

Miles Chapel Baptist Church

3911 Dicky Mill Road

Mebane, NC 27302

Lent



Joel 2:12

12 "Now, therefore," says the Lord, "Turn to Me with all your heart, With fasting, with weeping, and with mourning."

Greetings Family!

It is again that time of year that we come together for our annual Lent Fast. Please be reminded that fasting and praying are bible-based disciplines that allow Christians to seek the Lord and ask for guidance. When we pray and fast together, God will pronounce blessings on us corporately and individually.

Fasting is a spiritual activity not often discussed and practiced even less. However, even a quick scan of the Scriptures clearly reveals that fasting should be a part of the life of every believer. I am convinced that one of the reasons fasting is not practiced much today is because it requires commitment and perseverance. Essentially, the purpose of fasting is to **FOCUS OUR FAITH ON THE FATHER'S FACE**. The idea here is that we need Him so desperately that we are willing to forego the normal consumption of food to focus our attention beyond the things of this life and rather we focus completely on Him.

Fasting and praying allows us to draw near to God and He can speak to us and hold us close to Him as we traverse this Lenten season. Fasting will make us sensitive to the Spirit of God and our hearts will grow closer to God while we are emboldened to subdue our flesh and making it submissive to our spiritual agenda. Maybe our situation is beyond our control and we humbly seek God's intervention. We may need Him to act in our own lives, in the life of our family, our church, our nation, or the life of a friend. By fasting we are setting aside the normal necessities of food and humbly acknowledging our desperate need of God to work in our situation.

While fasting is a spiritual exercise, it begins with the physical. That's why the first few weeks we will wean our bodies slowly. However, fasting is not simply about going without food, **but it is a time to take our eyes off the physical and concentrate on the spiritual**. Fasting without prayer is simply not eating. We must realize that fasting and prayer must always be joined and embarked upon by the Christian. True spiritual fasting will always produce great spiritual results. You should expect results. You should expect God to answer your prayers because 1 John 5:15-15 says so! So expect things to change as we fast through this Lenten season.

I encourage us all to take seriously this time of sacrifice and of seeking God's face as we open our hearts and our lives to truly be challenged and changed by Him. Let's believe God to do a New Thing in us, through us and for us!

Pastor Torain

Isa 58:6-10 (NKJV)

6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?

8 Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard.

9 Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness,

10 If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.

Everyone is encouraged to support our corporate gatherings:

Sunday Morning

Sunday School – 9:00am

Worship Service- 9:45am

Tuesday Morning Power Surge 6:15am

1-712-775-7031, access code 507755746#

Facebook Live (Pastor Torain's Facebook Page)

Wednesday Bible Study

Noon & 6pm

Corporate Prayer

1st Sundays @ 8am/ 1st Wednesdays @ 6pm

This fast is not designed to lose physical weight or pounds, but rather to lose the weights and sins that easily beset us.

NOTE: If you are sick and/or under medical care, taking medication(s), have a diagnosed medical condition or disease, pregnant or lactating, younger than 21 – please consult with a medical or parental authority before fasting. Miles Chapel Baptist Church is not responsible for adverse effects of fasting under the above-mentioned conditions.

The Lenten Fast Versus the Liturgical Season of Lent

The answer is that all of those 46 days are within the liturgical seasons of Lent and the Easter Triduum, but not all of them are part of the Lenten fast. And it's the Lenten fast that the Church refers to when it says that there are 40 days in Lent.

From the earliest centuries of the Church, Christians observed Lent by imitating Christ's 40 days in the desert. As He fasted for 40 days, so did they. Today, the Church only requires Western Catholics to fast on Ash Wednesday and Good Friday.

What Does This Have to Do with Sundays?

From the very earliest days, the Church has declared that Sunday, the day of Christ's Resurrection, is always a feast day and therefore fasting on Sundays is forbidden. Since there are six Sundays in Lent, we have to subtract them from the days of fasting. Forty-six minus six is forty. That's why, in the West, Lent starts on Ash Wednesday—to allow a full 40 days of fasting before Easter Sunday.

Fast Instructions

Week 1 (2/26 - 3/1) No Desserts, No Bread, No Soda

Week 2 (3/2 - 3/8) No Desserts, No Bread, No Soda, No Pork

Week 3 (3/9 - 3/15) **6am – 6pm:** Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee;

6:pm – Midnight: No Desserts, No Bread, No Soda, No Beef, No Pork and previous said drinks

Week 4 (3/16 - 3/22) **6am – 6pm:** No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork, No Fried Foods; Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee

6pm – Midnight: Only Water, 100% Juice or Herbal Tea, Milk or Coffee (no sugar)

Week 5 (3/23 – 3/29) **6am – 6pm:** No Sweets/Desserts, No Bread, No Soda, No Meats, No Fried Foods; Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee (no sugar)

6pm – Midnight: Only Water, 100% Juice or Herbal Tea, Milk or Coffee (no sugar)

Week 6 (3/30 -4/5) **6am – 6pm:** Water, 100% Juice, Herbal Tea, Milk or Coffee (no sugar) No Internet or Social Nets except work or ministry related;

6pm – Midnight: No Sweets/Desserts, No Bread, No Soda, No Meat, No Fried Foods; Drink: Water, 100% Juice, Herbal Tea, Milk or Coffee (no sugar)

Week 7 (4/6-4/12) **6am – 6pm:** No Sweets/Desserts, No Bread, No Soda, No Meat, No Fried Foods; Drink: Water, 100% Juice, Herbal Tea, Milk or Coffee (no sugar)

6pm – 6am: Only Water

*Fast ends following Sunrise Service

Scriptures

Week One

Matt 28:19-20 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

Luke 9:23-24 Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. **24** For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it.

Week Two

Matt 28:19-20 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

Luke 14:26-27 "If anyone comes to Me and does not hate his father and mother, wife and children, brothers and sisters, yes, and his own life also, he cannot be My disciple. **27** And whoever does not bear his cross and come after Me cannot be My disciple.

Week Three

Matt 28:19-20 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

John 13:34-35 A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. **35** By this all will know that you are My disciples, if you have love for one another."

Week Four

Matt 28:19-20 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

1 Cor 11:1 Imitate me, just as I also imitate Christ.

Week Five

Matt 28:19-20 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

1 Peter 2:21 For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps:

Week Six

Matt 28:19-20 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

John 8:31-32 Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. **32** And you shall know the truth, and the truth shall make you free."

WEEK 7

Monday ... Week 1

Tuesday... Week 2

Wednesday... Week 3

Thursday... Week 4

Friday... Week 5

Saturday... Week 6

Sunday... CELEBRATE!!

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Reverend Scottie F. Torain, Senior Pastor