

April 1

A DAY OF FASTING AND PRAYER

Fasting is one of the spiritual disciplines we often do during Lent. It is a time when we can deny ourselves food for one meal and spend the time focusing on the riches of Christ. Of course, if this is detrimental to your health (diabetic, etc), just eat a bit less or deny yourself of a rich dessert or second helping. Spend the time in Bible reading, prayer, singing some favorite hymns or just quiet meditation. You may also think of someone to whom you can write a note of encouragement.

When the day is nearly over, write a paragraph or two about your feelings and thoughts about this experience.

This activity will be used again.

