



LENT FASTING & FEASTING



Saturdays - Fast from scrolling
and gaming

Feast on prayer

Try some different prayer techniques.

- Hand Prayer: **thumb**- I love you, Lord, **index**- thank you, Lord, **middle** - I'm sorry, Lord, **ring**- for others, **pinky**-for ourselves, **palm** - listen for what the Lord has to say
- ACTS Prayer - **Adoration**- praise God for who He is, **Confession**- ask for forgiveness, **Thanksgiving**- make a list of gifts received, **Supplication**-asking God to move and act.
- Pray the Psalms - the Psalms are prayers for all occasions: lament, help, guidance, thanksgiving, and praise.
- Pray using the ACNA BCP 2019- take a tour of the table of contents to discover all the prayers available.
- Pray the Lord's Prayer - slow down and consider each line you pray.

