

mar
29 Hosanna to the Son of David! P(s)alm Sunday
22:1-51

30 The Exodus God
22:1-16

31 The Great & Gentle God
22:17-36

apr
01 Exaltation over Enemies
22:37-49

02 The King saves the king!
22:50-51

03 Good Friday The King's Last Words
23:1-7

04 Holy Saturday David's Band of Men
23:8-39

apr
05 Easter - What David the King Knows
24:1-25

SEVEN ITEMS TO F.A.S.T. FROM WEEK TO WEEK:

1) SOCIAL MEDIA

texting, Facebook, Instagram, Twitter,
Pinterest, et cetera

2) FOOD

junk food, refined sugar, meat

3) MUSIC

background music, in the car, songs playlist

4) WORDS

opinions, suggestions, chatter

5) MONEY

spending on anything non-essential to
survival

6) PEOPLE

refrain from meeting up and having
conversations via social media

7) STIMULANTS

sugar, caffeine, Tylenol, Advil (unless
medically necessary)

Let us go in this order it appears, that way we
as a community can go through the same items
together.



REDEEMER
C.E.F.C.

F.A.S.T. 2015

The season of Lent has come. It is a period of time that is marked by contemplation of our life with God, a time to confess our sins and embrace our brokenness. We call this period F.A.S.T. which stands for Fresh Attitudes Showing Trust. During our journey to Easter, it is our hope that we may have this as our fruitful outcome together as the people of God. This year we will be reading through the Book of 2 Samuel. Daily readings are assigned to aid you along the way. Please arrange an accountability partner. The purpose is you can offer support to the other person and they can offer support for you. Below you will find the items to fast from for this year's F.A.S.T. May the goodness of God lead us to new patterns that cultivate a continual closeness to our Father through Jesus Christ by the power of the Holy Spirit.
Amen.

2 SAMUEL

feb
15

How the Mighty have Fallen!
1:17-27

16

Rewind! Doing the Unthinkable
1:1-16

17

Two Kingdoms
2:1-11

18

When Kingdoms Clash
2:12-32

19

The Stronger & Weaker Kingdom
3:1-21

20

Intrigue & Power Politics
3:22-39

21

Rewind! Doing the Unthinkable....again!
4:1-12



feb
22

The Poster Child of Israel
5:1-12

23

The Fruitful Family of David's Harem
5:13-16

24

God Answers Prayer!
5:17-25

25

Recession! Taking Steps Backward
6:1-9

26

The Ark among the Servant of Edom, the Philistine
6:10-12

27

Processional! Taking Steps Forward
6:13-19

28

Daughter of Saul's Fruitless Kingdom
6:20-23

mar
01

An Eternal Promise
7:1-17

02

A Humbled King
7:18-29

03

Enumerating the Victories of the King
8:1-1-14

04

When a True King Reigns
8:15-18

05

A Name Worth Remembering
9:1-13

06

Picking a Fight with the King
10:1-8

07

Chalk up another Victory for the King
10:9-19



mar
08

David's Transgressions
11:1-27

09

The Prophet's Parable & the King's Confession
12:1-15a

10

A Matter of Death & Life
12:15b-31

11

Absalom's Sister's Shame
13:1-22

12

Absalom's Angry Act
13:23-33

13

Absalom's Flight
13:34-39

14

Absalom's Amiable Arrival
14:1-33

mar
15

Absalom's Uprising
15:1-12

16

David's Flight
15:13-29

17

David's Grief
15:30-37

18

A King's Ransom
16:1-4

19

Cursing the King
16:5-14

20

The King's Prayer Answered
17:1-14

21

Preserving the King
17:15-29



mar
22

O my son Absalom, my son, my son Absalom!
18:1-33

23

National Day of Mourning
19:1-8

24

Aligning Allegiances to the King
19:9-15

25

Settling Accounts
19:16-43

26

Heads Up!
20:1-26

27

Seven Up!
21:1-14

28

"The Bigger they are,..."
21:15-22