

FASTING

Fasting



WORD OF THE WEEK

(MATTHEW 6: 16-18)

When you fast, do not look gloomy like those who only pretend to be holy. They make their faces look very sad. They want to show people they are fasting. What I'm about to tell you is true. They have received their complete reward. But when you fast, put olive oil on your head. Wash your face. Then others will not know that you are fasting. Only your Father, who can't be seen, will know it. Your Father will reward you, because he sees what you do secretly.



PRAYER FOR THE WEEK



Help us Lord...

To fast from judging others and feast on what makes them special, **All: Lord help us.**

To fast from unkind words and feast on kindness, **All: Lord help us.**

To fast from jealousy and feast on offering compliments, **All: Lord help us.**

To fast from getting angry and feast on being patient, **All: Lord help us.**

To fast from worry and feast on trusting God, **All: Lord help us.**

To fast from complaining and feast on gratitude, **All: Lord help us.**

To fast from nastiness and feast on friendliness, **All: Lord help us.**

To fast from being the center of attention and feast on giving attention to others, **All: Lord help us.**

To fast from holding grudges and feast on forgiveness, **All: Lord help us.**

To fast from selfishness and feast on helping others, **All: Lord help us.**



Give up harsh words: use generous ones.
 Give up unhappiness: take up gratitude.
 Give up anger: take up gentleness and patience.
 Give up pessimism: take up hope and optimism.
 Give up worrying: take up trust in God.
 Give up complaining: value what you have.
 Give up stress: take up prayer.
 Give up judging others: discover Jesus within them.
 Give up sorrow and bitterness: fill your heart with joy.
 Give up selfishness: take up compassion for others.
 Give up being unforgiving: learn reconciliation.
 Give up words: fill yourself with silence, and listen to others.

MEANING OF THE LENT

PRAY
IS LOVE FOR GOD

FAST
IS LOVE
FOR YOURSELF

GIVE
IS LOVE FOR OTHERS

Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to "return to God with our whole heart."

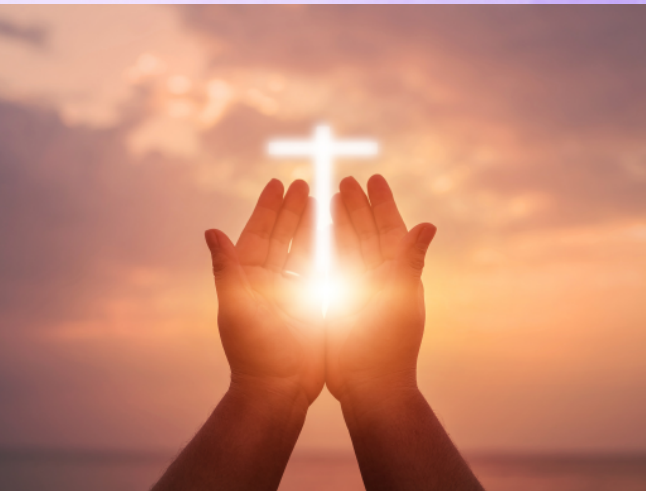
How could fasting this Lent help you to return to God with your whole heart?



Fasting isn't always about not eating. We can fast from lots of different things.

Have a few moments of silence to think about things in your life that you could fast from so that you can either help someone else, have more time for your friends or family or make more time for God.

After some time to think for yourself share with the person next to you some of the ideas you had.



SOMETHING TO WATCH...



Why Fast During Lent?

[CLICK HERE](#)

Come close- One Hope Project

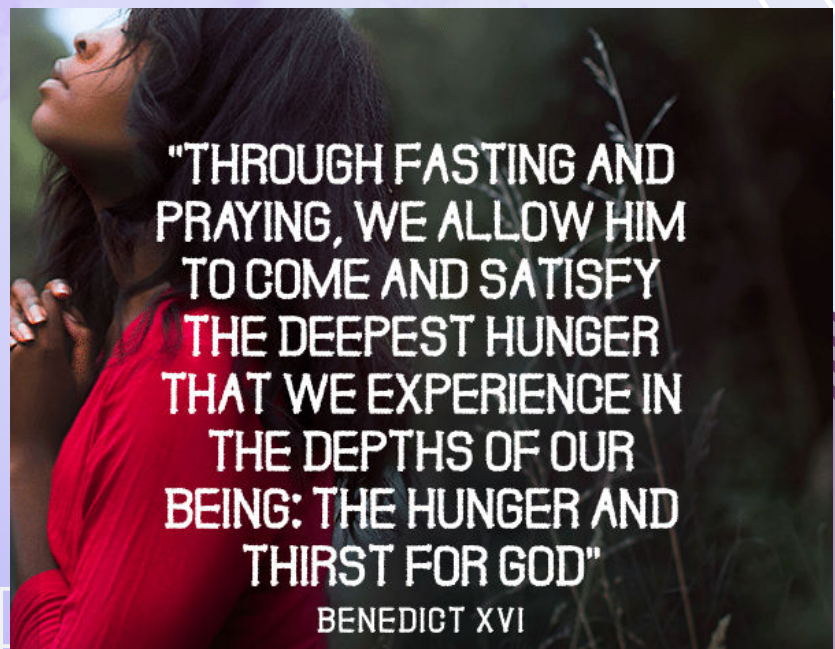
[LISTEN HERE](#)

Heart of Worship

[LISTEN HERE](#)

Take Courage

[LISTEN HERE](#)



"THROUGH FASTING AND PRAYING, WE ALLOW HIM TO COME AND SATISFY THE DEEPEST HUNGER THAT WE EXPERIENCE IN THE DEPTHS OF OUR BEING: THE HUNGER AND THIRST FOR GOD"

BENEDICT XVI