



lent

WEEK 4: March 22-28; Caffeine, Sweet or Alcohol

Consider fasting from your favorite caffeinated or alcoholic beverage or candy this week. Try placing sticky notes with Scripture or prayer requests on or near where you keep those items so you are reminded to refocus your heart and minds on the Lord throughout the day. Consider setting aside the money you would typically spend on those beverages and pray about where you could give to help those in need.

Prayer of Increase

Lord increase our awareness of our neighbors. God would you allow me to see the needs and success of my co-workers and next door neighbor. Allow me to an opportunity this week to share You with them.