

STRENGTHEN AND GROW YOUR MINISTRY

LCEF MINISTRY MOMENTS VIDEO SERIES

Preparing for Lent #1 – Fasting

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Lent is a special season of the church year for Christians to renew their devotion to Jesus and reflect on His life, death, and resurrection.

How to use fasting to focus on the meaning of the Lenten season?

1. Teach

- Explain how fasting can be a tool to push people to focus on Jesus.

2. Suggest

- Propose practical things for people to give up.
- Ask members to contribute ideas prior to Lent.
- Publish ideas in a communication piece or display.
- Suggestions: giving up certain foods or eating at certain times, refraining from social media use, restricting use of a specific toy, denying certain leisure activities, etc.

3. Point

- Point people to Jesus.
- Prompt people to refocus and spend time with Jesus when they engage in fasting and resist the pleasures that they are giving up.
- Give out devotionals or daily reflection tools for people to use in those moments.

4. Share

- Gather stories of Jesus-focused moments from members.
- Share how the struggle of fasting pointed people to Christ.