



40 DAYS OF  
FASTING AND PRAYER MARCH 1<sup>ST</sup>  
-APRIL 15<sup>TH</sup>

Greetings Family!

As we desire to grow in our relationships with God and to become more intimate with Him, we are being called as a church family on a 40-day journey of fasting and praying. 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 that allows us to draw near to God and He is able to speak 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

## Isaiah 58:6-8

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.

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 (3/1-3/7)** No Sweets/Desserts, No Bread, No Soda;

**Week 2 (3/8-3/14)** No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork;  
**Week 3 (3/15-3/21)** No Sweets/Desserts, No Bread, No Soda, No Beef, No Pork,  
No Fried Foods;

Drink only: Water, 100% Juice, Herbal Tea, Milk or Coffee (no sugar)

**Week 4 (3/22-3/28)** 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 (3/29-4/4)** 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 (4/5-4/11)** 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 or Milk

**Week 7 (4/12-4/14)** 6am – 6pm: Fruit, Vegetables, Beans, Legumes, Peas, Lentils,  
Brown Rice, Whole Grains and Oats.

Drink Water, 100% Juice or Herbal Tea or Milk

6pm – 6am: Only Water, 100% Juice or Herbal Tea

Conference Call Prayer 6:15am (Will not be on Facebook Live)

March 15<sup>th</sup> Conference Call to End Fast

## Scriptures and Prayers

### Week One

1 Corinthians 8:2-3 Amplified Bible (AMP) **1 Corinthians 8:2-3 (AMP)**

<sup>2</sup> If anyone imagines that he has come to know *and* understand much [of divine things, without love], he does not yet perceive *and* recognize *and* understand as strongly *and* clearly, *nor* has he become as intimately acquainted with anything as he ought *or* as is necessary.

<sup>3</sup> But if one loves God truly [with affectionate reverence, prompt obedience, and grateful recognition of His blessing], he is known by God [recognized as worthy of His intimacy and love, and he is owned by Him].

Psalms 17:5-8 Amplified Bible (AMP) **Psalms 17:5-8 (AMP)**

<sup>5</sup> My steps have held closely to Your paths [to the tracks of the One Who has gone on before]; my feet have not slipped.

<sup>6</sup> I have called upon You, O God, for You will hear me; incline Your ear to me *and* hear my speech.

<sup>7</sup> Show Your marvelous loving-kindness, O You Who save by Your right hand those who trust *and* take refuge in You from those who rise up against them.

<sup>8</sup> Keep *and* guard me as the pupil of Your eye; hide me in the shadow of Your wings

Psalms 63:1-8 Amplified Bible (AMP) **Psalms 63:1-8 (AMP)**

<sup>1</sup> O GOD, You are my God, earnestly will I seek You; my inner self thirsts for You, my flesh longs *and* is faint for You, in a dry and weary land where no water is.

<sup>2</sup> So I have looked upon You in the sanctuary to see Your power and Your glory.

<sup>3</sup> Because Your loving-kindness is better than life, my lips shall praise You.

<sup>4</sup> So will I bless You while I live; I will lift up my hands in Your name.

<sup>5</sup> My whole being shall be satisfied as with marrow and fatness; and my mouth shall praise You with joyful lips

- <sup>6</sup> When I remember You upon my bed and meditate on You in the night watches.  
<sup>7</sup> For You have been my help, and in the shadow of Your wings will I rejoice.  
<sup>8</sup> My whole being follows hard after You *and* clings closely to You; Your right hand upholds me.

James 4:7-9 New International Version (NIV) **James 4:7-9 (NIV2011)**

- <sup>7</sup> Submit yourselves, then, to God. Resist the devil, and he will flee from you.  
<sup>8</sup> Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.  
<sup>9</sup> Grieve, mourn and wail. Change your laughter 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**

Philippians 4:4-8 King James Version (KJV) **Philippians 4:4-8 (KJV)**

- <sup>4</sup> Rejoice in the Lord alway: *and* again I say, Rejoice.  
<sup>5</sup> Let your moderation be known unto all men. The Lord *is* at hand.  
<sup>6</sup> Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.  
<sup>7</sup> And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

<sup>8</sup> Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

James 1:5-8 King James Version (KJV) **James 1:5-8 (KJV)**

<sup>5</sup> If any of you lack wisdom, let him ask of God, that giveth to all *men* liberally, and upbraideth not; and it shall be given him.

<sup>6</sup> But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

<sup>7</sup> For let not that man think that he shall receive any thing of the Lord.

<sup>8</sup> A double minded man *is* unstable in all his ways.

Romans 12:1-3 King James Version (KJV) **Romans 12:1-3 (KJV)**

<sup>1</sup> I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service.

<sup>2</sup> And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

<sup>3</sup> For I say, through the grace given unto me, to every man that is among you, not to think *of himself* more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Colossians 3:1-2 King James Version (KJV) **Colossians 3:1-2 (KJV)**

<sup>1</sup> If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

<sup>2</sup> Set your affection 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 Corinthians 1:12-14 New International Version (NIV) 2 Corinthians 1:12-14 (NIV2011)**

<sup>12</sup> Now this is our boast: Our conscience testifies that we have conducted ourselves in the world, and especially in our relations with you, with integrity and godly sincerity. We have done so, relying not on worldly wisdom but on God's grace.

<sup>13</sup> For we do not write you anything you cannot read or understand. And I hope that,

<sup>14</sup> as you have understood us in part, you will come to understand fully that you can boast of us just as we will boast of you in the day of the Lord Jesus.

#### **Proverbs 10:8-11 New Living Translation (NLT) Proverbs 10:8-11 (NLT)**

<sup>8</sup> The wise are glad to be instructed, but babbling fools fall flat on their faces.

<sup>9</sup> People with integrity walk safely, but those who follow crooked paths will slip and fall.

<sup>10</sup> People who wink at wrong cause trouble, but a bold reproof promotes peace.

<sup>11</sup> The words of the godly are a life-giving fountain; the words of the wicked conceal violent intentions.

Titus 2:1-8 Amplified Bible (AMP) **Titus 2:1-8 (AMP)**

<sup>1</sup> BUT [as for] you, teach what is fitting *and* becoming to sound (wholesome) doctrine [the character and right living that identify true Christians].

<sup>2</sup> Urge the older men to be temperate, venerable (serious), sensible, self-controlled, and sound in the faith, in the love, and in the steadfastness *and* patience [of Christ].

<sup>3</sup> Bid the older women similarly to be reverent *and* devout in their deportment as becomes those engaged in sacred service, not slanderers or slaves to drink. They are to give good counsel *and* be teachers of what is right *and* noble,

<sup>4</sup> So that they will wisely train the young women to be sane and sober of mind (temperate, disciplined) and to love their husbands and their children,

<sup>5</sup> To be self-controlled, chaste, homemakers, good-natured (kindhearted), adapting *and* subordinating themselves to their husbands, that the word of God may not be exposed to reproach (blasphemed or discredited).

<sup>6</sup> In a similar way, urge the younger men to be self-restrained *and* to behave prudently [taking life seriously].

<sup>7</sup> And show your own self in all respects to be a pattern *and* a model of good deeds *and* works, teaching what is unadulterated, showing gravity [having the strictest regard for truth and purity of motive], with dignity *and* seriousness.

<sup>8</sup> And let your instruction be sound *and* fit *and* wise *and* wholesome, vigorous *and* irrefutable *and* above censure, so that the opponent may be put to shame, finding nothing discrediting *or* evil to say about us.

Proverbs 11:1-3 New International Version (NIV) **Proverbs 11:1-3 (NIV2011)**

<sup>1</sup> The LORD detests dishonest scales, but accurate weights find favor with him.

<sup>2</sup> When pride comes, then comes disgrace, but with humility comes wisdom.

<sup>3</sup> The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.

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**

Matthew 5: 13-16 King James Version (KJV) **Matthew 5:13-16 (KJV)**

<sup>13</sup> Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.

<sup>14</sup> Ye are the light of the world. A city that is set on an hill cannot be hid.

<sup>15</sup> Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

<sup>16</sup> Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Matthew 28:18-20 King James Version (KJV) **Matthew 28:18-20 (KJV)**

<sup>18</sup> And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.

<sup>19</sup> Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:

<sup>20</sup> Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, *even* unto the end of the world. Amen.

2 Corinthians 5: 18-20 New Living Translation (NLT) **2 Corinthians 5:18-20 (NLT)**

<sup>18</sup> And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him.

<sup>19</sup> For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation.

<sup>20</sup> So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God!"

Philemon 1:6-7 New Living Translation (NLT) **Philemon 1:6-7 (NLT)**

<sup>6</sup> And I am praying that you will put into action the generosity that comes from your faith as you understand and experience all the good things we have in Christ.

<sup>7</sup> Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God's people.

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**

Deuteronomy 1:6-10 Amplified Bible (AMP) **Deuteronomy 1:6-10 (AMP)**

<sup>6</sup> The Lord our God said to us in Horeb, You have dwelt long enough on this

mountain.

<sup>7</sup> Turn and take up your journey and go to the hill country of the Amorites, and to all their neighbors in the Arabah, in the hill country, in the lowland, in the South (the Negeb), and on the coast, the land of the Canaanites, and Lebanon, as far as the great river, the river Euphrates.

<sup>8</sup> Behold, I have set the land before you; go in and take possession of the land which the Lord swore to your fathers, to Abraham, to Isaac, and to Jacob, to give to them and to their descendants after them.

<sup>9</sup> I said to you at that time, I am not able to bear you alone.

<sup>10</sup> The Lord your God has multiplied you, and behold, you are this day as the stars of the heavens for multitude.

### 3 John 1:2-4 New Living Translation (NLT) **3 John 1:2-4 (NLT)**

<sup>2</sup> Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

<sup>3</sup> Some of the traveling teachers recently returned and made me very happy by telling me about your faithfulness and that you are living according to the truth.

<sup>4</sup> I could have no greater joy than to hear that my children are following the truth.

### 2 Corinthians 9:8-11 Amplified Bible (AMP) **2 Corinthians 9:8-11 (AMP)**

<sup>8</sup> And God is able to make all grace (every favor and earthly blessing) come to you in abundance, so that you may always *and* under all circumstances *and* whatever the need be self-sufficient [possessing enough to require no aid or support and furnished in abundance for every good work and charitable donation].

<sup>9</sup> As it is written, He [the benevolent person] scatters abroad; He gives to the poor; His deeds of justice *and* goodness *and* kindness *and* benevolence will go on *and* endure forever!

<sup>10</sup> And [God] Who provides seed for the sower and bread for eating will also provide and multiply your [resources for] sowing and increase the fruits of your righteousness [which manifests itself in active goodness, kindness, and charity].

<sup>11</sup> Thus you will be enriched in all things *and* in every way, so that you can be

generous, and [your generosity as it is] administered by us will bring forth thanksgiving to God.

Deuteronomy 8:1-10 New Living Translation (NLT) **Deuteronomy 8:1-10 (NLT)**

<sup>1</sup> “Be careful to obey all the commands I am giving you today. Then you will live and multiply, and you will enter and occupy the land the LORD swore to give your ancestors.

<sup>2</sup> Remember how the LORD your God led you through the wilderness for these forty years, humbling you and testing you to prove your character, and to find out whether or not you would obey his commands.

<sup>3</sup> Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the LORD.

<sup>4</sup> For all these forty years your clothes didn’t wear out, and your feet didn’t blister or swell.

<sup>5</sup> Think about it: Just as a parent disciplines a child, the LORD your God disciplines you for your own good.

<sup>6</sup> “So obey the commands of the LORD your God by walking in his ways and fearing him.

<sup>7</sup> For the LORD your God is bringing you into a good land of flowing streams and pools of water, with fountains and springs that gush out in the valleys and hills.

<sup>8</sup> It is a land of wheat and barley; of grapevines, fig trees, and pomegranates; of olive oil and honey.

<sup>9</sup> It is a land where food is plentiful and nothing is lacking. It is a land where iron is as common as stone, and copper is abundant in the hills.

<sup>10</sup> When you have eaten your fill, be sure to praise the LORD your God for the good land 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**

Ephesians 6:10-13 New Living Translation (NLT) **Ephesians 6:10-13 (NLT)**

<sup>10</sup> A final word: Be strong in the Lord and in his mighty power.

<sup>11</sup> Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

<sup>12</sup> For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

<sup>13</sup> Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

Luke 10: 19-20 New Living Translation (NLT) **Luke 10:19-20 (NLT)**

<sup>19</sup> Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.

<sup>20</sup> But don't rejoice because evil spirits obey you; rejoice because your names are registered in heaven."

Matthew 18: 18-20 New Living Translation (NLT) **Matthew**

**18:18-20 (NLT)**

<sup>18</sup> “I tell you the truth, whatever you forbid on earth will be forbidden in heaven, and whatever you permit on earth will be permitted in heaven.

<sup>19</sup> “I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you.

<sup>20</sup> For where two or three gather together as my followers, I am there among them.”

Matthew 25: 35-40 New Living Translation (NLT)

**Matthew 25:35-40 (NLT)**

<sup>35</sup> For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home.

<sup>36</sup> I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.’

<sup>37</sup> “Then these righteous ones will reply, ‘Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink?

<sup>38</sup> Or a stranger and show you hospitality? Or naked and give you clothing?

<sup>39</sup> When did we ever see you sick or in prison and visit

you?’

<sup>40</sup> “And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’

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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