



FAST this Lent



PRAY THIS

“Then Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.” He said in reply, “It is written: ‘One does not live by bread alone, but by every word that comes forth from the mouth of God.’” - **Matthew 4:1-4**

- Jesus taught us to rely on God’s word over anything else. How can fasting from things help us to better appreciate God?



WATCH THIS

Watch “Quick Wins with Fr Riley Williams“, where Fr. Williams discusses the Lenten pillar of fasting.
<https://www.youtube.com/watch?v=eXleDp8ueHE>



DISCUSS THIS

- When have you given something up before?

- Is it hard or easy to give things up?



FAST this Lent



- Fasting helps us to practice and grow in the virtue of self-control, just like practicing for a game helps us to build up skills. What is something you like that you can give up, even if just for a little bit, to help you practice self-control?

- Fasting helps us to see what is ultimately important. By giving things up, we begin to see what we should focus on instead. What should you focus on to be closer to God?



DO THIS

Fr. Williams shares that if we struggle to fast, look at something in your life that you spend a lot of time doing or enjoy and then fast from it in a manageable way. Below are some simple things you could fast from. Circle which one you want to practice fasting from. (If you are in a class or group with others, pick one you want to try together)

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|----------------------|----------------------------|-----------------------|
| Favorite Game | Social Media | Airpods |
| Going First | Soda | Favorite Snack |
| Meat | Being on Your Phone | Your Pillow |
| | Listening to Music | |