## Our Lenten Journey

Our Lenten journey rests on Christ's teaching in Matt. 6 – **Charity**, **Prayer**, and **Fasting**. The heart of this journey is receiving the love of God (prayer) and serving others (charity). Fasting is simply a tool of self-discipline and self-moderation.

We should fast privately and never legalistically. Legalistic fasting focuses on the food itself and quickly becomes judgmental. Healthy self-discipline opens the door for us to receive the grace of **God** and to love our **neighbor**.

In monasteries, the fast is very strict, and involves complex details about various foods, and if, when, & how food should be cooked. A general fasting rule for Orthodox Christians "in the world" is:

Reduce the frequency & amount of food eaten Abstain from meat, and reduce dairy, alcohol, &/or junk food

If you are served food by someone else, <u>always</u> "EAT WHATEVER IS SET BEFORE YOU," and then resume your fast later. (Luke 10:8; 1 Cor. 10:27)

It is just as important to fast from electronics as from food – yes including religious podcasts. We can be more present with God and less passive.

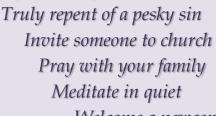
Read your Bible or spiritual book

Come to Wednesday Lenten services

Give to a charity

Visit the sick or send a card

Forgive & let go



Welcome a newcomer

Reconcile with someone
Widen your heart to even more love
Take quiet time to listen



