



# 40 days

*Fasting & Praying*



2019 INTERACTIVE GUIDE

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by

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## *From the Pastor's Desk*

For almost 20 years, our church has engaged in prayer and fasting during the holy season of Lent. This season in the Christian calendar is marked by Jesus' intentional procession to the cross to die for our sins and be raised for our victory. It is therefore a season of sacrifice and supplication.

This year our season of fasting and prayer will begin on March 11th and conclude on Good Friday, April 19th. During days 1-10, we will simply focus our attention on prayer and consecration. All are encouraged to seek the Lord in prayer throughout each day, simultaneously feasting on the Word of God. Days 11-40, we'll continue to focus on prayer with the addition of fasting. As in years past, we will adopt a modified Daniel fast as our fasting practice. The combination of supplication and physical sacrifice will facilitate a more intimate relationship with God and spiritual strength that will impact every area of our lives.

Expect to hear God more clearly, love God more deeply, and experience God more holistically as a result of this time of prayer and fasting. God is preparing you for what is soon to come. Dedicate and discipline yourself in this sacred season.

Matthew 6:33 (ESV)

*But seek first the kingdom of God and his righteousness, and all these things will be added to you.*

# THE GUIDE TO CORPORATE AND INDIVIDUAL FASTING

is delivered through:

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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.

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.

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.

## FASTING 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!

## FOODS TO HAVE

(The list below consists of suggested foods, but it is not intended to be an exhaustive list)

**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

### **BREADS**

### **FRIED FOODS**

**DAIRY PRODUCTS (CHEESE, MILK, BUTTER, ETC.)**

**BATTER BASED FOODS (PANCAKES, WAFFLES, ETC.)**

### **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 RECOMMENDATION**

**\* USE OF A JUICER (NUTRIBULLET, NINJA, ETC.)  
IS HIGHLY RECOMMENDED.**

## 8 STEPS TO PRAYER AND CONSECRATION

1. Start each day with a prayer of thanksgiving and a declaration of desire to experience God's presence.
2. Confess and repent of your sins, asking God to cleanse your heart and mind.
3. Saturate your mind with God's Word
4. Pay attention to and note how God directs your thoughts, interactions, decisions, emotions, etc.
5. Obey God immediately.
6. Pray for a more intimate relationship with God and pray for others (including your church, Pastor, family, friends, country and enemies).
7. Worship the Lord with songs of praise and trust.
8. Follow these same steps every day.

## 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.

## FASTING GUIDE SCHEDULE

Prayer:

Days 1 - 10 (March 11 - March 20)

- G4: Get To It!  
Grow - 2 Peter 3:18  
Glow - Matthew 5:16  
Give - Matthew 25:14-30  
Go - Matthew 28:16-20

Prayer and Fasting:

Days 11 - 30 (March 21 - April 9)

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

Days 31 - 39 (April 10 - April 18)

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

Day 40 (April 19)

- Vegetables for breakfast (no meat)
- Water & liquid protein drink

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

**YOU HAVE SOUGHT AND EXPERIENCED THE PRESENCE OF GOD. YOU HAVE PERSEVERED THROUGH 40 DAYS OF FASTING, PRAYING AND IMPROVING YOUR DAILY DIET. NOW,**

**MAKE ALL OF THESE DISCIPLINES A PART OF YOUR DAILY LIFESTYLE.**

**GET TO IT!**



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