

WHAT IS FASTING?

Biblical fasting is essentially the act of willingly abstaining from eating or drinking all or certain types of food and/or drink (e.g., caffeine, meat, carbs, sweets, cigarettes, alcohol, fried foods, junk food, etc.) or activities (e.g., television, social media, secular music, etc.) for a specific period of time for the purpose of denying ourselves so that we can feed the hunger of our spirit and discern more clearly God's purpose for our lives. Lent should be approached with a prayerful spirit and a penitent heart, with which you sincerely seek God who responds with spiritual results.

The following are a few examples of Biblical fasts:

Disciples Fast — Goal: For freedom from addiction or from a besetting sin.

"This kind goeth not out but by prayer and fasting."
Matthew 17:21

Samuel Fast — Goal: For revival and for winning others to Christ.

"This went on year after year. Whenever Hannah went up to the house of the Lord, her rival provoked her till she wept and would not eat." I Samuel. 1:7

Daniel Fast — Goal: For health and physical healing.

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."
Daniel 1:12

Widow's Fast — Goal: For meeting the needs of the needy by sacrificing physical needs.

"They worshipped idols, though the Lord had said, 'You shall not do this.'" II Kings 17:12

For more detailed information see:
Fasting for Spiritual Break Through
by Elmer L. Towns

ARE YOU PRAYING?

- Do you thirst for a closer walk with God?
- How often do you fast?
- Do you know the different types of fasts?
- Do you pray daily?
- Do you regularly read and meditate on Scripture?
- Do you always pray before your meals?
- Do you have a designated solitary place to pray?
- Do you use a specific prayer pattern as you pray?
- Do you have prayer positions?
- Do you keep a prayer journal?
- Do you record your prayer requests and answers?
- Do you have a prayer partner?
- Do you pray out loud in public?
- Do you pray with people over the phone?
- Do you pray with people about their needs?
- Do you intercede for others when you pray?
- Do you pray for others in need?
- Do you pray for others who have special needs?
- Do you pray daily with your spouse?
- Do you pray daily with your children?
- Do you pray for your enemies?
- Do you read and study books on prayer?
- Do people seek you out to pray for them?
- Do you pray for your church?
- Do you see miraculous answers to your prayers?

Prayer Line

Dial-in Number: (605) 472-5349

Conference Code: 348952#

During this season of prayer and fasting, I commit to do the following to feed my hunger for God.

My Reason for Fasting:

Personal Prayer and Devotion:

Relying on God for direction and strength, I commit to pray for _____ days and to complete the prayer itinerary.

Goal:

Every fast has a specific goal. The goal of this fast is to _____

Fast:

What particular foods, drinks or activities will you sacrifice during this Lenten Season?

I will abstain from _____

Beginning: _____

End: _____

Decision:

Signed _____

Date _____



WEEKLY PRAYER ITINERARY

Week 1 February 14th – February 17th

PRAYER

Wednesday - 2/14.....I Chronicles 16:11
Thursday - 2/15.....Proverbs 15:29
Friday - 2/16.....Philippians 4:6
Saturday - 2/17.....Colossians 4:2

Week 2 February 19th – February 24th

FAITH

Monday – 2/19.....Mark 11:24
Tuesday – 2/20.....Luke 5:20
Wednesday – 2/21.....John 11:40
Thursday – 2/22.....2 Corinthians 5:7
Friday – 2/23.....Hebrews 11:1, 6
Saturday - 2/24..... I Peter 1:8-9

Week 3 February 26th - March 3rd

THE PROMISES OF GOD

Monday – 2/26Joshua 1:5
Tuesday – 2/27Psalm 84:11
Wednesday - 2/28..... Psalm 89:34
Thursday – 3/1.....2 Peter 1:3-4
Friday – 3/2.....1 John 1:9
Saturday - 3/3.....1 John 2:25

Join in with us during this time
set aside for Prayer and Fasting
February 14 through March 31, 2018
(Ash Wednesday – Resurrection Sunday)

Declare a holy fast; call a sacred
assembly. Summon the elders and
all who live in the land to the house
of the LORD your God, and cry out
to the LORD. Joel 1:14

Week 4 March 5th – March 10th

OBEDIENCE

Monday – 3/5.....Deuteronomy 28:1
Tuesday - 3/6..... I Samuel 15:22
Wednesday - 3/7.....Luke 11:28
Thursday – 3/8.....John 14:23-24
Friday – 3/9.....Romans 12:11
Saturday – 3/10..... James 1:22-25

Week 5 March 12th – March 17th

GIVING

Monday – 3/12.....Deuteronomy 15:10
Tuesday – 3/13..... Psalm 37:21
Wednesday - 3/14.....Proverbs 11:25
Thursday – 3/15.....Proverbs 18:16
Friday - 3/16.....2 Corinthians 8:12
Saturday - 3/17.....2 Corinthians 9:7-11

Week 4 March 19th – March 24th

HOPE

Monday – 3/19.....Psalm 25:5
Tuesday - 3/20.....Psalm 31:24
Wednesday - 3/21.....Proverbs 13:12
Thursday - 3/22Micah 7:7
Friday – 3/23.....Romans 15:4
Saturday - 3/24.....Romans 15:13

Week 7 March 26th – March 31st

SACRIFICE

Monday – 3/26.....Mark 10:45
Tuesday – 3/27..... Luke 9:24
Wednesday - 3/28.....Luke 12:32-33
Thursday – 3/29.....John 15:13
Friday – 3/30.....Romans 6:13
Saturday – 3/31.....Philippians 3:7-8

From Rev. Dr. Darryl D. Roberts

Dear Brothers and Sisters,

The Period of Lent is upon us, a time of prayer, self-denial, penitence and spiritual refreshing for God’s people. It begins with Ash Wednesday (February 14th) and ends on Easter Sunday (April 1st) as we thank God for the Hope of the Resurrection and new life through Christ Jesus.

We are seeking God to make sure that our plans, hopes and dreams for this season of ministry are aligned with God’s vision for our great church.

For this reason, each member of Nineteenth Street is asked to covenant to do the following:

Pray daily and join the pastor and associate ministers on Tuesdays and Thursdays at 6:00 a.m. on the prayer line for a 15 minute devotional starting Thursday, February 15th. (See call in instructions on the “praying” page)

Follow the daily scripture itinerary. (See Prayer Itinerary)

Fast/Abstain from something you enjoy eating and/or doing for the 40-day period. Replace it with a spiritual practice, e.g., exercising the Fruit of the Spirit, Galatians 5:13,19-22. (You should consult your physician before making major changes to your diet).

Attend at least one Lenten Service and invite and a friend.

Complete a prayer journal starting Ash Wednesday. As your read--meditate, pray, reflect and respond as God reveals to you how he wants you to proceed.