

# **PRAYER & FASTING**

## **2020**

### **WHAT WE WILL DO FOR LENT AS A MOVEMENT**

#### **1 FASTING**

We challenge everyone to fast from food on Fridays until 3pm

#### **2 SELF DENIAL**

We encourage everyone to fast from some practical thing(s), such as: sugar, coffee, alcohol, smartphone, social media, etc.

#### **3 COMMUNION**

12:00pm - 12:30pm every Friday  
Teesside Church

### **EASTER WEEKEND**

**Thursday - April 9 - 4:30-6pm**

Last Supper Night - Teesside Church

**Friday - April 10 - Daytime**

Carry Cross & Street Preaching

**Sunday - April 12 - 10:30am**

Baptism Service - Teesside Church