

40 days

Fasting & Praying

2018 INTERACTIVE GUIDE



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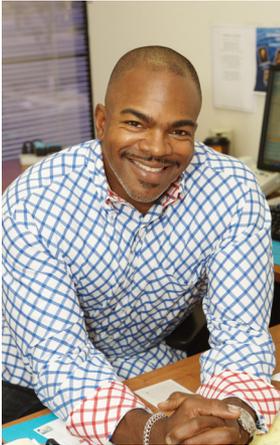
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From the Pastor's Desk



Mount Calvary will celebrate Lent with the observance of a 40-day fast, beginning February 19, 2018. This 40-day observance will entail guided reading of Scripture, fervent prayer, a modified Daniel fast, 30 days of disconnecting for the purpose of reconnecting, 20 days of laughing out loud, and 10 days of silence.

As you will note, the two new features to our fast are disconnecting for the purpose of reconnecting and laughing out loud. The disconnect to reconnect segment of our fast is intended for us to disconnect from our devices in order to deepen our connection with those who matter most. The 20 days of laughing out loud is intended to lighten our mood, put smiles on our faces, and make us feel better.

We will culminate our 40 day fast on Good Friday, March 30, 2018. As you actively follow this guide, expect the unexpected and unimaginable. God is about to TRANSFORM your life by using this fast to begin your TRANSFORMATION from who you have been to who God wants you to be.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Let the Countdown begin!

THE GUIDE TO CORPORATE AND INDIVIDUAL FASTING

is delivered through:

Dr. Claybon Lea, Jr.

Revised 02/19/2018

The purpose of this fasting and prayer guide is to offer a road map for all who will seek God during this 40 day period. This guide will identify activities that we will intensify, adjust, and/or refrain from as we seek the presence and power of God. In Exodus 34, Scripture notes the radiance of Moses' face after he spent time in God's presence on Mt. Sinai for 40 days and nights. Matthew 4 observes that Jesus came out with power after he had fasted 40 days and nights! We will dwell in God's presence for 40 days and anticipate coming out with more power to make a difference in the world.

“How to use this guide”

The guide includes: a color-coded calendar (to assist you with keeping track of each of the features of the fast), the modifications we will make to our diet (including suggestions on which foods to have and which foods to avoid), specific prayers to pray and scripture to read each day, and tips on how to finish the fast.

The primary nature of this fast is *spiritual*, however, it does include adjustments to one's daily diet. Therefore, Mount Calvary Baptist Church strongly encourages you to *consult your physician and/or fitness trainer prior to beginning this fast*. Mount Calvary Baptist Church is *not* liable for any physical and/or medical challenges that anyone may experience during the fast.

FASTING: WHAT'S IT ALL ABOUT

Fasting is eating sparingly or abstaining from food altogether, either from necessity or desire. In medical terms, fasting is the detoxification of the body through the restriction of food.

Spiritual fasting entails setting aside activities as well as reducing the intake of food and replacing these activities with the exercise of prayer and preoccupation with spiritual concerns. The *New Testament (NT)* word which is translated “fasting” literally means one who has not eaten, one who is empty.

Three types of fast are generally recognized, 1) normal, in which there is no intake of food for a prescribed period of time, though there may be an intake of liquids; 2) partial, in which the diet is limited, though some food is allowed; and 3) absolute, in which there is total abstinence from food and liquids in all forms.

The context of fasting is prayer. It should conform to the same conditions as prayer: unostentatious quietness before God, arising out of gratitude, expressing thanksgiving, grounded in faith, as a means of spiritual growth.

Fasting is associated with preparation for revelations and visions, similar to the ancient Greek practice of “incubation” (Exodus 34:28; cf.; I Kings 19:8).

Fasting is also associated with the conduct of or preparation for “Yahweh war.” The Israelites practiced fasting at Mizpah in the face of the Philistine threat (I Samuel 7:6), and Saul imposes a fast on his militia until he succeeds in seeking vengeance against the Philistines (I Samuel 14:24; cf., II Samuel 11:11–12; I Maccabees 3:46; II Maccabees 13:12).

In the postexilic period, fasting was used as a means of calling on God’s direct assistance when the community was in great danger (Ezra 8:21–22, 31b; Esther 4:15–16; Daniel 9:3; 6:17–25). This notion may help to explain Jesus’ otherwise enigmatic reference to demons that can be driven out “only by prayer and fasting” (Mark 9:29, Matthew 17:21). Tertullian (On Fasting) notes, while commenting on I Samuel 7:6, that when one fasts, “Heaven fights for you” and “divine defense will be granted.” Jesus’ fast in the wilderness may have elements of preparing both for revelations and for “war” with Satan (Matthew 4:1–11; Gk. *nēsteiūō*).

The prophets contrast outward fasting with inward corruption, stressing that social justice is the “fast” that God prefers (Isaiah 58; Zechariah 7:3ff.).

Fasting bears the imagery of grief. David mourns and weeps and fast when he hears of the deaths of Saul, Jonathan and Abner (II Samuel 1:12; 3:36). Nehemiah fast at the news of the fall of Jerusalem (Nehemiah 1:4). When Haman issues the edict to kill the people of Mordecai, the Jews fast, weep and wail for their destiny (Esther 4:3). Fasting carries the imagery of

penitence (see REPENTANCE). For example, Ahab, the king of Israel, fast at Elijah's threat to destroy his household for having taken Naboth's vineyard (I Kings 21:27). He tears his clothes, puts on sackcloth and goes about despondently. Ahab humbles himself before the Lord and seeks His mercy. The Lord sees this and withdraws the evil He had proclaimed against him (v. 29). Israel, as a corporate group, fast on the occasion of repentance. Particularly on the Day of Atonement, the people of Israel are commanded to fast in repentance (Leviticus 16:29, 31; 23:27, 29, 32).

Fasting is used as a means of piety. The psalmist confesses that he humbled his soul with fasting (Psalm 35:13) and that when he wept in his soul with fasting, he was publicly insulted (Psalm 69:10). In the NT, Anna, a prophetess and a widow to the age of eighty-four, never leaves the temple, serving night and day with fasting and prayer (Luke 2:37). The disciples of John the Baptist and the Pharisees fast regularly. Particularly, the Pharisees are reported to fast twice a week (Luke 18:12; see extra biblical sources Didache; 8:1; Psalm of Solomon 3:8). Fasting is conducted for the sake of personal piety and spiritual discipline.

Summary

In its simplest term, fasting is the deliberate act of sacrificing things that are a normal part of our lives. As Christians, we include prayer as the vital key to unlocking what we seek and need from God. Three strongholds from which we need deliverance are negativity, unnecessary spending, and unwise food choices. All of these join forces to rob us of the abundant life that Jesus promised in John 10:10. Therefore, we begin a forty-day journey to freedom by sacrificing things that we are accustomed to. Our only hope for a successful journey is to pull away from the world and more closely Walk With God.

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THE AIMS OF THIS FAST

The aim of this season of sacrifice is to experience the transformational presence and power of God through the spiritual disciplines of self-denial, Scripture reading and prayer over a 40 day period.

1. To saturate ourselves with Scripture
2. To pray without ceasing
3. To deepen our relationships with those who matter most
4. To practice a healthier lifestyle
5. To enjoy life
6. To learn the value of silence

THE RESULTS

THOSE WHO PARTICIPATE IN THIS SEASON OF SACRIFICE WILL EXPERIENCE A TRANSFORMATION OF THEIR RELATIONSHIP WITH GOD, THEIR PHYSICAL HEALTH, AND THEIR PERSONAL AREAS OF BONDAGE, AS WELL AS CONGREGATIONAL AREAS OF NEED.

THE PRECAUTIONS

Always consult physician and/or personal trainer before beginning a fast. If you are taking Insulin, Tolinase, Glipizide or Glyburide for diabetes, you are encouraged to eat at least two servings of starchy vegetables per meal. The starchy vegetables consist of green peas, corn, yams, sweet potatoes, white potatoes and hard shell squash. You should also include pinto beans, black-eyed peas, red kidney beans, navy beans, lima beans, kale, Swiss chard and crowder peas as your vegetables..

FASTING WHILE NURSING OR PREGNANT

We do not advise nursing or expecting mothers to observe the fasting portion of this season of sacrifice without the approval of her doctor, for the sake of both the mother and her precious bundle of joy!

THE PLAN

- ■ **40 Days** of Scripture Reading and Prayer
- ■ **40 Days** of modified Daniel Fast
- ■ **30 Days** of Disconnecting and Reconnecting (with the Father, family and/or friends face-to-face)
(No cell phone, smart device, computer, or social media use for 1hr/day)
- ■ **20 Days** of LOL (Laugh Out Loud)
- ■ **10 Days** of SILENCE (5 min./morning, noon, & evening)

February 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 - Day 1 ■ ■	20 - Day 2 ■ ■	21 - Day 3 ■ ■	22 - Day 4 ■ ■	23 - Day 5 ■ ■	24 - Day 6 ■ ■
25 - Day 7 ■ ■	26 - Day 8 ■ ■	27 - Day 9 ■ ■	28 - Day 10 ■ ■			

March 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 - Day 11 ■ ■ ■	2 - Day 12 ■ ■ ■	3 - Day 13 ■ ■ ■
4 - Day 14 ■ ■ ■	5 - Day 15 ■ ■ ■	6 - Day 16 ■ ■ ■	7 - Day 17 ■ ■ ■	8 - Day 18 ■ ■ ■	9 - Day 19 ■ ■ ■	10 - Day 20 ■ ■ ■
11 - Day 21 ■ ■ ■ ■	12 - Day 22 ■ ■ ■ ■	13 - Day 23 ■ ■ ■ ■	14 - Day 24 ■ ■ ■ ■	15 - Day 25 ■ ■ ■ ■	16 - Day 26 ■ ■ ■ ■	17 - Day 27 ■ ■ ■ ■
18 - Day 28 ■ ■ ■ ■	19 - Day 29 ■ ■ ■ ■	20 - Day 30 ■ ■ ■ ■	21 - Day 31 ■ ■ ■ ■	22 - Day 32 ■ ■ ■ ■	23 - Day 33 ■ ■ ■ ■	24 - Day 34 ■ ■ ■ ■
25 - Day 35 ■ ■ ■ ■	26 - Day 36 ■ ■ ■ ■	27 - Day 37 ■ ■ ■ ■	28 - Day 38 ■ ■ ■ ■	29 - Day 39 ■ ■ ■ ■	30 - Day 40 ■ ■ ■ ■	

FOOD & LIQUIDS

NO FOOD AFTER 9:00 P.M. NIGHTLY!!!

Days 1 - 3 (February 19 - February 21)

- PRAYER!!!

Days 4 - 20 (February 21 - March 10)

- Tofu, fish, turkey or chicken
- Vegetables
- Water & liquid protein drink and/or doctor's recommendation
- Fruits and nuts for snacks

Days 21 - 39 (March 11 - March 29)

- Vegetables only
- Water & liquid protein drink and/or doctor's recommendation
- Natural juicing
- Fruits and nuts for snacks

Days 40 (March 30)

- Vegetables for breakfast (no meat)
- Water & liquid protein drink (3 times a day max)

Note: You are encouraged to increase the amount of vegetables you eat.

FOODS TO HAVE:

All Fresh Fruits: apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grape-fruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.

All Fresh Vegetables: artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.

All Whole Grains: oats, rolled oats, oatmeal, barley, corn, wheat

Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, kidney beans, cannellini beans, black beans, etc. Grain legumes include beans, lentils, peas.

Seeds: all nuts.

Liquids: water, 100% all natural fresh squeezed fruit or vegetable juices.

Oils: All quality oils including olive, canola, grape seed, peanut, and sesame

Other: Tofu, soy products, organic vinegar, herbs, and spices.

FOODS TO AVOID:

NO BREADS

NO FRIED FOODS

NO DAIRY PRODUCTS (CHEESE, MILK, BUTTER, ETC.)

NO BATTER BASED FOODS (PANCAKES, WAFFLES, ETC.)

NO DESSERTS

ALL MEATS MUST BE BAKED OR BROILED 8 OZ. MAX PER DAY

BEVERAGES ARE LIMITED TO WATER, FRESH SQUEEZED, NATURAL

JUICE*, LIQUID PROTEIN DRINKS, AND/OR DOCTOR'S RECOMMENDED

*** USE OF A JUICER (NUTRIBULLET, NINJA, ETC.)**

IS HIGHLY RECOMMENDED.

DAYS 1- 6

FEBRUARY 19 - FEBRUARY 24

- **PRAY** that our commitment to fast and to intentionally seek God's face will result in God blessing us personally and congregationally.
- **PRAY** that God will TRANSFORM us and make us TRANSFORMERS.
- **PRAY** for our ability to recognize spiritual warfare and to resist the devil and his schemes.
- **PRAY** that God will TRANSFORM our stewardship of MYSELF, MY MINUTES and MY MONEY, resulting in obedient, honest, loving, grateful, and faithful living and giving.

DAILY BREAD

Day 1

Romans 1:1-17

Day 2

Romans 1:18-32

Day 3

Romans 2:1-16

Day 4

Romans 2:17-29

Day 5

Romans 3:1-20

Day 6

Romans 3:21-31

Breakthrough Notes

DAYS 7 - 13

FEBRUARY 25 - MARCH 3

- **PRAY** for holistic TRANSFORMATION to be shown in our spiritual, relational, physical, mental, emotional, financial and vocational health.
- **PRAY** for MCBC’s senior pastor, staff and church leadership.
- **PRAY** for MCBC to successfully live out its TRANSFORMATIONAL mission to lead individuals into a DYNAMIC relationship with Jesus Christ and equip them for service to God and humanity.

DAILY BREAD

Day 7

Romans 4:1-12

Day 8

Romans 4:13-25

Day 9

Romans 5:1-11

Day 10

Romans 5:12-21

Day 11

Romans 6:1-14

Day 12

Romans 6:15-23

Day 13

Romans 7:1-6

Breakthrough Notes

DAYS 14 - 20

MARCH 4 - MARCH 10

- **PRAY** that the preaching of the gospel, sincere praise and spirit-filled worship, along with TRANSFORMING ministry and genuine Christian love result in holistic church growth.
- **PRAY** for healthy families - nuclear families, blended families, and single parent families - who glorify God.
- **PRAY** that MCBC recommits to providing children and youth with dynamic ministry that radically TRANSFORMS their lives, ultimately resulting in service to God and humanity.

DAILY BREAD

Day 14

Romans 7:7-13

Day 15

Romans 7:14-25

Day 16

Romans 8:1-11

Day 17

Romans 8:12-17

Day 18

Romans 8:18-25

Day 19

Romans 8:26-30

Day 20

Romans 8:31-39

Breakthrough Notes

DAYS 21 - 27

MARCH 11 - MARCH 17

- **PRAY** for MCBC to continue to be a church where the Spirit leads, the Word feeds, and the ministry meets life's needs.
- **PRAY** for MCBC to continue to see thousands of disciples developed and TRANSFORMED through a well-organized strategy and structure who then perpetuate ministry that leads people from spiritual infancy to spiritual maturity.
- **PRAY** for God's blessings upon MCBC's mission work in foreign countries; TRANSFORMING lives by providing services for medical, educational, spiritual and humanitarian needs.

DAILY BREAD

Day 21

Romans 9:1-5

Day 22

Romans 9:6-18

Day 23

Romans 9:19-29

Day 24

Romans 9:30-33, 10:1-4

Day 25

Romans 10:5-13

Day 26

Romans 10:14-21

Day 27

Romans 11:1-10

Breakthrough Notes

DAYS 28 - 34

MARCH 18 - MARCH 24

- **PRAY** that God will grant MCBC all of the necessary approvals from the city, county, and other entities to build facilities to accommodate the ever-expanding growth and vision of making disciples and equipping believers to serve God and humanity.
- **PRAY** for all national and local government officials of the United States of America.
- **PRAY** for God’s people who are persecuted for their Christian faith around the world.
- **PRAY** that the world will accept Jesus Christ as Savior and Lord.

DAILY BREAD

Day 28

Romans 11:11-16

Day 29

Romans 11:17-24

Day 30

Romans 11:25-32

Day 31

Romans 11:33-36

Day 32

Romans 12:1-8

Day 33

Romans 12:9-21

Day 34

Romans 13

Breakthrough Notes

DAYS 35 - 40

MARCH 25 - MARCH 30

- **PRAY** that our children will be kept from senseless violence while at school and at play.
- **PRAY** that human traffickers will be caught and brought to justice, and that young ladies victimized by this evil will be set free.
- **PRAY** for the **TRANSFORMATION** and eradication of biased and inequitable education and judicial systems.

DAILY BREAD

Day 35

Romans 14:1-12

Day 36

Romans 14:13-23

Day 37

Romans 15:1-13

Day 38

Romans 15:14-22

Day 39

Romans 15:23-32

Day 40

Romans 16

Breakthrough Notes

FINISHING YOUR 40 DAY COUNTDOWN

“Transformed”

Every undertaking in life requires a good start and an even better finish. As we conclude our 40 day Fast, how you end the fast is of supreme importance. Just as the fast began with a plan, it is best to end the fast with a plan as well. It has been said that proper preparation prevents poor performances. Therefore, the information below is intended to share some practical and portable principles that will prepare you to conclude the fast and continue its results.

Pause to praise and thank God

- Praise God for who He is and who God has shown Himself to be during your 40 days of praying, reading, and fasting (Psalm 22:3-4; 34:1; 48:1; 63:3-5; 107:21-22; 113:1-3; 149:1-6; 150:1-6)
- Thank God for what He has done for you, in you, through you, around you and in spite of you during your 40 day countdown and fast (Psalm 100:4-5; 105; 106)
- Thank God for what you expect Him to do and the extras He has planned for you as a result of your 40 day countdown and your divinely designed destiny – A DEEPER RELATIONSHIP WITH GOD!

• 40 Days Of Scripture Reading and Praying

God’s Word

Now that you have established the habit of reading God’s Word daily for 40 days, turn the habit into a discipline.

Commit yourself to reading the Word daily, whether it is one verse, an entire chapter or an entire book.

Feed your faith and starve your doubts.

• 40 Days of the Modified Daniel Fast

1. Pace yourself

- If you have gone 24 hours or longer with only water to drink you do not want to suddenly introduce a heavy meal into your stomach. Begin with a little fruit, and some “light” (easy to digest) foods. Note: This biblical example from *1 Samuel 30:12*, *And they gave him a piece of a*

cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him: for he had eaten no bread, nor drunk any water, three days and three nights. **Note: This scripture is not regarding fasting, only that Samuel had been without food for three days.**

- If you have gone 24 hours or longer consuming water only, you should try to avoid meats, dairy products, and any fats or oils for a week or more. Re-introduce them very slowly and in small amounts. If you choose to disregard this advice, please be careful to consume these items in small amounts and at a very slow pace. You should not immediately return to what was your normal consumption. By now, whether you realize it or not, you nor your body is the same. You and your body have changed during the fast. Returning to your previously normal eating routine may shock your body, spirit and mind. The ultimate consequence could be that you end up worse after the fast than you were before the fast in physical, mental and spiritual health.
- Realize your stomach is smaller now, so eat lightly. Stop eating before or no later than the moment you feel full. If you were raised to eat everything on your plate, you have just three options: 1) prepare or order smaller portions, 2) eat what you can and save the rest for later (e.g. “to-go box” and/or store in refrigerator) or 3) eat what your stomach will allow and consider yourself excused (in spite of your upbringing or restaurant bill).
- As a general rule and especially during the first week after the fast, try to stay away from starches like white pastas, white rice, or white bread. Wheat pasta, brown rice and whole wheat bread, including Melba toast, are much better for you if you choose or feel the need to consume these food items.
- It might be wise to start with a little soup, something thin and nourishing such as vegetable broth made from onion, celery, potatoes, and carrots. Fresh fruits such as watermelon and cantaloupe might also be suggested as you start your post-fast eating.
- In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to re-adjust to its usual regimen.

2. Practice a healthy lifestyle (N.E.S.T.)

- **Nutrition**

- Deliberately consume a good portion of vegetables daily
- Deliberately drink 6-8 glasses of water daily (8 oz. each)
- Discipline yourself not to eat “red meat” at all or, at the least, eat it sparingly versus regularly; while beef does offer both iron and protein, it is most difficult for the body to digest and can lead to physical ailments such as “gout” and/or clogged arteries; “lean meats” are best
- Discipline yourself to stop or greatly reduce your eating of “fried foods” – fried food is one of the major contributors to high cholesterol, diabetes and heart problems; (fast food/fried food, drinks with high sugar content and sweets have catapulted American children/youth to record highs for juvenile diabetes)
- Discipline yourself to control your intake of sugars (i.e. juices, sodas, candy, snacks, granulated sugar and too much fruit)
- Discipline yourself to control your use of salt
- Determine what type of fats are in the food you are purchasing or eating; you should aim at foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- Determine the dairy products that your body can handle and incorporate them into your diet (fat-free, low-fat milk, soy milk and like milk products are best for your health)

- **Exercise**

- Try to exercise at least three days a week, prioritizing 30 min. of cardiovascular exercise (i.e. walking, swimming, bicycling, running, etc.) – swimming is relatively no-impact and walking is relatively low-impact cardiovascular exercise
- To lose fat and gain physical definition you must incorporate some type of workout that involves weights and/or rigorous exercise using your own body weight; securing the services of a Personal Trainer is highly recommended for those who 1) have never used weights to workout, 2) are not sure how to use the equipment properly, and/or 3) have reached a plateau and desire to see significant progress
- If you have not engaged in regular physical exercise in quite some time, are significantly overweight or out of shape, you should consult your physician before starting any exercise program

- **Spiritual Growth**

- Spiritual fasting is NEVER about losing weight.
- Spiritual fasting is about *gaining* spiritually: a closer relationship with God; prayer (supplication and intercession); securing the miraculous; experiencing spiritual breakthroughs; destroying yokes of bondage; discerning, being equipped and prepared for the next move of God; holistic cleansing (spiritual, mental, emotional and physical); repentance and rededication; gaining spiritual strength; being refined and improved for God's use; starving, sacrificing and surrendering the flesh; feeding the spirit - Be intentional about your spiritual growth (2 Peter 3:18; Ephesians 4:11-16)
- Be prepared for spiritual warfare (1 Peter 5:8-10; Ephesians 6:10-18)
- Expect to realize the results and spiritual growth from the fast in the weeks and months to come
- Keep God first! (Matthew 6:33)
- Seek God daily and sincerely in faith (Hebrews 11:6)

- **Thinking**

- You are what you think! (Proverbs 23:7)
- Your thoughts control everything about you – spiritually & physically
- Your MIND is one of, if not, the most important part of the body; the MIND is the control center
- Your MIND is as or more important than your body in your success in exercise – fitness and health start in the MIND!
- Your MIND is also of extreme importance to your disposition and perspective in life – attitude, actions, accomplishments, and advancement all hang on the hinges of your MIND
- Your personal, spiritual and emotional health and growth are in direct proportion to the health of your MIND
- Resist and rebuke NEGATIVITY (Philippians 4:8)
- Your MIND must be saturated with the WORD! (Psalm 119:11; Romans 10:17; Philippians 2:5-11)
- Your thinking must be POSITIVE! (Ephesians 3:20; Philippians 4:8)

3. Perpetuate temporary activities as permanent habits

- Pray several times a day (in the Word)

- Scripture (read, hear, study, memorize, meditate & apply)
- Listen to and for God's voice
- N.E.S.T. (Nutrition, Exercise, Spiritual Growth, Thinking)
- Incorporate fasting into your life as a personal spiritual discipline (e.g. a day, week, etc.)

4. Preserve your notes

- Matthew 4:1-11 teaches us how to survive a fast, become victorious over the flesh and the devil, with the Word of God
- Matthew 4:11, in particular, warns us that the devil only departs “for a season”
- Therefore, it is a wise thing for us to keep our notes for future references. Eventually, God will demand similar sacrifices of us (whether in a fast or not) that will require and facilitate much of the same things on a different level. Moreover, we know that the devil will always return in an attempt to defeat us and keep us from our destiny. Jesus, however, proves to us the faithfulness of the Father to safely guide His children to His destiny for their lives, in spite of the devil's greatest attacks.
- Save your notes. You'll need them again and again, until you hear God's voice say, “Well done my good and faithful servant.”

• 30 Days of Disconnecting and Reconnecting

Over the course of 30 days, you have reconnected with those who matter most (i.e. God, family, friends). This has been achieved through your willingness to disconnect from your devices and have face-to-face time with some of your biggest blessings. Congratulations! While technology helps us to communicate, it sometimes reduces our face-to-face talk time with one another. We are wise to use the technology that we have, but unwise if we allow it to become a substitute for meaningful conversation. So, keep talking to your heavenly Father, your family, and your friends. Your disconnection from devices will deepen your reconnection with precious people.

• 20 Days of Laughing Out Loud

The Bible says in Proverbs 17:22, that “A cheerful heart is good medicine.” Laughter makes you feel better. Laughter improves your health. Laughter reduces stress. Laughter lightens your mood. Laughter helps you to live longer. Laughter keeps you from taking

yourself or life too seriously. Keep laughing and make sure that you continue to laugh out loud.

- **10 Days of SILENCE**

Life is noisy! You do not realize how noisy life is until you stop and attempt to embrace God in silence. It is always difficult to be silent when you are accustomed to so much noise. Sometimes life is the noisiest in your own head! It is hard to silence your loud thoughts. Therefore, silence can seem abnormal until you get into the habit and create the discipline. Jesus often stole away from the crowds and the disciples to be alone with God. When you learn to embrace silence, you meet God in a different way. You find peace and calm in the silent moments with God and with yourself. So, now that you have been introduced to the silence as a spiritual discipline, keep going. Take time daily to be still and silent. God will meet you there.

YOU HAVE SOUGHT AND EXPERIENCED THE PRESENCE OF GOD. YOU HAVE PERSEVERED THROUGH 40 DAYS OF READING THE WORD, FASTING, PRAYING, IMPROVING YOUR DAILY DIET, CONNECTING WITH THOSE WHO MATTER MOST, LAUGHING OUT LOUD, AND LEARNING THE VALUE OF SILENCE. NOW, MAKE ALL OF THESE DISCIPLINES A PART OF YOUR DAILY LIFESTYLE.

NOW BE YE TRANSFORMED!



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