



Pray, Fast, Serve

Lent is the spiritual season that falls between Ash Wednesday and Good Friday. The dates for this timeframe are determined by when the Day of Resurrection falls on the calendar. The forty days of Lent are counted backwards from that day and exclude all the Sundays that fall in that period. Just as Advent is a time to prepare for Christmas, Lent was created as a time to "prepare" one's heart, mind and soul for the sacrifice and resurrection of Jesus Christ our Savior.

Some of our regular events.

Call for more details.

Sunday Worship Service 10:30 AM

Men's Group meets on Tuesdays at 7:00 pm in our Fellowship Hall.

Women of GRACE, inc gather on Wednesdays at 7:00 pm.

Youth Group Meetings on 1st, 3rd and 5th Wednesdays at 6:00 pm. A meal is served.

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You can also find us at:

www.centralchurchfulton.com

and Centralchurch-Fulton on Facebook

Central Christian Church is located at
4670 State Road KK
Fulton MO 65251

Central Christian Church

A Menu of ideas for
Lenten Success



**A walk through the Lenten
season as part of the
Central Church community.**

Prayer

Since God desires a relationship with you more than anything else, a strong prayer life is the best way to express that connection. Be sure to include the most specific details possible. Be still and take the time to slow down. Give God as much time in prayer as you would in any activity of your life.

Intercession

Intercessory prayer is when we lift up the needs of others. Whether it be those who are ill, or grieving, or suffering, we need to lift up those who are in need.

Pray for governmental leadership

From the President down... from the USA to all the nations of the world.

Relationships

Interacting with others is so very important. Ask for God's help to make these relationships stronger.

Forgiveness

For ourselves and for others in our lives.

Family prayer time

Praying before mealtime, bedtime or travel time.

First responders

These wonderful folks put their lives at the scene of events most would never want to have to be involved in. Keeping them in our prayers is important.

Education

Schools, teachers, administrators, support staff and students. They all need our emotional AND spiritual support.

Fasting

Fasting can be done in many forms. Some people give up something for Lent that might be difficult. "Fasting" from things that bring us pleasure, or may be a form of crutch, or even an addiction, can help us become more focused in our spiritual life. Giving up something that tends to be more addictive to us like chocolate or caffeine, or maybe difficult to set aside like cursing, alcohol, or tobacco could be given up during the 40-day period of Lent. This may even lead to a more long-term change towards positive behaviors. No matter what you choose as your "Fast" do it with the understanding that ultimately the relationship with God is what this process is all about. He doesn't want anything else to come between us and HIM.

Fast from Negative emotions and traits

Complacency, unhealthy Comparisons, need for Control, Complaining, Worry... all types of things that cause us to stray onto paths that lead away from God's will in our lives.

Fast from Recreational time

If activities or hobbies separate us from God, then that may be something that needs to be given up. television time, computer time, phone time, sports, or any other events that seem addictive.

Declutter for Lent

Spend a little time each day during Lent to remove clutter from your room, your home, your office, or your life. Donate the unneeded items to local non-profit organizations.

Toxic relationships

Is there someone in your life that does nothing but bring you heartache and trouble? Find ways to make that relationship more healthy. You may find that stepping away from that relationship is the only way.

Service

The Apostle James wrote in his Epistle, "...For as the body without the spirit is dead, so faith without works is dead also." By this, James meant that our actions and deeds do not justify us or make us righteous before God, nor are they the means to salvation. Instead, our deeds are the fruit that grows from one who is obedient to God's commands and transformed by His grace. What we do everyday is the outward expression of our inward beliefs. Do good because God loves us and we love HIM. Be kind... even when it might be hard.

Give compliments

Whether it be to someone you know, or a complete stranger, a sincere compliment could really make a difference in their life.

Volunteer your time

We have lots of opportunities in our community to lend our time and talent. SERVE, the Food Bank, and more. Find a location that speaks to you.

Help those in need

Maybe it's an elderly neighbor, or a single parent, or someone who is homeless. Ask them what you can do that might be helpful for them.

Acts of Random Kindness ("ARK")

You could pay it forward at the drive up window. You could take someone out to lunch unannounced. How about a simple smile at a passerby?

Write a note

Spend a moment writing a letter, sending a card, or reaching out in some way to let people know they are awesome.

Make a phone call

Reach out to someone you haven't talked to recently. Especially if they may be going through a rough time. Couple this together with some prayer time. Maybe God has someone for you to contact.

Share a special, unexpected meal with someone who needs lifting up.