

Discipline brings Freedom

Lent is a period of 40 days before Easter that helps us to be mindful of our sins/habits, which may be barriers for us to build up a relationship with or serve the Lord. You may want to stop doing something that is harmful to your body, soul or spirit. You may want to fast on something that is not necessarily harmful, but simply to break its stronghold in your life. If you find it hard to stop a certain habit, that could be a sign of your dependence on it. (Ex. Luke 4:4)

Fasting is not to boast our willpower or superior spirituality, but rather to help us experience what it is like to be set free - a freedom that enables us to serve the Lord.

'Hear, O Israel: The Lord our God, the Lord is one. ³⁰Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' (Mark 6:29b-30)

Let us devote our whole being to love the Lord. It is suggested to choose one item from each section, i.e. Body, Mind & Spirit. It is all up to you, or you could follow the thought that the Spirit puts in your heart. Please design your own plan accordingly concretely and specific in "Mine is".

To set Free From	To Set Free For
Lord of my whole person, I commit my body to you by...	
<input type="checkbox"/> Stopping a habit or diet that is harmful to health, eg. aggressive driving, smoking etc Mine is:	<input type="checkbox"/> Starting a habit or diet that is remedial physically, eg. going to bed early (what time?) Mine is:
<input type="checkbox"/> Fasting on a habit or diet that is not necessarily beneficial or harmful to health, but has its grip on me. eg. coffee, wine, chips... Mine is:	<input type="checkbox"/> Starting a habit or diet that nurtures my body although it is not your preference, eg. exercising regularly (What is it? Frequency?) Mine is:
<input type="checkbox"/> Fasting on a habit to "worship" or to serve my body, eg. excessive exercise, undue concern about my health, overemphasis on fashion/appearance. What needs to be "cut"? Mine is:	<input type="checkbox"/> Starting to build up my self-image, eg. improve my appearance/personal hygiene, do something that glorifies God, or that God wants me to appreciate myself and take care of myself and family. Mine is:

Soul: Lord of my whole person, I commit **my soul** to you by...

Quitting an activity that is harmful to your thoughts, emotion or will. eg. pornography, negative thoughts/attitudes, gambling

Mine is:

Starting to read, learn, watch or listen to something good for my thoughts, emotion and will, eg. join a book club, start reading a book I like, invite a friend with positive attitude to discuss a healthy topic.

Mine is:

Fasting from something addictive. Although it may not be sin, or harmful, it occupies my time, thoughts, affecting my value, world-view in some cases, even my emotion. eg. soap operas, video games, social media like Facebook/Instagram, work etc

Mine is:

Reduce the frequency:

Starting to build up some healthy relationship, rebuild some wounded relationship with my family, friends or community etc.

Mine is:

Lord of my whole person, I commit **my Spirit** to you by...

Prayer: Committing to pray for persecuted churches in the world recommended by ECD of C&MA Canada.

Download it for free

http://www.easterndistrict.ca/wp-content/uploads/2019/02/2019-02-20-Open-Doors-WWL2019_FullBooklet.pdf

Hearing God's Voice for myself

Download bootkik app. Then hit this link: <https://www.bootkik.com/recipe/175>

Daily devotional reading: Days of Heaven on Earth, by A. B. Simpson. \$10 each. Provided by ECD of C&MA. Please ask pastors for details.

Devotional materials for free:

You version: 40 Days of Lent, <http://bible.com/r/1N>

爾道自建: 教會網站

<http://tjcac.org/2019/%E7%88%BE%E9%81%93%E8%87%AA%E5%BB%BA-march-2019/>

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<https://bibleis.app.link/trX8tAQgSU>

