

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