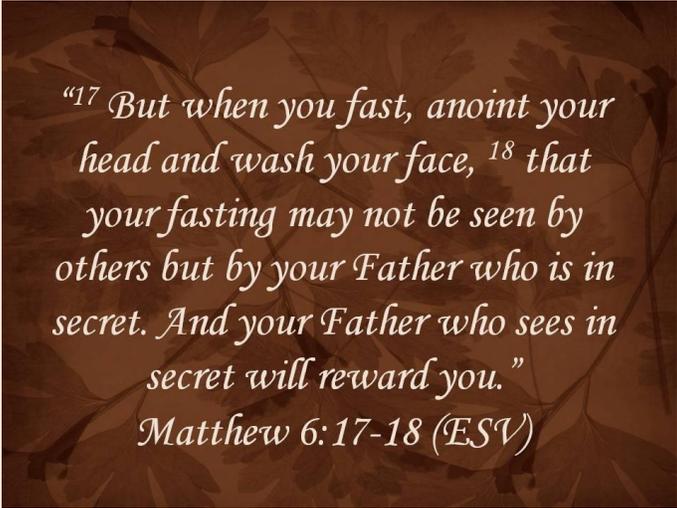


2018 LENT FAST



*"¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."
Matthew 6:17-18 (ESV)*

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 His Spirit to renew and revive us. When we pray and fast together, God will pronounce blessings on us corporately and individually.

No Christian is immune from the need of a renewed experience with our Heavenly Father. We are not always mindful of His presence as other interests too often distract us. Fasting and praying allows us to draw near to God and He can speak to us and hold us close to Him as we continue to move forward in our lives. The purpose of the fast is to sensitize and tenderize our heart, driving us to focus on God, and Him only.

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, many of which will be considered a breakthrough. You may experience breakthrough in the form of an answer to a problem or healing in your body or emotions. You may also receive breakthrough in your finances, your family, relationships, or spiritual insight.

I encourage us all to take seriously this time of seeking God's face because it is only when we humble ourselves individually and corporately that God can show himself strong and mighty.

I stand in anxious anticipation of the great testimonies that shall be shared as we complete our journey!

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 – 9:45am

Worship Service- 10:45am

Tuesday Morning Power Surge 6:15am

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

Facebook Live (Pastor Torain's Facebook Page)

Wednesday Bible Study Noon & 7pm

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 (2/14-2/20) No Desserts, No Bread, No Soda;

Week 2 (2/21-2/27) No Desserts, No Bread, No Soda, No Pork;

Week 3 (2/28-3/6) No Desserts, No Bread, No Soda, No Beef, No Pork; Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee

Week 4 (3/7-3/13) No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork, No Fried Foods, No Pasta; Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee (no sugar)

Week 5 (3/14-3/20) No Sweets/Desserts, No Bread, No Soda, No Meats, No Fried Foods; Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee (no sugar)

Week 6 (3/21-3/27) No Internet or Social Nets except work or ministry related; 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 (3/28-3/31) 7am – 7pm: Fruit, Vegetables, (Beans, Legumes, Peas, Lentils, Brown Rice, Whole Grains and Oats- these are just examples, not an exclusive list). Drink Water, 100% Juice or Herbal Tea or Milk 7pm – 7am: Only Water, 100% Juice or Herbal Tea, Milk or Coffee (no sugar)

*Fast ends following Sunday Morning Service on Resurrection morning.

Scriptures and Prayers

Week One

1 Cor 8:2-3 2 And if anyone thinks that he knows anything, he knows nothing yet as he ought to know. 3 But if anyone loves God, this one is known by Him.

Ps 17:5-8 5 Uphold my steps in Your paths, That my footsteps may not slip. 6 I have called upon You, for You will hear me, O God; Incline Your ear to me, and hear my speech. 7 Show Your marvelous lovingkindness by Your right hand, O You who save those who trust in You From those who rise up against them. 8 Keep me as the apple of Your eye; Hide me under the shadow of Your wings,

Ps 63:1-8 1 O God, You are my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water. 2 So I have looked for You in the sanctuary, To see Your power and Your glory. 3 Because Your lovingkindness is better than life, My lips shall praise You. 4 Thus I will bless You while I live; I will lift up my hands in Your name. 5 My soul shall be satisfied as with marrow and fatness, And my mouth shall praise You with joyful lips. 6 When I remember You on my bed, I meditate on You in the night watches. 7 Because You have been my help, Therefore in the shadow of Your wings I will rejoice. 8 My soul follows close behind You; Your right hand upholds me.

James 4:7-9 7 Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom.

Prayer: Heavenly Father, come near to me as I come near to You so that You purify my heart. I ask that You keep my feet planted on Your paths and that Your right hand will uphold me, that my whole being shall be satisfied, for Your lovingkindness is better than life and my mouth shall praise You with joyful lips. I thank You that when I lay down I meditate on You, that my help lies in the shadow of Your wings. I have submitted myself to You, clinging closely to You so that You keep me. I thank you Father for I will lift up my hands in Your name. In Jesus' most mighty name I pray, Amen.

Week Two

James 4:4-8 4 Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God. 5 Or do you think that the Scripture says in vain, "The Spirit who dwells in us yearns jealously"? 6 But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." Humility Cures Worldliness 7 Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

James 5:5-8 5 You have lived on the earth in pleasure and luxury; you have fattened your hearts as in a day of slaughter. 6 You have condemned, you have murdered the just; he does not resist you. 7 Therefore be patient, brethren, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early and latter rain. 8 You also be patient. Establish your hearts, for the coming of the Lord is at hand.

Rom 12:1-2 1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Col 3:1-2 1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth.

Prayer: Dear Heavenly Father, I want to thank You for every good and perfect gift that comes from You. You are the source of all life and my life is in Your hands. It is my earnest prayer that the same mind that was in Christ Jesus; be found within me. I willingly lay aside all thoughts and imaginations that do not line up with Your Word. Today, I choose to renew my mind. Give me the wisdom that comes from above. I believe that I can do the impossible through Christ Jesus. Furthermore, I believe that nothing is too hard for me. Reveal Yourself unto me and give me a mind to comprehend. My thoughts are covered in the Blood of Jesus Christ. I am a new creature. In Jesus Name, Amen.

WEEK THREE

2 Cor 1:12-13 12 For our boasting is this: the testimony of our conscience that we conducted ourselves in the world in simplicity and godly sincerity, not with fleshly wisdom but by the grace of God, and more abundantly toward you. 13 For we are not writing any other things to you than what you read or understand. Now I trust you will understand, even to the end

Prov 10:8-10 8 The wise in heart will receive commands, But a prating fool will fall. 9 He who walks with integrity walks securely, But he who perverts his ways

will become known. 10 He who winks with the eye causes trouble, But a prating fool will fall.

Titus 2:1-8 1But as for you, speak the things which are proper for sound doctrine: 2 that the older men be sober, reverent, temperate, sound in faith, in love, in patience; 3 the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things — 4 that they admonish the young women to love their husbands, to love their children, 5 to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed. 6 Likewise, exhort the young men to be sober-minded, 7 in all things showing yourself to be a pattern of good works; in doctrine showing integrity, reverence, incorruptibility, 8 sound speech that cannot be condemned, that one who is an opponent may be ashamed, having nothing evil to say of you.

Prov 11:1-3 1 Dishonest scales are an abomination to the Lord, But a just weight is His delight. 2 When pride comes, then comes shame; But with the humble is wisdom. 3 The integrity of the upright will guide them, But the perversity of the unfaithful will destroy them.

Prayer: Gracious Father, I thank You that no dishonesty lives in me but that I find favor in accurate weights. I thank You that integrity guides me, giving me the strength to model good deeds and works. For it is by integrity I walk safely and it is by Your grace I do not follow crooked paths, but with purity of motive I have sought Your face conducting myself in godly sincerity. Let my instruction be sound and fit and wise and wholesome, vigorous, and irrefutable and above censure. I ask that You place Your words into my mouth that Your Spirit of Truth abounds in every aspect of my life. I thank You that it is by my actions that You are lifted up and by my words that You are glorified and that nothing discrediting or evil is said about me. In Jesus' most mighty name, Amen.

Week Four

Matt 5:13-16 13 "You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. 14 "You are the light of the world. A city that is set on a hill cannot be hidden. 15 Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. 16 Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

Matt 28:18-20 18 And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. 19 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.

2 Cor 5:18-20 18 Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, 19 that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation. 20 Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.

Philemon 1:6-7 6 that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus. 7 For we have great joy and consolation in your love, because the hearts of the saints have been refreshed by you, brother.

Prayer: Dear Most Gracious Heavenly Father, my soul magnifies Your Holy Name. You are good, and Your mercy endures forever. It is my desire to be an Ambassador for the Kingdom of God. I thank You for the grace that is made

available unto me so that I can represent You everywhere I go. Give me divine anointing and favor so that I may influence the atmosphere with Your presence. It is my prayer that Your Kingdom come and your Will be done on earth. I willingly align my heart with the Heart of Christ. Let Your love become contagious in our church, our community, and our nation. Thank You for giving me the victory over the enemy in every area of my life. I love You and I praise You.

In Jesus' Name, Amen.

Week Five

Deut 1:6-10 6 "The Lord our God spoke to us in Horeb, saying: 'You have dwelt long enough at this mountain. 7 Turn and take your journey, and go to the mountains of the Amorites, to all the neighboring places in the plain, in the mountains and in the lowland, in the South and on the seacoast, to the land of the Canaanites and to Lebanon, as far as the great river, the River Euphrates. 8 See, I have set the land before you; go in and possess the land which the Lord swore to your fathers — to Abraham, Isaac, and Jacob — to give to them and their descendants after them.' 9 "And I spoke to you at that time, saying: 'I alone am not able to bear you. 10 The Lord your God has multiplied you, and here you are today, as the stars of heaven in multitude.

3 John 2-4 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth. 4 I have no greater joy than to hear that my children walk in truth.

2 Cor 9:8-11 8 And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. 9 As it is written: "He has dispersed abroad, He has given to the poor; His righteousness endures forever." 10 Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the

fruits of your righteousness, 11 while you are enriched in everything for all liberality, which causes thanksgiving through us to God.

Deut 8:1-10 1 Every commandment which I command you today you must be careful to observe, that you may live and multiply, and go in and possess the land of which the Lord swore to your fathers. 2 And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. 3 So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord. 4 Your garments did not wear out on you, nor did your foot swell these forty years. 5 You should know in your heart that as a man chastens his son, so the Lord your God chastens you. 6 "Therefore you shall keep the commandments of the Lord your God, to walk in His ways and to fear Him. 7 For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills; 8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey; 9 a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can dig copper. 10 When you have eaten and are full, then you shall bless the Lord your God for the good land which He has given you.

Prayer: Heavenly Father, I thank You for humbling me that You might teach me that I do not live by bread alone; rather, I live by every word that comes from Your mouth, for You have multiplied me that I may prosper in every way even as my soul prospers. You have tested and proved my character and because of this You have multiplied my resources for sowing and increased my righteousness for Your Glory. Heavenly Father, help me to continue to walk in Your ways and to fear You. That I may enter into a good land flowing with streams and pools of water. I thank You that my land is plentiful, and nothing is lacking.

In Jesus' most mighty name I pray, Amen.

Week Six

Eph 6:10-13 10 Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Luke 10:18-20 19 Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. 20 Nevertheless do not rejoice in this, that the spirits are subject to you, but rather rejoice because your names are written in heaven."

Matt 18:18-20 18 "Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. 19 "Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. 20 For where two or three are gathered together in My name, I am there in the midst of them."

Prayer: Dear Heavenly Father, there is none like You in all the heavens and the earth. Your love never fails. You have been faithful, and I am grateful for the love You show unto me. It is my desire to be a world changer for the Kingdom of God. Thank You for giving me the mind to share the truth of the Gospel. I want to increase my ability to impact and bring change to those around me for the Kingdom of God. Let me have the capacity to share the same love You freely give to me with others. It is my desire to see Your Glory in the earth. Give me words to speak, hands to give, and a heart to serve. Holy Spirit, I give You permission to invade my mind, and show me how to be obedient to the call upon my life.

In Jesus Name, Amen



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