



Lent

*Journey to Easter,
in Prayer & Fasting*

*"So we fasted and earnestly prayed that our God
would take care of us, and He heard our prayer."*

(Ezra 8:23)

Lent is an invitation. Not to try harder. Not to be “better.” Not to impress God. It’s an invitation to slow down and draw near.

For 40 days, we get to journey together toward Easter. Lent creates space: to pray, to listen, to let go, and to simply be with God. This season is about returning. Every step you take toward Him, He is already moving toward you. No matter where you’re at in your faith, Jesus is excited to show you how much he loves you.

Fasting is not about what we give up; it's about what we make room for. It is discovering what might have a tighter grip on your life than you think. When we set aside comfort or distraction, we discover our hunger again; not just for food, but for God. Fasting leads you back to the One who satisfies every longing.

There are many examples in the Bible where fasting was the key to a spiritual breakthrough. Throughout the history of the Global Church, we have seen the power of God released through these times of consecration. As Hudson Taylor once said, “A life without self-denial is a life without power.”

A note on fasting: We understand that for some, going without food creates complexity. Instead, you might choose to skip a meal, give up a treat, silence a screen, or step away from the noise. Take time to prayerfully consider how the Lord might want to journey with you in these next 40 days.