



LENT FAST

Greater Fellowship Church

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Rev. Dr. George Shears III – Senior Pastor

GreaterFellowship.org

Building Lives, Relationships & God's Kingdom

Come as you are. Leave new.

Greetings Greater Fellowship Family!

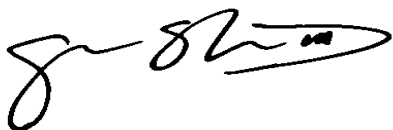
Welcome to what I believe is the most powerful spiritual discipline of all Christian Disciplines: Fasting!

Christian fasting is a believer's voluntary abstinence from food for spiritual purposes. It is a time of repentance, and time is designed to give God access to our lives. In addition, we may need to fast from involvement with people, social settings, social media, hobbies, gossiping, and many other things. Whatever it is, you know fasting is necessary to receive the spiritual breakthrough you need.

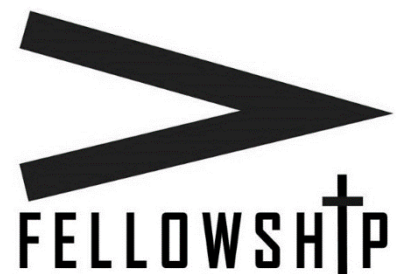
I am convinced that when God's people fast with the sole biblical purpose and motive to seek God's face and not His hand, with a broken, repentant, and contrite spirit, God will hear our prayers and heal our lives. He will recharge our faith, restore our families, reset our finances, and renew our fitness (health).

I ask you this question: Is anything too hard for our God? Let's be encouraged for the next 46 days to fast, pray, and seek the face of God in these four areas of our lives (*faith, family, finance, and fitness*). In the end, we will all be able to say, according to Matthew 17:20, that nothing is impossible because, with God, all things are possible to those who believe. Continue to trust God because, with God, all things are possible.

Shalom,



George Shears III – Senior Pastor



Fast Instructions:

Everyone is encouraged to support our corporate fast by committing to join all corporate gatherings during the fast:

- **Sunday Morning Worship:** 10:00 am in the Sanctuary
 - In-person worship is highly encouraged
- **Women's Bible Study** – Tuesdays at 8 pm (via Zoom)
- **Men's Bible Study** – Thursday at 8 pm (via Zoom)

FIND A PARTNER! Do not do this Lent Fast alone. Find someone who will hold you accountable for all 46 days.

REMEMBER! This fast is not about losing physical weight, although that will likely happen. This fast is about losing spiritual weight, the sins that pull us away from righteous living.

READ: The reading outline for our fast is on the next page. Read the corresponding chapter in the Bible for each day of the fast.

NOTE: If you are sick or under medical care, taking medication(s), have a diagnosed medical condition or disease, are pregnant or lactating, or are younger than 21 – please consult with a medical or parental authority before fasting. The Greater Fellowship Church is not responsible for the adverse effects of fasting under the abovementioned conditions.

PLEASE DRINKS LOTS OF WATER!

Lent Fast: February 22 – April 9

FAST 2023

For this Lent Fast, we are fasting as a church family. Fasting is abstaining from all or some kinds of food or drink, especially as a religious observance.

Lent Fast 2023: NO STARCHES, NO SWEETS & NO SODA

Eat: Meat, fish, eggs, vegetables, and fruit – Eat all you want!

Drink: Water only

Avoid: Sugar and starchy foods like bread, pasta, rice, beans, and potatoes.

Meats & Vegetables EAT ALL YOU WANT!

Artichokes
Asparagus
Bean sprouts
Beef
Brussels sprouts
Broccoli
Cabbage
Cauliflower
Celery
Chicken, Fish
Cucumber
Eggplant
Mushrooms
Onions
Peppers
Salad greens
Spinach
Tomato
Turnips
Zucchini

Lent Fast Reading Schedule:

Day 1: Matthew 4:1-11	Day 24: Chapter 22
Day 2: Matthew 6:16-18	Day 25: Chapter 23
Day 3: Chapter 1 Acts	Day 26: Chapter 24
Day 4: Chapter 2	Day 27: Chapter 25
Day 5: Chapter 3	Day 28: Chapter 26
Day 6: Chapter 4	Day 29: Chapter 27
Day 7: Chapter 5	Day 30: Chapter 28
Day 8: Chapter 6	Day 31: Chapter 1 Romans
Day 9: Chapter 7	Day 32: Chapter 2
Day 10: Chapter 8	Day 33: Chapter 3
Day 11: Chapter 9	Day 34: Chapter 4
Day 12: Chapter 10	Day 35: Chapter 5
Day 13: Chapter 11	Day 36: Chapter 6
Day 14: Chapter 12	Day 37: Chapter 7
Day 15: Chapter 13	Day 38: Chapter 8
Day 16: Chapter 14	Day 39: Chapter 9
Day 17: Chapter 15	Day 40: Chapter 10
Day 18: Chapter 16	Day 41: Chapter 11
Day 19: Chapter 17	Day 42: Chapter 12
Day 20: Chapter 18	Day 43: Chapter 13
Day 21: Chapter 19	Day 44: Chapter 14
Day 22: Chapter 20	Day 45: Chapter 15
Day 23: Chapter 21	Day 46: Chapter 16

Lent Fast: February 22 – April 9

Join us for our Raised to Life Celebration on Easter Sunday, April 9, at 10 am!