

FASTING AND FEASTING IN LENT

FAST from judging others;
FEAST on the Christ within them.
FAST from emphasis on differences;
FEAST on the unity of life.
FAST from apparent darkness;
FEAST on the reality of lights.
FAST from thoughts of illness;
FEAST on the healing power of God.
FAST from words that pollute;
FEAST on phrases that purify.
FAST from discontent;
FEAST on gratitude.
FAST from anger;
FEAST on patience.
FAST from pessimism;
FEAST on optimism.
FAST from worry;
FEAST on divine-order. Trust in God.
FAST from complaining;
FEAST on appreciation.
FAST from negatives;
FEAST on affirmatives.
FAST from unrelenting pressures;
FEAST on unceasing prayer.
FAST from hostility;
FEAST on nonresistance.
FAST from bitterness;
FEAST on forgiveness.

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FAST from self-concern;
FEAST on compassion for others.
FAST from personal anxiety;
FEAST on eternal Truth.
FAST from discouragement;
FEAST on hope.
FAST from facts that depress;
FEAST on facts that uplift.
FAST from lethargy;
FEAST on enthusiasm.
FAST from suspicion;
FEAST on truth.
FAST from thoughts that weaken;
FEAST on promises that inspire.
FAST from shadows of sorrow;
FEAST on the sunlight of serenity.
FAST from idle gossip;
FEAST on purposeful silence.
FAST from problems that overwhelm;



*Expect the
Unexpected*



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Lent is the season that calls and challenges us to review our commitment to God in preparation for the resurrection of Jesus Christ on Easter Sunday

The term Lent is an Old Saxon word that means “spring.” We celebrate the Christian Season of Lent during the forty-day period before Easter, and it begins on Ash Wednesday. Sundays are skipped during this period because Sundays commemorate the Resurrection and are feast days.

The purpose of Lent is to deepen the spiritual life, purify hearts from sin, and to become more closely united to our Savior, Jesus Christ.

This year I am praying each of us will experience Lent in a new dimension. I am also asking each of us to:

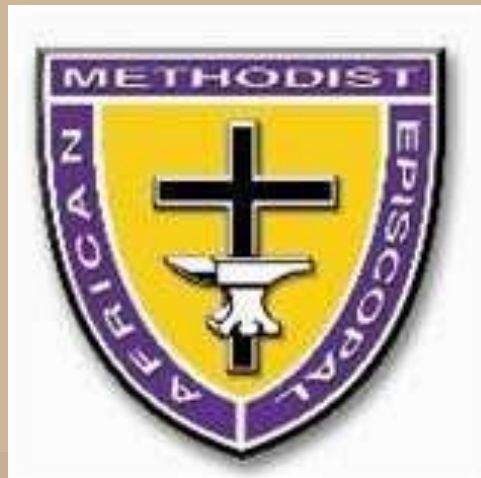
- ✠ Focus our thoughts and prayers on the theme of the District, **Stewardship and Philanthropy**, while we expect God to do the unexpected in our lives.
- ✠ Take advantage of Bible Study experiences, attend them, and other worship opportunities to strengthen your spiritual life.
- ✠ Think of other ways to make Lent special in your spiritual development and add them to your calendar.
- ✠ Covenant to make a special sacrifice of time, talent, and financial gifts to be a blessing in the life of your church and the Kingdom of God.

More importantly, I am encouraging each of us to **Fast and Pray**.

FASTING

A Time of Spiritual Feasting

- ✠ **Fasting** is not so much about food as it is about focus.
- ✠ **Fasting** is not so much about saying no to the body as it is about saying yes to the Spirit.
- ✠ **Fasting** is not about doing without, it is about looking within.
- ✠ **Fasting** is an outward response to an inward attitude and cry of the soul.



THREE KINDS OF FAST FOR LENT

IN PREPARATION OF FASTING THERE ARE THREE KINDS OF FASTS.

The Normal Fast

Involves abstaining from all forms of food, but not from water, and must be distinguished from the absolute and partial fast. It seems clear that this is the type of fast Jesus did most often. In Luke 4:2, we are told Jesus “ate nothing” but not that He drank nothing. After that fast we are told He “was hungry” but not that He was thirsty. The normal fast may also include fasting from sleep, called a “watching” (2 Corinthians 6:5; 11:27).

The Absolute Fast

Abstaining from eating and drinking (Ezra 10:6; Acts 9:9). It must not be longer than two days and caution must be exercised. This is usually an exceptional form of fasting for exceptional reasons.

The Partial Fast

(See Daniel 10:3) Here the emphasis is upon restriction of diet rather than absolute abstinence. One may abstain from eating certain meals; for example, dinner. One may abstain from eating certain foods and drinking certain drinks; for example meat and coffee.