Choice

We’ll soon celebrate Jesus rising from the dead; this gives us hope that we’ll be raised to eternal life. What an incredible message to share with the world! But once again Jesus reminds us “the workers are few.”

CALL TO ACTION

- Ask Jesus what to fast from. What keeps you from hearing his voice? From making time for him? From telling and showing the story of Jesus?
- Fast from whatever Jesus reveals to you.
- Pray, “How are you calling me to be a worker for you?”
- Read Matthew 9:37-38 every day; try to memorize it.

Note how you saw God answer prayer.

☐ Wednesday, March 24

☐ Tuesday, March 30

☐ Thursday, March 25

☐ Wednesday, March 31

☐ Friday, March 26

☐ Thursday, April 1

☐ Saturday, March 27

☐ Friday, April 2

☐ Monday, March 29

☐ Saturday, April 3