

40 DAYS OF FOCUS

A 40 DAY JOURNEY THROUGH LENT | MAR 2 - APR 16

We are excited to join together for 40 days of pursuing the heart of God. During this time of self-denial, we will seek His Kingdom first.

When we give up food, time, and other things that fill our senses and our lives, we can deepen our awareness of God and hear His voice more clearly. We can also experience His presence more tangibly, walk in His ways, and be led by His will and not our own.

Over these 40 days, we want to align our hearts with the Savior's. We want to invite Him to work within us individually and corporately. We will unite over His Word, seeking Him in prayer, and in denying ourselves to hear His voice more clearly.

Prayer Focus:

Each week we will have **Zoom Prayer calls** available, or we encourage you to gather a few friends to seek God together, and pray over the cares of our individual lives, our church, and our world.

Fasting Focus:

You can give up one thing for all of Lent, and/or join in on the 'all church' fasting focus:

Lust of the Flesh (March 2nd – 15th)

Depriving our body/flesh of food and instead, feeding our spirit with the Word and presence of God.

- **Ideas:** Fast one meal a day, sugar for all the days, fast all food for a day, or all liquid diet for a certain time frame.

Lust of the Eyes (March 16th – 29th)

Intentionally saying NO to "stuff" and the things of this world to invest our best where it matters most.

- **Ideas:** limit spending on "wants" and entertainment, give more generously toward's God's kingdom or those in need,

Pride of Life (March 30th – April 14th)

Media Fast

Taking time we spend on social media and television to focus our energy and hearts on God. As we draw close to God He promises to reveal himself in new ways.

- **Ideas:** Fast social media for the entire two weeks, fast television for a certain time period, spend less time on your computer, etc.

Scripture Focus:

Join our Bible reading plan on the **YouVersion Bible App**. When you text AC40 to 94000, you will receive the link to sign up. We will read through Luke and Acts over the course of 40 days and have the ability to share within the app what God has spoken to us that day.

Night of Worship: March 13th at 6pm

TEXT AC40 to 94000