**New Beginnings Christian Fellowship**

**Lent Fast 2021**

This year’s Lent theme is:

***Confidence In the Midst of Uncertainty***

***“Beloved, now are we the children of God, and it does not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see him as he is.”***

 ***(1 John 3:2)***

During Lent Christians often engage in personal or group *“fasts”* as a way of deepening their faith and becoming more disciplined in their walk with God. Fasts may include modifications of food and beverage intake, and adherence to specific spiritual practices and activities. Throughout Lent season of 2021, I am asking willing members of NBCF to adhere to the following ***FAST*** regiment:

***Yeah!***

* 8 glasses of Water daily
* At least 4 days exercise per week
* At least 3 family meals per week
* Daily personal Prayer, meditation, and Bible Reading
* Worship at least once each week
* Participation in a group Bible Study (NBCF *Thursday Night*, Connections, BSF).
* Increase my giving (if not currently a tither)
* Join a ministry (if not already *“faithfully”* participating in one)
* Develop a plan to address one critical personal growth need.
* Complete the daily readings from, *The Little Black Book for Lent 2021*,

***Nay!***

* No Junk /Fast Food/No Fried Food
* No Sweets (candies, cookies, pies, cakes, etc.)
* No more than 1 cup of coffee per day
* No Alcohol
* No eating after 7 pm (modify as needed based upon medical conditions & work schedule).
* No profanity
* No Gambling (casino’s, on-line, lotto, etc.)
* No participation in the sex industry (consumer or provider)

**Note:** Sundays are exempt from Lent “food” regulations. Behavioral regulations are binding throughout. However, persons are cautioned against eating excessively rich foods on Sundays if fasting during the week. The dramatic shift if dietary practice can cause stomach upset and digestive complications.