



Miles Chapel Baptist Church

2019

Lenten Fast

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, revive, and transform us. When we pray and fast together, God will pronounce blessings on us corporately and individually.

We all stand in need of a transforming experience with our Heavenly Father which only happens in His presence. We are not always mindful of His presence as the cares of this life 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 be transformed. The purpose of the fast is to sensitize and tenderize our hearts as we grow closer to God.

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 as we open our hearts and our lives to truly be transformed 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 – 9:45am

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

Corporate Prayer

2nd Saturday 10am/ 4th Wednesday 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 (3/6-3/10) No Desserts, No Bread, No Soda;

Week 2 (3/11-3/17) No Desserts, No Bread, No Soda, No Pork;

Week 3 (3/18-3/24) No Desserts, No Bread, No Soda, No Beef, No Pork; Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee

Week 4 (3/25-3/31) No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork, No Fried Foods; Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee)

Week 5 (4/1-4/7) 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 (4/8-4/14) 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 (4/15-4/21) 7am – 7pm: Fruit, Vegetables, Beans, Legumes, Peas, Lentils, Brown Rice, Whole Grains and Oats. 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 Sunrise Service

Scriptures and Prayers

Week One

Rom 12:2 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.

2 Cor 3:18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

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 the closer I get to You the more like You I become. Please help me to walk in Your will and Your way. Amen

Week Two

Rom 12:2 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.

Acts 3:19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

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

Rom 12:2 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.

1 Cor 6:9-11 9 Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, 10 nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. 11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

Prayer: Gracious Father, I thank You for the gift of Your Son Jesus Christ and the fact that He died for my sin. Thank You that through the blood of Jesus I am washed clean and am no longer what and who I use to be. I am grateful that my life continues to change each day as I grow in You. In Jesus name, Amen.

Week Four

Rom 12:2 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.

Phil 4:6-8 6Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things.

2 Cor 4:16-18 16Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. 17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

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

Rom 12:2 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.

Ps 51:10 Create in me a clean heart, O God, and renew a steadfast spirit within me.

2 Cor 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Prayer: Heavenly Father, I thank You that You continue to create in me a clean heart and renew a right spirit within me. I thank you that your Word continues to wash and cleanse me. I am grateful to be a new creature in you as I am transformed by Your presence and Your Word. I release the old dead things from my life, and I hold to what is good, true and eternal. In Jesus' most mighty name I pray, Amen.

Week Six

Rom 12:2 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.

Jer 24:7 Then I will give them a heart to know Me, that I am the Lord; and they shall be My people, and I will be their God, for they shall return to Me with their whole heart.

Ezek 11:19-20 19Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh, 20 that they may walk in My statutes and keep My judgments and do them; and they shall be My people, and I will be their God.

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 me. Thank You for giving me a heart of flesh and removing my heart of stone. Helping me to know You and I thank You for putting a new spirit within me. Holy Spirit, I give You permission to invade my mind, and show me how to be obedient to the way, will and the Word of God. In Jesus Name, Amen

WEEK 7

Monday ... Reread Week 1

Tuesday... Reread Week 2

Wednesday... Reread Week 3

Thursday... Reread Week 4

Friday... Reread Week 5

Saturday... Reread Week 6

Sunday... CELEBRATE!!

Miles Chapel Baptist Church

3911 Dickey Mill Road

Mebane, NC 27302

336-578-1450

www.mileschapel.org

Reverend Scottie F. Torain, Senior Pastor

