



How to prepare for the Holy Great Lent



What does the church say...?

- **Lent = FASTING**
- **Jesus Christ fasted for us
40 days and 40 nights.**



Importance of
Fasting..?

Why would God
or the church
deprive us from
something we
like, FOOD



Two powers, one human

- 1- BODY: food, timely entertainments, chats, outings, gatherings....
- 2- Spirit: Spiritual food, prayer, solitude, serving, giving.....
- **So then, those who are in the Flesh cannot please God. Romans 8: 8**
- **Meaning , giving too much care and notice to the body.**



What after Fasting.....

A WORLD of Boredom

All the food that I do not regularly eat,
will be very appealing

Sense of always want to do something,
but do not know what

The Substitute policy..."...but if by the Spirit you put to death the deeds of the body, you will live. Romans 8:13

Once I freed the body and mind from certain hobbies or burdens, I must start substituting these by feeding my Soul and Spirit

By feeding the Spirit through:

- setting a dedicated time for reading my Bible. Underline verses, put comments, have a note beside you for questions and verses that are hard or does not make sense to me.

- try to attend an extra liturgy besides the Sunday one.

What will I feel....??? For sure a difference, but it varies from person to person.

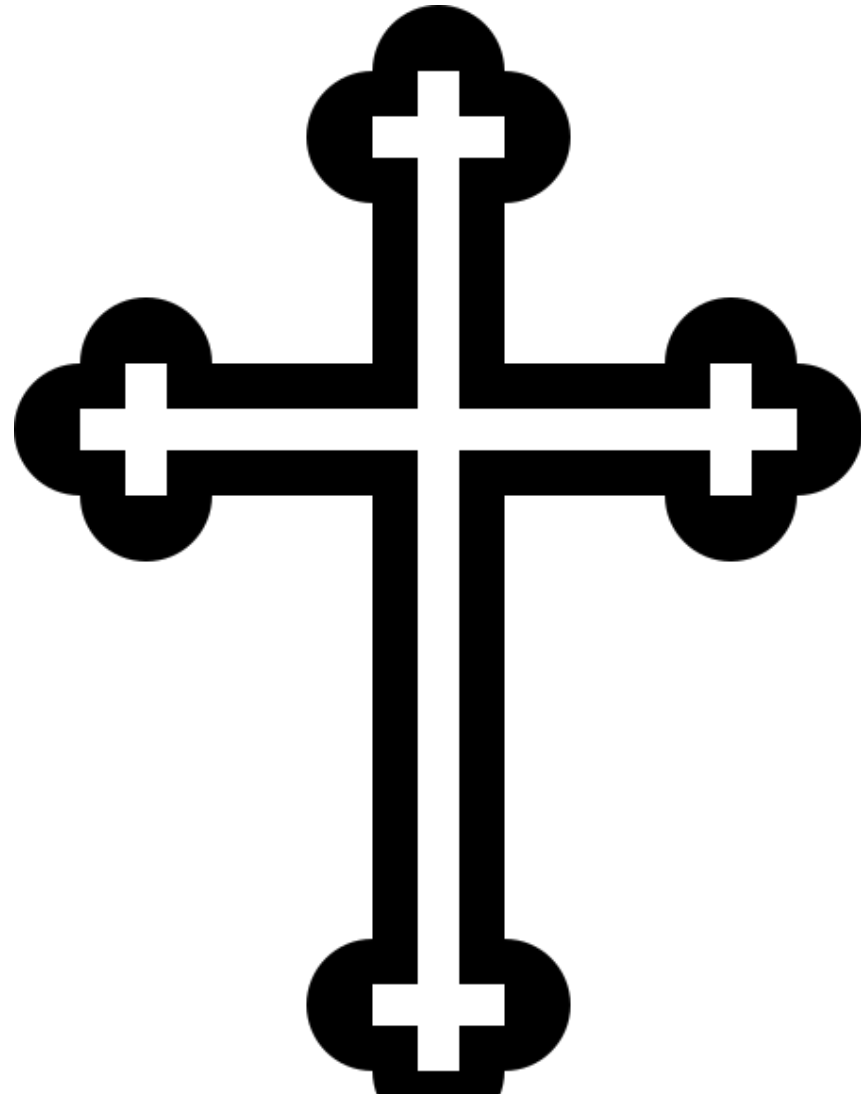
The more we are open, the more we will receive. The more I feed my Spirit the more it can fly into

Abouna....

- **The one person who can help in setting a rough schedule or headings of some sort of Spiritual substitutes , is my Fr. Of confession.**
- **Mainly because it could differ slightly from one to another.**
- **He sorts of coaches my Spiritual progress**

- **I beseech you**
- **therefore, brethren, by**
- **the mercies of God,**
- **that you present your**
- **bodies a living**
- **sacrifice, holy**
acceptable to God which
is your reasonable
service.

*** Romans 12:1**



This Photo by Unknown Author is licensed under [CC BY-SA](#)