

February 14 until April 1

40
DAYS

LENTENFAST

The purpose of **LENT** is for believers to prepare for the coming of Easter through prayer, abstinence, repentance and self-examination. Many commit daily (excluding Sundays) to *giving up* certain luxuries in order to replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. The abstinence is replaced with a Lenten spiritual discipline such as reading a daily devotional, praying or meditating - to draw nearer to God.

From **Ash Wednesday, Feb. 14th until Resurrection Sunday, April 1st** the Ben Hill congregation is encouraged to collectively:

- **Pray for the relief of anxiety in our nation**
- **Pray for the execution of our Vision Statement**
- **Read and study the 2018 Ben Hill Lenten devotional booklet**
- **Participate in one of the following:**
 - 1) Parents, youth and children: Abstain from using electronic devices, social media, and/or streaming services from 5PM to 5AM daily (unless required for essential job related tasks or homework)
 - 2) The Daniel Fast (www.daniel-fast.com)
 - 3) Fast and Feast: Fast for a certain number of hours (i.e. from 5AM to 5PM) then consume all calories within a certain number of hours
 - 4) One Meal Fast: Consume all calories via one meal per day.
 - 5) Individual Open Sacrifice: Abstain from a personal guilty pleasure while seeking support/discussion/guidance from a trusted confidant

REMINDER: If necessary, please consult a physician prior to participating.