

A large, textured background image featuring a mosaic of a face, likely Jesus, with the word "LENT" prominently displayed in large, white, serif capital letters across the center. Below "LENT" is the text "AT VENTURA MISSIONARY" in a smaller, white, serif font.

LENT

AT VENTURA MISSIONARY

WHAT IS LENT?

Lent is a 40 day period of fasting, prayer and devotion that helps us remember our brokenness and God's work of redemption through the person and work of Jesus Christ.

Lent is observed during a 40 day (not including Sundays) period that begins on Ash Wednesday and concludes on the Saturday before Easter and is intended to be a season of preparation and an opportunity to go deeper with God.

The 40 days symbolically represent Christ's testing in the wilderness (see Matthew 4:1-11) in which Jesus fasted for 40 days and 40 nights. Similarly, during Lent, Christians often fast from things like caffeine, alcohol, or sweets as a way to reduce our dependency on lesser things as we learn to rely more fully on Christ. This self-denial does not help us earn anything from God or help us score brownie points with Him, it

simply helps us reduce the clutter, commotion, and noise in our lives in order to rely on Him and make more room to connect with Him through prayer and devotion.

AN INVITATION

We want to enter this season together by participating in some practices designed to help guide you through this season. The guide on page two contains weekly fasts and Scripture readings, along with the sermon focus for the particular week.

Together we will read through the Gospel of John and practice a series of weekly fasts as a way to prepare our hearts for Easter. **Our hope is that God will use this season and these practices to help you connect more deeply with Him.**



WEEKLY SCHEDULE

WEEK 1

February 27-March 5

I Am statement: I am the Bread of Life (John 6:35)

Weekly Reading: John 1-3

This Week's Fast: Food*

*We are obviously not advocating that you fast from food altogether, but rather that you fast from a particular type of food for the week. For example, you might choose to cut out all meat, bread, fast food, or some other type of food from your diet for the week. Alternatively, you can also choose to fast from one meal each day.

WEEK 2

March 6-March 12

I Am statement: I am the Light of the World (John 8:12)

This Week's Reading: John 4-6

This Week's Fast: TV and Movies

WEEK 3

March 13-March 19

I Am statement: I am the Gate (John 10:7)

This Week's Reading: John 7-9

This Week's Fast: Social Media

WEEK 4

March 20-March 26

I Am statement: I am the Good Shepherd (John 10:14)

This Week's Reading: John 10-12

This Week's Fast: Caffeine or Sweets

WEEK 5

March 27-April 2

I Am statement: I am the Resurrection and the Life (John 11:25)

This Week's Reading: John 13-15

This Week's Fast: Shopping*

*We do not mean shopping for necessary items like groceries and basic necessities, but rather causal and unnecessary shopping (online or in stores) as way to break our consumeristic tendencies.

WEEK 6

April 3-April 9

I Am statement: I am the Way and the Truth and the Life (John 14:6)

This Week's Reading: John 16-18

This Week's Fast: Alcohol or Soda

WEEK 7

April 10-April 16

I Am statement: I am the Vine (John 15:5)

This Week's Reading: John 19-21

This Week's Fast: 15 minutes of sleep (wake up 15 minutes earlier and spend the extra time in prayer)

Good Friday Service: Friday, April 15 at 6:30 pm in-person and online at venturamissionary.com or [YouTube](#) (this service will include communion)

Easter Services: Sunday, April 17 at 9:00 am and 11:00 am in-person and online at venturamissionary.com or [YouTube](#)