

A Different Kind of Fast FAQ's:

Is this a daily devotional reading?



It could be. That's up to you. You may want to read the scripture passage for the week each day to discover new revelations or you may simply want to set aside one day mid-week to read and reflect.

You may also combine these weekly readings with a Lenten Candle Cross (similar to an Advent Wreath) where one purple candle is lit each week of Lent and the final white candle is lit on Easter Sunday as the Christ Candle.

Do I have to do every Action Gift?

That's up to you as well! Instead of "giving up" something for Lent, consider what you can "give out" to help those in need. Whether you participate daily, weekly, or just once during the season - your gifts of love will be blessed and multiplied by God.

Where and When do I bring my Action Gifts?

You may bring your gifts weekly or monthly or seasonally to the church Narthex and/or Fellowship Hall. Look for the cross display where the gifts will be collected.

Where and When will the Action Gifts be distributed?

The week after Easter Sunday, the Action Gifts will be distributed as follows:

- Week 1 food will be given to the Food Bank of Alabama and/or Trinity Presbyterian Food Pantry who serve the Huntsville community living with food insecurity.
- Week 2 Hygiene Kits will be sorted, checked, and mailed to Church World Service (a partner of Presbyterian Disaster Assistance.)
- Week 3 water bottles will be given to First Stop and Downtown Rescue Mission who serve the homeless in Huntsville.
- Week 4 medical supplies will be given to The Community Free Clinic in Huntsville who serves the medical needs of those who are homeless and/or living in the margins of society.
- Week 5 clothing will be sorted by size and given to Second Mile Development for their community programs offered through The Neighborhood Store.



Reverse Lent: A Different Kind of Fast

is sponsored by the Mission Committee of Faith Presbyterian Church, Huntsville, AL

REVERSE LENT:

A DIFFERENT KIND OF FAST

Isaiah 58:6-9 (MSG)

"This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts.

What I'm interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families.

Do this and the lights will turn on, and your lives will turn around at once.

Your righteousness will pave your way. The GOD of glory will secure your passage. Then when you pray, GOD will answer. You'll call out for help and I'll say, 'Here I am.'



During this Lenten season, you are invited to Journey with Jesus to Jerusalem for his final visit. Each week will provide an opportunity to READ a story of someone Jesus met along the way who was changed, WONDER about the story and it's meaning for today, ACT on the behalf of others by accepting Isaiah's challenge to A Different Kind of Fast, and PRAY for continued guidance to follow in Jesus' footsteps and help those in need.

YOUR JOURNEY WITH JESUS BEGINS ON ASH WEDNESDAY

Read: Isaiah 58:1-12 and Matthew 6:1-6,16-21

Wonder: How will these scriptures inspire our thoughts, words, and actions this Lent?

ACT: Briefly read the six bookmarks provided and make a plan on when, where, and how you will use this guide as an individual, family, or small group.

PRAY: Gracious and Loving God, take my hand and lead me through this Lenten season. Give me eyes willing to see, ears willing to listen, a heart willing to learn, and hands willing to give. Amen.

1st Week in Lent



Read

Matthew 4:1-11

Jesus is Tempted

Wonder

Why did Jesus go into the wilderness?

How was he tempted?

How did he respond?

How are you tempted?

How do you respond?

Act

Place a coin in your bank for each time you resist temptation this week.

Gather food items

for those living in your community who are living with food insecurity.

Pray

*God of all,
Forgive me for the times
when my thoughts, words
and actions have been
misguided or hurtful.
Guide me through this
season and bless my gifts
of food for the
nourishment of others.
Amen*

2nd Week in Lent



Read

John 3:1-17

Jesus and Nicodemus

Wonder

Why did Nicodemus go to Jesus at night?

What did they talk about?

How do you tell someone about Jesus, our Savior?

Act

Place a coin in your bank for each person you talk to this week.

Create a Hygiene Kit (hand towel, washcloth, bar of soap, comb, nail clipper, 10 band-aids, toothbrush) in a gallon-size zipper bag.

for those who are receiving “new life” after a disaster.

Pray

*God of New Life,
Help me be a shine Christ’s
light to everyone I meet.
Bless the hygiene items I
give to help those
recovering from disaster to
begin a “new life.”
Amen*

3rd Week in Lent



Read

John 4:5-42

Jesus and the Samaritan Woman

Wonder

How did Jesus know all about the woman?
What did he tell her about living water?

What kind of water was Jesus talking about?

Act

Place a coin in your bank for each time you drink water this week.

Gather water bottles

for those living in your community who are living on the streets without clean water to drink.

Pray

*God of Living Water,
Quench my thirst to know
more about you so I can live
as you want me to.
Bless the gifts of water I
give so that others may
have clean water to drink.
Amen*

4th Week in Lent



Read

John 9:1-41

Jesus Heals the Blind Man

Wonder

What did Jesus say about the man’s blindness?
What did Jesus do to heal the man?
How can you be Jesus’ light to the world?

Act

Place a coin in your bank for each time speak the name of Jesus this week.

Gather medical supplies

(band-aids, gauze, tape, antifungal cream, antibiotic cream, Aspirin, Tylenol, Advil, vitamins (especially Vitamin D) for those living in your community who need help in obtaining medical care.

Pray

*Healing God,
Help me bring the light of
Christ Jesus to the world.
Bless the gifts of medical
supplies I give so that
others may have the care
they need.
Amen*

5th Week in Lent



Read

John 11:1-45

Jesus Raises Lazarus

Wonder

What did Mary & Martha ask Jesus to do?
How did Jesus respond to their plea for help?
How can you help those who are in need?

Act

Place a coin in your bank for each time you ask God for help this week.

Gather clothing & shoe items (clean, folded or hung neatly and sorted by size) for those who are working to make a better life for themselves and their family.

Pray

*God of Abundance,
Thank you for helping me in
my times of need.
Bless the gifts of clothing I
give to help others have a
better life in this world.
Amen*

6th Week in Lent



Read

Matthew 21:1-11

Jesus Enters Jerusalem

Wonder

How did Jesus fulfill Old Testament scripture when he entered Jerusalem?
What did the people shout as Jesus rode by?

Act

Place a coin in your bank each time you celebrate someone or something this week.

Gather all the items you have been collecting during Lent AND/OR gather additional items for the ministries represented and take them to church this Sunday in celebration for Jesus.

Pray

*Loving God
Thank you for the gift of
your Son, Jesus, who came
into the world so that all
may have life abundantly.
Bless the gifts I bring and
use them to care for others.
Amen*