



LENT

SEASON OF PREPERATION

FEBRUARY 27 - APRIL 16

WESTSIDE MISSIONARY BAPTIST CHURCH

JOIN US FOR OUR ANNUAL CORPORATE FAST. FIND MORE INFORMATION ON OUR WEBSITE.

WWW.WESTSIDEMB.COM

Westside Missionary Baptist Church Lent 2023

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” -Isaiah 58:6

God is calling us as a church body to fast and pray. During the season of lent God's desire is for us to give up some things as we take part in this spiritual discipline. When God's people fast with the proper motive – seeking God's face with a broken, repentant and contrite spirit- God will heal our lives, our churches, our communities, our nation, and world. The awesome power of God can be released through you as you fast through the enabling of the Holy Spirit.

HOW TO FAST SAFELY

By all means consult your doctor before you begin your fast. It is believed that many doctors have not been trained in this area and so even their understanding may be limited. Even so, it would be wise to ask your doctor to be sure you are in good physical condition. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

There are certain persons who should **NEVER** fast without professional supervision.

- Persons who are prone to anorexia, bulimia, or other behavioral disorders.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.
- Those who suffer weakness or anemia.

HOW TO MAKE THE BEST OF YOUR SPIRITUAL EXPERIENCE

Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable or irritable. Read your Bible and pray during what would be mealtimes. Meditate on GOD and sing His praises.

As you enter this time of heightened spiritual devotion, be aware that Satan will do anything he can to pull you away from your prayer and Bible reading time. When you

feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations.

EXPECTED PHYSICAL EFFECTS

Although fasting can be an indescribable blessing, it is not always easy for everyone. In this time of discipline, self-sacrifice, and reflection do not be surprised if you experience mental and physical discomfort.

To begin, you may experience some inner conflict when you deny yourself the pleasure of eating delicious food. Any sort of fast may sometimes leave you feeling impatient and irritable. The temptation to break the fast will be present.

FEBRUARY 27-MARCH 4

“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” Acts 2:42

Prayer Focus: During this week we are focusing our prayers specifically for God to lead and direct us as a church that we become His Beloved Community.

Focus Scripture: Acts 2: 42-47, Acts 4

Fast: Daniel Fast (excluding all bread and limiting your diet to all raw or cooked vegetables)

MARCH 5-11

“You must be the people’s representative before God and bring their disputes to him.”-Exodus 18:19

Prayer Focus: During this week we are praying for our community, city, and our elected officials.

Focus Scripture: Exodus 18:13-27

Fast: Eliminate all sweets, caffeine and alcoholic beverages

MARCH 12-18

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”-Psalms 23:4

Prayer Focus: During this week our prayers will be focused on those dealing with mental illness and depression. Prayer that God gives them the strength needed to overcome their issues.

Focus Scripture: Psalms 23

Fast: No meat and Eliminate unnecessary technology

MARCH 19-25

“Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.”-Matthew 5:1-2

Prayer Focus: During this week we will be praying for personal growth and development.

Focus Scripture: Matthew 5-7

Fast: Daniel Fast (see week 1) and eliminate unnecessary spending

MARCH 26 – APRIL 1

“Here is a trustworthy saying: Whoever aspires to be an overseer desires a noble task.”- 1 Timothy 3:1

Prayer Focus: During this week our prayers will be for our new pastor. Praying that God will give him everything he needs to be the leader of this congregation.

Focus Scripture: Titus 1:5-9, 1 Timothy 3:1-8

Fast: Eliminate all sweets, caffeine and alcoholic beverages and workout 30 minutes 3-4 days this week.

APRIL 2-8

“When Jesus had finished saying all these things, he said to his disciples, 2 “As you know, the Passover is two days away—and the Son of Man will be handed over to be crucified.” -Matthew 26:1-2

Prayer Focus: During this week our prayers will be for us to dedicate regular time to spend with God.

Focus Scripture: Matthew 26-28

Fast: Juice and water only before 12pm, eliminate unnecessary spending, and eliminate technology