



# LENT FASTING & FEASTING



**Mondays - Fast from complaining**

## **Feast on Giving Thanks**

Every time you find yourself complaining, STOP and give God thanks for something instead.

- Give God thanks for:
  - creation
  - provision
  - salvation
  - redemption
  - healing
  - forgiveness
  - the Bible
  - the Holy Spirit
  - family
  - friends
  - answered prayer
  - spiritual leaders & mentors.

Ephesians 5:20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,

