

## 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, always “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*

*Truly repent of a pesky sin*

*Invite someone to church*

*Pray with your family*

*Meditate in quiet*

*Welcome a newcomer*

*Reconcile with someone*

*Widen your heart to even more love*

*Take quiet time to listen*

