

THE PURPOSE

Do you need a miracle? Do you need a breakthrough? Do you need healing? Do you need deliverance? There are so many spiritual benefits that we gain from the spiritual discipline of fasting. Fasting can renew our spirit, refresh our minds, purify our hearts, humble our souls and help to subdue our flesh. Fasting can also give us spiritual wisdom, guidance, brings deliverance, healing, breakthroughs, add power to our prayers, and strength for godly living. Fasting has also been known to cleanse the body and slow down the aging process.

Fasting is never designed to manipulate God, but to open our hearts and minds for so that we can hear clearly from God and then trust and obey. Jesus put it this way in Matthew 6: 16-18. "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. We encourage you to consider fasting at least one day a week, even when the Lenten Season is over.

The early Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church that before the Resurrection Celebration that there should be a 40-day season of spiritual preparation. In this way the entire congregation was reminded of the mercy and forgiveness proclaimed in the gospel of Jesus Christ. We invite you to join us in this season of Holy Lent through self-examination, repentance, prayer, fasting, self-denial, and meditating on God's word. May the Lord give us all grace and strength to humble ourselves before Christ in this season.

FOUR PRINCIPLES TO REMEMBER WHEN PRAYING AND FASTING

- (1) **Pray frequently** (I Thessalonians 5:17). To pray without ceasing means to stay in an attitude of prayer, ever mindful of God's presence and your need for Him.
- (2) **Pray with faith** (James 1:6-8). Pray with faith, believing that we will have what we request. James says we are to "ask in faith, nothing wavering". It is the prayer of faith that brings a person to wholeness.
- (3) **Pray with focus** (Philippians 4:6). This is a time for addressing very specific needs in our lives.
- (4) **Pray boldly.** Hebrews 4:16 says "let us therefore come boldly unto the throne of grace that we may obtain mercy and find grace to help in time of need". We must be bold in asking the Lord to move in powerful ways in our lives and in the lives of other people.

TYPES OF FASTING YOU MAY CHOOSE



- Option 1:** 12 hours of juice, water, and broth from 6am to 6pm daily. At the end of the fast, consider eating fish or chicken, no sweets, bread, or fried food. (This should be a meager meal).
- Option 2:** The Daniel Fast: No meat, no sweets, no bread, and no sugar drinks throughout the entire day. During this fast you may take in fruits, vegetables, nuts and whole grains.
- Option 3:** The Wesleyan Fast. The Wesleyan Fast begins at 6 pm and continues until 3 pm the following day. This fast is no food. You may take in smoothies, juice, water and broth.

African Methodist Episcopal Zion Church

LENTEN PRAYER & FASTING GUIDE

From Ash Wednesday to Palm Sunday

DATE: February 18-March 29, 2026

Praying through the
2024-2028 Quadrennial Theme

"The A.M.E. Zion Church: Serving This Present Age: Committed to Our Mission, Being Creative in Our Methods, Concentrating on Our Ministries, and Connecting through Our Membership"

FROM CHURCH MENTALITY TO KINGDOM MENTALITY = REVIVAL IN ZION



- Bishop Darryl B. Starnes, Senior Bishop
- Bishop Eric Leake, President, Board of Bishops

A CALL TO LENTEN PRAYER & FASTING

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." 2 CHRONICLES 7:14

THOUGHTS AND ACTION TO PRAY AND PONDER

1. Praying and fasting through the Quadrennial Theme during the Lenten season. Six-week prayer focus: Worship, Mission, Methods, Ministries, Membership, and Revival.
2. Taking worship seriously – inviting the power and presence of the Holy Spirit into our worship. Making God the center of worship. Putting God back on the throne and rather than ourselves or other things.
3. Joining and partnering with agencies and local congregations to help feed the hungry in our communities and neighborhoods. If there is no neighborhood near your church, adopt a neighborhood closest to your church. Let's share bread and water in the name of Jesus. Consider sharing a meal with a neighbour or a homeless person.
4. Support the 1796 Campaign Project. This campaign is more than just supporting the institution, it is an investment in transformed lives, strengthened families, developed leaders, and liberated communities.

We request that each Episcopal Area share in this journey as they follow the direction of the Presiding Bishop of the area.

DAILY PRAYER SCHEDULE AND CONCERNS

Week 1 – February 18-21, 2026
Prayer Theme: Reviving Our Worship

1. February 18 – Praise & Thanksgiving: Psalm 107: 1-9
2. February 19 – Spirit-filled Worship: Psalm 95; John 4:23-24
3. February 20 – Repentance and Forgiveness: Psalm 51: 1-13
4. February 21 – Humility & Seeking God – 2 Chronicles 7:14

Week 2 – February 22-28, 2026
Prayer Theme – Reviving Our Mission

5. February 22 – Holy Scriptures – Hebrews 4: 11-13
6. February 23 – Preaching the Gospel – Romans 1: 14-17
7. February 24 – Evangelism – Luke 15: 1-7
8. February 25 – Outreach – 1 John 3: 17-18
9. February 26 – Social Justice – Micah 6:8
10. February 27 – Obedience – 1 John 5:3
11. February 28 – Discipleship – Matthew 16:24, 28: 19-20

Week 3 – March 1-7, 2026
Prayer Theme – Reviving Our Methods

12. March 1 – God-Honoring – Colossians 3:17, 23-24
13. March 2 – Vision – Habakkuk 2:2-3
14. March 3 – Wisdom– Proverbs 1: 1-7
15. March 4 – Discernment – 1 John 4:1
16. March 5 – Creative through Music/Arts – Psalm 149:3
17. March 6 – Spiritual Disciplines – 2 Peter 3: 17-18
18. March 7 – Building the Body – Ephesians 4: 14-16

Week 4 – March 8-14, 2026
Prayer Theme – Reviving Our Ministries

19. March 8 – Time – Ephesians 5: 14, 16-17
20. March 9 – Sabbath (Rest) – Mark 6: 31-32
21. March 10 – Spiritual Gifts – 1 Corinthians 12: 4-11
22. March 11 – Ministry Calling – Ephesians 4: 11-14
23. March 12 – Generosity – 2 Corinthians 9: 6-9
24. March 13 – Fruitful Ministry – John 15: 5-8
25. March 14 – Faithful Ministry – Luke 16: 9-12

DAILY PRAYER SCHEDULE AND CONCERNS

Week 5 – March 15-21, 2026
Prayer Theme – Reviving Our Membership

26. March 15 – Commitment and Service – Acts 2:42-45
27. March 16 – Love – 1 Corinthians 13: 4-7
28. March 17 – Unity – Ephesians 4:1-3
29. March 18 – Offering Forgiveness – Ephesians 4:31-32
30. March 19 – Accountable/Responsible- Matt. 25:14-30
31. March 20 – Fellowship – Hebrews 10:24-25
32. March 21 – Servant Leadership – Mark 10: 42-45

Week 6 – March 22-29, 2026
Prayer Theme – Reviving Zion

33. March 22 – Renewal and Restoration - Psalm 85:6
34. March 23 – Flourishing Congregations – Acts 2:47
35. March 24 – Thriving and Healthy Ministries – 3 John 2
36. March 25 – Transformation – Romans 12:1-2
37. March 26 – Healing and Deliverance – Acts 5:12-16
38. March 27 – Provisions – Philippians 4:14-19
39. March 28 – Salvation of Souls – Romans 10:9-10
40. March 29 – Miracles - Acts 4:31-33

Three Virtual Prayer Gatherings

1. Pre-Lenten Prayer Meeting – Sunday, February 15, 2026 – 7:00 PM EST - 847 4888 7311- Passcode: 089431
2. Palm Sunday Prayer Meeting – Sunday, March 29, 2026 – 7:00 AM EST - 862 0415 7276 Passcode: 917619
3. Pentecost Worship and Prayer Meeting – Sunday, May 24, 2026 – 5:00 PM EST - CSAED (5 GMT +2) EWAED (4:00 GMT +1) WWAED (3:00 PM GMT) INDIA (8:30 PM IST) All A.M.E. Zion Platforms

PERSONAL PRAYER CONCERNS

1. _____
2. _____
3. _____
4. _____

Prayer CHANGES EVERYTHING