

TO DO LIST

2023 Family Heritage Lenten Fast



At least twice per week, prepare and eat a meal together as a family, and dedicate at least 30 minutes to prayer and reading the Bible. If you are not related to anyone in our church family and/or are not trying this with your household, see Sis. Ronnie Nelson, and you can either join another family with whom you are close, or we will find a way to get you together with other singles.



As a family, eat only vegetables and drink only water throughout Lent, and have nothing after 8:00 PM. Remember, Sundays are feast days, not fast days! If you are medically unable to fast (please check with your physician), find something else you think is essential that you can clear out to help you focus on hearing the voice of the Lord.



Attend the Lenten "Post Traumatic Slave Syndrome" book study on Thursday nights or the Magnificent Mondays in the Word Bible Study on Monday nights..



Join us on the Prayer Line at the Grove on Thursday mornings to pray for the healing of our families, our church and our community.



Decide what weekly financial sacrifice your family (each member should make some sacrifice) can make, and give it on a weekly basis to Heritage Emory Grove.



At least twice during lent, have Sunday dinner after church with another family. Either extend hospitality to another family or plan to split the costs. It can happen at a home or at a restaurant. Be creative, but spend some time with another family in Christ.