

## Lenten Fasting Instructions – A Different Kind of Fasting

There are many ways of fasting. In some cultures, people choose to eat sparingly for a set period of time as a spiritual practice. Jesus himself frequently fasted and prayed. During the 40 days of Lent, some Christians fast as a way of drawing closer to God.

Fasting can also be interpreted more broadly as refraining from something that may be distracting you from your relationship with God. This could be a habit, activity or attitude. For example, judging others, worrying about what people think of you, getting caught up in busyness or complaining.

This Lent you are invited to fast from the things that keep you from being with God. You have been given 40 cards, one for each day of Lent. Every morning from Monday to Saturday, select the appropriate numbered card and read the fasting theme for the day (see below for a calendar of days with the accompanying card number to help you keep track). On the card, there will be a question to ponder and a short prayer. For the rest of the day, as you abstain from this activity, attitude or habit, be aware of how it affects your daily life when you don't abstain from it. What message does God have for you today?

Please note: Lent is only from Monday to Saturday each week. On Sundays, we take a break. Day 1 of Lent is Ash Wednesday – 14 February.

### 40 days of Lent Calendar

Day 1 Ash Wednesday 14 February	Day 16 Saturday 3 March	Day 30 Tuesday 20 March
Day 2 Thursday 15 February	Sunday - rest day	Day 31 Wednesday 21 March
Day 3 Friday 16 February	Day 17 Monday 5 March	Day 32 Thursday 22 March
Day 4 Saturday 17 February	Day 18 Tuesday 6 March	Day 33 Friday 23 March
Sunday - rest day	Day 19 Wednesday 7 March	Day 34 Saturday 24 March
Day 5 Monday 19 February	Day 20 Thursday 8 March	Sunday - rest day
Day 6 Tuesday 20 February	Day 21 Friday 9 March	Day 35 Monday 26 March
Day 7 Wednesday 21 February	Day 22 Saturday 10 March	Day 36 Tuesday 27 March
Day 8 Thursday 22 February	Sunday - rest day	Day 37 Wednesday 28 March
Day 9 Friday 23 February	Day 23 Monday 12 March	Day 38 Maundy Thursday 29 March
Day 10 Saturday 24 February	Day 24 Tuesday 13 March	Day 39 Good Friday 30 March
Sunday - rest day	Day 25 Wednesday 14 March	Day 40 Easter Saturday 31 March
Day 11 Monday 26 February	Day 26 Thursday 15 March	EASTER SUNDAY
Day 12 Tuesday 27 February	Day 27 Friday 16 March	
Day 13 Wednesday 28 February	Day 28 Saturday 17 March	
Day 14 Thursday 1 March	Sunday - rest day	
Day 15 Friday 2 March	Day 29 Monday 19 March	