

## A PERIOD OF PRAYER AND FASTING FOR MESSIAH BAPTIST CHURCH FAMILY 2023

Dear Disciples of Messiah,

The Lenten season begins Wednesday, February 22<sup>nd</sup> and our church will be on a fast. However, given that we adjusted the length of our New Year's Prayer and Fasting, we will begin the Lenten period of prayer and fasting on March 15<sup>th</sup> (excluding Sundays). Those who can begin on Ash Wednesday are welcome to do so.

**Any extended period of fasting usually requires one to gradually increase the intensity of the fast. Therefore, it is also highly advised not to stop taking any required medication or over exert oneself during the fast. God understands if you need to eat something while taking medication.**

If you are not feeling well do not condemn yourself for coming off the fast for a period of time. The key to prayer and fasting is to stay in prayer, God's Word, and focus on Christ.

Brothers and Sisters, I sense that there will be more unexpected and unprecedented events around the world. But God's Word gives a blue print for hiding in the secret place of the Most High. Therefore, this year our goal is to focus on immersing ourselves in the Word of God while developing a prayer life. Let us present the following before the Lord: the pandemic; our democracy; the safety of our nation; our children, families; the Body of Christ; Messiah Baptist Church; our service to God, each other and the community.

Below are biblical guidelines for this period of prayer and fasting. Please note that we will eat normally, but cautiously on Sundays until midnight.

Crucified with Christ,



Pastor James B. Logan

### BIBLICAL PATTERNS OF FASTING

- **Full Fast:** Drink liquids only (you establish the number of days). You may wish to consult your doctor.
- **Daniel Fast:** Abstaining from meats and sweets, eating only fruits and vegetables and drinking water. (See below for more details on the Daniel Fast.
- **Three-Day Fast:** This can be any type of fast (Full Fast, Daniel Fast, give up one type of food).
- **Partial Fast:** Fast from 6:00 a.m. to 3:00 p.m. or sun-up to sundown. This fast can also be any type of fast: Full Fast, Daniel Fast, or Three-Day Fast. God will honor your best. You may want to include a combination of fasts. For example, you may want to participate in a Full Fast for 1-3 days and then continue with a Daniel Fast.

- ◇ Scripture references for Fasting: Matthew 6:16-18 and Luke 18:9-14
- ◇ Relation to Prayer and Reading of The Word: 1 Samuel 1:6-8 and Luke 2:37
- ◇ Corporate Fasting: 2 Chronicles 20:34, Joel 2:15-16 and Acts 27:33-37

Remember what pleases God is the attitude of your heart, sincerely seeking Him. (Isaiah 58; Jeremiah 14:12; 1 Corinthians 8:8) May God greatly bless you as you fast!

## **GUIDELINES FOR A DANIEL FAST**

### **FOODS WE MAY EAT**

- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto beans, Split peas, Lentils, and Black eyed peas
- Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini Seeds, Nuts and Sprouts

**LIQUIDS:** Water

### **FOODS TO AVOID**

- Meat
- White Rice
- Fried Foods
- Caffeine
- Carbonated Beverages
- Foods containing Preservatives or Additives,
- Refined Sugar/Sugar Substitutes
- White Flour
- All Products using Margarine, Shortening, and High Fat Products

-Content adapted from Fasting God's Way by Jentezen Franklin