

A GUIDE TO FASTING AND PRAYING

For The Lenten Season

Bethel AME Church



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Theme:

Retreating into the Wilderness with Jesus

Dates: Lent is the 40-day period before Easter. It begins on Ash Wednesday. We skip Sundays when we count the forty days, because Sunday's commemorate the Resurrection.

Lent begins on Ash Wednesday, February 17 and ends on April 3, 2021, which is the Saturday before Easter.

LENTEN CALENDAR

Dates	Event	Time
February 17	Ash Wednesday	6:15 pm
March 28	Palm Sunday	11:00 am
March 28 - April 3	Holy Week	
April 1	Maundy Thursday	
April 2	Good Friday	12 Noon
April 3	Holy Saturday	
April 4	Easter Sunday	11:00 am



FASTING SCHEDULE

(As a Church Family we will all fast together according to the day/time below)

Dates

Wednesday February 17 (12 pm – 4 pm)

Wednesday February 24 (12 pm – 4 pm)

Wednesday March 3 (12 pm – 4 pm)

Wednesday March 10 (12 pm – 4 pm)

Wednesday March 17 (12 pm – 4 pm)

Wednesday March 24 (12 pm – 4 pm)

Wednesday March 31 (12 pm – 4 pm)

Scriptures: 2 Chron 7:14; Isaiah 40:31; Isaiah 58:6-7; Ps. 27:14; Ps. 51; Ps. 91; Ps. 130:5-6; Ezekiel 18:21; Joel 2:12-14; Matt. 4:1-11; Matt. 6:16-18, 21; Mark 1:12-15; Luke 13:3; John 12; John 17:17; Gal. 5:5; Phil. 3:10-11; 1 Peter 5:6;



A GUIDE TO

About Fasting for the Lenten Season At Bethel AME Church - Type of Fast

Normal Fast: To go without food for a stated period of time. To consume only liquids (steamed distilled water, boiled water, water with lemon juice, raw juice, vegetable broth, herbal tea or herbal broth).

Our fast will begin Wednesday, February 17, and go until Holy Saturday, April 3, 2021. Fasting should begin on Wednesday at Sunrise and end on Saturday at Sunrise. During your fast, you should pray continuously.

If you cannot fast from food, make sure to give up something; TV, Social Media, Sweets, Snacks, Soda, etc.



FASTING AND

THE EZRA FAST

The Purpose: "To undo heavy burdens," (Isa 58:6) – To problem-solve by inviting the Holy Spirit's aid in lifting loads and overcoming barriers that keep ourselves and loved ones from walking joyfully with the Lord. You can fast and pray for answers. Bring forth victory.

Companion Scripture: (Ezra 8:23), "So we fasted and entreated our God for this, and He answered our prayers." This fast is used to seek a miracle or expect major results from God.

State the problem(s) and what needs to be accomplished

Select a time that works best for you to begin your fast. Select times throughout the day to get alone with God and pray.

For the fast to be powerful and meaningful, we must pray around the clock continuously as a whole church. When we observe this fast it will be amazing how God will move on our behalf. This is an opportunity to receive spiritual breakthroughs as never before.



PRAYING

Weekly Prayers As We Fast:

Pray these prayers of petition listed below each week:

Week 1: As an individual and as a church, we pray that we will be obedient to the will of God.

Week 2: As an individual and as a church, we pray that we will maximize the Word of God. As we intercede for the release and renewal from the Coronavirus Pandemic.

Week 3: As an individual and as a church, we pray that God will give us the ability to foster relationships that are harmonious and peace filled.

Week 4: As an individual and as a church body, we pray that we will constantly be in fellowship with God by praying faithfully, watchfully, thankfully and purposefully.

Week 5: As an individual and as a church, we pray that we will be bold in our witness to the lost around us and seek to bring them into God's family.

Week 6: As an individual and as a church, we pray that we will bind all things in love in order to increase our spiritual maturity.