



# Friday Fast

For Life, Marriage & Religious Liberty

## March 7: First Friday

### Intention:

As we begin Lent, we pray for the strength to commit ourselves to prayer, fasting, and almsgiving so that we may grow to love you, God, more each day.

### Did you know?

There is a difference between fasting and abstaining. In the Latin Church, fasting means only taking one full meal for that day, with the possibility of two smaller meals that do not equal a full meal. Abstinence is the act of going without something, such as meat from our Fridays during Lent. Click [here](#) for more information on fasting and abstinence.

### Quick Links

- ⇒ [Call to Prayer Facebook page](#)
- ⇒ [Join the movement! \(Video\)](#)
- ⇒ [Past weekly intentions and reflections](#)

### Reflection:

Lent is here, and it couldn't come at a better time! Lent is our way of taking a long loving look at ourselves and our lives and asking, "How can I be more faithful to the Gospel and grow deeper in my relationship with God?" To help us answer this question, the Church asks us to consider prayer, fasting, and almsgiving during this season.

Friday's Scripture readings focus particularly on fasting. During Lent, we may abstain from various things: sweets, soda, idle conversations, etc. But the prophet Isaiah and Jesus remind us that the things which we abstain from should not be done for themselves alone, but to change our hearts. When we give up something, emptiness is created in our lives. We are called to fill that emptiness with God. Isaiah gives us a clue as to what this looks like in a concrete way: justice, sharing, care for the unwanted and mistreated. What will you give up this Lent and how will this lead you closer to God?

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