

# HERE'S AN IDEA

## Don't Waste a Meal

Fasting Friends,

Here is a great idea to implement during your fast the next couple of days.

During one or two of the meals you'll be fasting today and tomorrow...

- invite someone over to your house
- play a game
- enjoy great fellowship
- share what you long for the Lord to accomplish in and through you during Not A Fan February
- pray with and for one another
- share the Lord's Table
- go out and pay for a meal for someone in need

These things help us focus on what we are pursuing in the fast rather than what we are

giving up. Remember the point of fasting isn't really about giving up food. The fast is about intentionally chasing after Jesus, putting Him first in all things, even something as important as food and asking Him to establish His Kingdom in you.

Enjoy the Lord of the Fast with those who are chasing after the Lord with you,

Fellow God chaser,

Pastor Scott

