

February 14, 2021



MATTHEW 6:16-18 (NASB)

TRUTH: After 11 months COVID has just gotten old, really old.

INSIGHT: I have no intention of letting “The Hill” do anything less than celebrate the resurrection of Jesus Christ with our whole heart.

I. WHAT IS LENT?

INSIGHT: Lent is a period in spring set aside for fasting in preparation for Easter.

ENCOURAGEMENT: The pastors and I aren’t asking you to do a 40-day fast but a 21-day fast, of primarily one meal per day.

LENT FAST: A fast that’s all about turning away or depriving yourself of something to draw closer to God.

TRUTH: Repentance is a huge part of the season of Lent.

INSIGHT: Fasting, biblically, is a form of repentance.

II. WHAT IS FASTING?

TRUTH: Fasting is a biblical directive to abstain, usually from food, for spiritual purposes.

FASTING TRUTHS:

1. The length is flexible.
2. The reason for the fast is what matters...a fast should have a purpose.
3. The length should be long enough that our body and will know we are doing it.
4. We fast to remind ourselves of something we are turning from.
5. The fast reminds us to pray about something.
6. The fast reminds us to think about something regarding our walk with God or lack thereof.

7. Fasting is not a law to be obeyed; it is an opportunity for blessing.

Verses to mull over this first week:

1. Proverbs 25:27-28 (NIV)
2. Romans 12:1 (NIV)
3. 1 Corinthians 6:19-20 (NIV)
4. 1 Corinthians 6:13 (Msg)
5. 1 Corinthians 10:31 (CEV)