

40-Day Lent Fast

February 22 to April 8, 2023

Fresh Wind Christian Center
Pastor Phil and Toni Williams

2 Corinthians 13:5-13:6 (NKJV) *Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves that Jesus Christ is in you? -- unless indeed you are disqualified. 6 But I trust that you will know that we are not disqualified.*

Lent is a forty-day period before Easter which begins on Ash Wednesday.

Lent is a season of Self Examination, Prayer, Sacrificing, and Repentance. In the earliest days of the Church Lent began as a forty-day time of preparation for Easter. By observing Lent, the individual Christian imitates Jesus' withdrawal into the wilderness to fast for forty days and forty nights. (Matthew 4:2)

Where did the name "Ash Wednesday" originate?

In the days when direct fire and/or fireplaces were vital for cooking and heat, a major part of housekeeping was controlling the ashes that were generated. During times of mourning or distress, housekeeping chores would often be left undone and the people would have ashes on their faces. Eventually, the practice of putting on ashes became part of the mourning process. Ash Wednesday represents a time of mourning for sin which makes the sacrifice necessary.

We at Fresh Wind Christian Center do not celebrate the traditional practices of Lent, however, we do observe this 40-day season for a time of Self Examination, Prayer, Sacrificing, and Repentance.

During the Lenten season, February 22 to April 8, 2023, we will fast Monday through Saturday, omitting Sundays, for a total of forty days. We will deny our flesh and focus on the suffering, death, and resurrection of our Savior, Lord, and King Jesus Christ. Because He sacrificed his life, died, rose from the grave, and paid for our sins, we have life both abundant and eternal.

Listed below are some support scriptures to aid you in prayer and study.

- **Let this be a time of self-examination of our commitment to the Lord.**
Galatians 6:3-5 *For if anyone thinks himself to be something, when he is nothing, he deceives himself. But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. For each one shall bear his own load.*

- **Let us deny our flesh.**
Luke 9:23 *Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.*

- **Let us truly seek first His Kingdom.**
Matthew 6:33 *But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*

- **Let us renew our commitment to prayer.**
2 Chronicles 7:14 *If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.*

- **Let us put away worldliness and put on Kingdom holiness.**
Titus 2:11-13 NIV *For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the glorious appearing of our great God and Savior, Jesus Christ .*

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During this 40-day period, we will together sacrifice and deny our bodies of Sweets, Meat, and Bread.

We will also deny our flesh of unnecessary internet socializing via social media, computer games, and unspiritual browsing. We will use this time to add the study of scripture, increase our time in prayer and become more involved in ministry.

IMPORTANT NOTE: Please understand that this is voluntary. If you have special dietary requirements, please do not feel obligated to participate. We do ask if you would still use this time to add the study of scripture, increase your time in prayer and become more involved in ministry.

*SEE ATTACHED FASTING SCHEDULE

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Fasting Schedule – Omitting Sundays

First Ten Days (SWEETS)

February 22 – March 4

We as a ministry will sacrifice all sweets - desserts, chocolate candies.... etc. (breath mints and gum are excluded)

Second Ten Days (MEATS)

March 6 – March 16

We as a ministry will sacrifice all meats except for fish/seafood

Third Ten Days (BREADS)

March 17– March 28

We as a ministry will sacrifice all breads (crackers are optional)

Final Ten Days (SWEETS) (MEATS) (BREADS)

March 29 – April 8

We as a ministry will sacrifice all sweets, meats (with exception of fish/seafood), and breads to follow as weeks prior.