

Steele Hill AME Zion Church Devotional Booklet  
In Celebration of Easter  
A Devotional for Easter Season  
Turn in by January 31, 2016  
Booklet distributed Wednesday February 10th (Ash Wed)

When preparing your devotional please use the following guide

**Title:** “What your devotion/meditation is centered on”

**Scripture:** “A scripture that supports your devotion/meditation”

**Commentary:** Your thoughts about your devotion/meditation – can include a testimony, commentary about what the scripture means to you or a short story that ties into your title/scripture.

**Prayer:**

**Name:**

**Example:**

**Title:** Fasting That Matters

**Scripture:** “What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me.” Isaiah 58:4 (NLT)

**Commentary:** As I write this, my stomach growls. For the fourth year in a row, our family is participating in what our church calls “the 5 day Challenge, “ a modified fast in which we eat a diet similar to that of most of the world’s poor: small portions of oatmeal, rice and beans, the occasional tortilla or handful of veggies. We add a small amount of chicken to our dinner portion. Last night, day 2, we got home late. My husband sat at the table, waiting for me to make dinner. I felt angry and resentful, stirring the beans, which overcooked and turned to mush. We got into a silly argument. Hunger makes you cranky. So this morning, I tried to remember why I engage in this annual modified fast. Isaiah 58 says we fast to share our food with the hungry – take the money we would spend on groceries and donate it to provide food for the poor. Fasting provides Jesus an opportunity to clear away the clutter in our soul. This morning I read Isaiah 58:4 and wept into my oatmeal. My fasting had led to quarreling. I was still trying to depend on my own strength to get through the day. I need Jesus to help me. I need to depend on Him like I typically depend on food.

**Prayer:** Dear Lord help us to learn to depend on you to more than we depend on food. Give us strength for the journey and encourage us to find ways to share food with the poor in our community.

**Name:** Keri Kent