

# GRO-HI

God's Return on His Investment

Session 16

Feb 18, 2026



Expect a return



*Ash*

WEDNESDAY

Ash Wednesday marks the start of Lent, a 40-day period of prayer, fasting, and repentance for certain denominations preparing them for Easter; it symbolizes human mortality and the need for spiritual renewal through the imposition of ashes in the shape of a cross on foreheads, reminding believers, "Remember you are dust, and to dust you shall return".



**Isaiah 1:13-18**

**Isaiah 58:3-7**

**Amos 5:21-27**

**Matthew 6:16-18**

## **Key biblical occasions for fasting include:**

**Repentance and Confession:** Used to turn back to God, as seen with Israel at Mizpah (1 Samuel 7:6) and the people of Nineveh (Jonah 3:5-8).

**Seeking Protection or Deliverance:** Jehoshaphat declared a fast when facing a great army (2 Chronicles 20:3), and Ezra called for one to ask for a safe journey (Ezra 8:21).

**Grief and Mourning:** Individuals and groups fasted upon the death of leaders like Saul (1 Samuel 31:13) or in personal sorrow, such as David when his child was sick (2 Samuel 12:16).

**Spiritual Preparation and Guidance:** Jesus fasted for 40 days before starting his ministry (Matthew 4:1-2), and the early church fasted before appointing leaders (Acts 13:2-3, 14:23).

**National Crisis and Judgment:** When under threat of destruction, such as in Esther's time (Esther 4:16) or when God's judgment was imminent (Joel 2:12-15).

*Everything that God has  
given us, and everything that  
we call a blessing is an  
investment from God.*

# Examples

Blessing	God's Return
Freedom, <b>Exodus 3:12</b>	Worship
Home / Family, <b>Joshua 24</b>	Service
Children, <b>Deuteronomy 6:6,7</b>	Teach them about God
Employment / Career, <b>1 Corinthians 10:31</b>	Work in a way that God gets the glory
<b>Anointing, Luke 4:18</b>	Caring out the will of God