

**TODAY'S
SCRIPTURE
LESSON:
Matthew
6:16-18**

**TITLE:
"Flexing Your
Spiritual Muscle:
The Discipline to
Fasting" (Part II)**

2017 LENTEN SEASON

March 1st --> Ash Wed.;
March 5th --> **1st Lent Sun.**(*Lent Begins*);
March 12th --> 2nd Lent Sun.;
March 19th --> **17th Annv.Sun**;
March 26th --> 4th Lent Sun.;
April 2nd --> 5th Lent Sun.;
April 9th --> **Palm Sunday** (*6th Lent. Sun*)
April 14th --> **Good Friday**;
April 15th --> **Holy Sat.**(*Lent Ends*);
April 16th --> **Resurrection Sunday**

WHAT IS LENT?

Lent is a 40-day liturgical season that allows us to come to terms with the **human condition** we may spend the rest of the year running from and it brings our need for a Savior to the forefront. Like Advent, Lent is a time to open the doors of our hearts a little wider and understand our Lord a little deeper, so that when Good Friday and eventually Easter comes, it is not just another day at church but an opportunity to receive the overflowing of graces God has to offer.

**JESUS-RELATED
'FASTING'**

Luke 2:37--> **Anna Fasts & Prays**;
Luke 4:1-4***--> **JESUS Tmptd.**;
Matt. 6:16-18--> **Sermon on Mnt.**;
Luke 5:33-39***--> **JESUS Qstnd.**;
Matt. 17:21**--> **Demonic Warfare**;

"Moreover, when you **fast**, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be **fasting**. Assuredly, I say to you, they have their reward."

Matthew 6:16

"But you, when you ***fast***, anoint your head and wash your face, so that you do not appear to men to be ***fasting***,..."

Matthew 6:17-18a

"...but to your FATHER who is in the secret place; and your FATHER who sees in secret will reward you openly."

Matthew 6:18b

CONCLUSION:

How have you been cultivating your 'secret' (intensely personal) relationship with GOD?