

RESTORE HOPE

MINISTRIES

Restoring families in financial crisis to economic and spiritual vitality.

Lenten Fast-A-Meal

John Wesley, founder of the Methodist movement, called us to “fast, give alms, and pray,” as he believed the combination of those elements is important for the growth of our faith. Restore Hope Ministries’ Fast-a-Meal program brings these together through the season of Lent to help Christians grow in faith and help restore economic and spiritual vitality for families in need.



FAST a meal through Lent

Deny yourself one meal each week or day during Lent. If you cannot fast for health reasons, consider giving up a daily comfort.



PRAY for those in need

Visit lent.restorehope.org for a helpful prayer guide and suggested daily scriptures.



GIVE alms to help us restore hope

Donate the amount saved from your fast to give hope to a family in financial crisis.

For the cost of one meal each week during Lent, we can provide food for a family whose pantry is bare, a Bible for a family without one, and needed funds to prevent homelessness. For more information or to make a donation, go to donate.restorehope.org or call 918-582-5766.