





Confession:
E.g., Daniel 9




Effective Prayer:
E.g., Ezra 8



Hearing God:
E.g., Luke 4



*Appetites and
Temptations:
E.g., Luke 4*



Fasting isn't
commanded,
it's assumed:
Matthew 6:17; 9:15

SOCIAL MEDIA





Yes to....?

- <https://www.catholiccompany.com/getfed/wp-content/uploads/2014/02/AshWednesday-1250x450.jpeg>
- https://www.healthline.com/hlcmsresource/images/AN_images/AN148-Empty-Plate-Red-Check-Napkin-732x549-thumb.jpg
- <https://blog.westmonroepartners.com/the-rise-of-the-social-media-representative-smr/>
- <http://reachingutopia.com/wp-content/uploads/2013/04/caffeine-drinks.jpg>
- <http://www.bracebridge.ca/en/explore/resources/Banner---Shopping.jpg>