

# FASTING AND PRAYER

FEBRUARY 14 - APRIL 1, 2018

no food between the hours of  
7pm to 7am each day

## FAST DETAILS

While this fast is not about food, please consider how you nourish your body during this time.

Drink eight glasses of water (each 8 oz.) per day. This will enable the body to rid itself of waste.

It is important to drink plenty of ORGANIC cranberry juice with no added sugars on a regular basis, to help flush the kidneys.

## A DIFFERENT POSSIBILITY

Meat	Texting
Sweets	Social Media
Alcohol	Other distractions
Smoking	Caffeine
Juice & Junk food	Coffee & Tea
Phone	Television
Computer	Fast Foods
Negative Thinking and Attitudes	

### Prayers Times at FCBC

Tuesdays 6:00PM - 7:00PM

Sundays 6:00AM - 7:00AM

### Recommendation

Get a prayer partner to help with accountability!

## PRAYERS FOR LENT

During your prayer time, give thanks to God; pray for others and then for yourself. Keep these prayers in your heart throughout the day.

I submit to God completely in every moment or circumstance! I am a believer in God and believe God wholeheartedly!

I enter on this path of awareness and renewal so in dying to self I might rise to new life.

I pray for Pastor Mike - for his strength, renewal, obedience, and vision for FCBC. I pray for his family, his health, and the realization of his dreams.

I pray for the FCBC pastors and their families!

I pray for the staff and leaders of FCBC.

I pray for an increase in my faith, hope, and love so that I may turn hatred to love and conflict to peace.

I practice self-denial to increase my discipline and center my focus on the will of God.

Strengthen me against evil and adversity.

Healer of body, mind, spirit, and soul, cure the sickness within me so that I may grow in grace through your constant care.

Forgive any acts against the unity of your family and help me to love as you love me.

Give me a clean heart to receive your word, that I may bring forth fruit in patience.

Renew my eagerness to work with you in building a better world, so that my friends may hear your gospel of peace and justice.

# LEANING INTO LENT

Forty Days of Fasting and Prayer

## FIRST CORINTHIAN BAPTIST CHURCH

MAKING DISCIPLES THAT TRANSFORM THE WORLD!



First Corinthian Baptist Church  
1912 Adam Clayton Powell Jr. Blvd New York, NY 10026  
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# THE SEASON OF LENT

The word Lent comes from the Anglo-Saxon word for spring, which is derived from a verb meaning to lengthen. Lent comes in the spring when days are noticeably longer. The Western church has observed fasting, prayer, and penitence in this annual season of Lent since the first century after Christ, although it has not always been forty days long. In more recent times it has been kept forty days in light of the example of Moses and Elijah, and to commemorate the forty days of fasting and prayer that Jesus spent in the wilderness prior to commencing his public ministry. FCBC will observe Lent this year by uniting in fasting and prayer.

The Lenten journey begins 46 days prior to Resurrection Sunday. The first day of Lent is Ash Wednesday for the custom of sprinkling ashes on the heads of believers, in token of remembrance that from ashes we came and to ashes we shall return. There are six Sundays in Lent, and they are not considered part of Lent. In the Western church, Sunday is always a feast day.

The last week of Lent; known as Holy Week, specifically commemorates the Passion of Jesus. It includes Palm Sunday, Maundy Thursday and Good Friday. Palm Sunday commemorates Jesus' entrance into Jerusalem when the people strewed palms in His path. Maundy Thursday commemorates the events of the Last Supper including Jesus washing the disciples' feet. Good Friday, originally known as God's Friday, commemorates the crucifixion and death of Jesus. Resurrection Sunday commemorates the Resurrection of Jesus. This Sunday is a high celebration day and brings the Season of Lent to a close.

# FASTING AND PRAYER

## What is fasting?

Fasting is a time of bringing the body under control. Instead of receiving physical gratification by eating food, we receive spiritual gratification through the self-discipline of abstaining from food. We pray consistently to remind ourselves of the substance and power of God.

## Who is asked to participate?

Every disciple of FCBC is invited and encouraged to participate in this communal fast during the Season of Lent.

## What are the specifics of the fast?

We will abstain from eating from 7PM each night until 7AM the next morning for the entirety of the season of Lent. Solid foods may be eaten between 7AM and 7 PM

## When is the fast?

Fasting and prayer will begin on the first day of Lent, Ash Wednesday, February 14, 2018, at 11PM, and will end Resurrection Sunday, April 1, 2018, at 11AM (Sundays are not included).

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**Call in for daily prayer Monday - Friday  
Number (712)-775-8912 Code 887162  
7:00 AM and 7:00 PM (excluding TNT)**

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## Why fast?

Fasting and prayer will strengthen your prayer life and will enhance your relationship with God. It can help us focus on the FCBC Vision and reinforce our commitment and participation as we live, love and serve.

## What is our hope?

Our hope is to experience God in a more intimate way. As our prayers intensify, our awareness of God will intensify and we will be satisfied both physically and spiritually. We will become more sensitive to God's presence, love, peace, and joy.

# FOOD FOR THOUGHT

If you are under a physician's care, follow his/her instruction. As with all nutritional and exercise programs, it is recommended that you consult your physician prior to beginning.

## Purpose

This fast is about dedicating time each day to the Lord through prayer, meditation, and study.

## Prayer

is the way that we communicate with God. It shows our love and reverence for God.

## Meditation

is active awareness without speaking. It includes clearing our minds, focusing on God, scripture and God's will for our lives.

## Study

is reading about God with intentionality and intensity. It is active engagement in what God may be speaking to us as we read.

## Isaiah 58:3-9

"Why do we fast, but you do not see? Why humble ourselves, but you do not notice?" Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; you shall cry for help, and he will say, Here I am.