



# Fasting to Feasting

## PLANNING FOR LENT

The goal of Lent is to empty myself to be filled with God (Matthew 4:2-4). Scan the QR code above to hear Fr. Timothy walk you through the 3 areas below, then take time this week to write down your plan.

### FASTING [emptying]

*Isaiah 58:3-5*

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### PRAYER [filling up]

*John 15:4-5*

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### GIVING [imitating Christ]

*Philippians 2:5-8*

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