



2024

LENT

SEASON OF PREPARATION

MARCH 8 - MARCH 29

WESTSIDE MISSIONARY BAPTIST CHURCH

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WWW.WESTSIDEMBC.COM

Lent Fast

March 8, 2024- March 29, 2024

Scripture: Matthew 4:1-4

1 Then Jesus was led by the Spirit into the wilderness to be tempted[a] by the devil. **2** After fasting forty days and forty nights, he was hungry. **3** The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

4 Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Why do we fast?

As Christians, we fast because we are taught in scripture that fasting requires us to spiritually discipline our minds and bodies as we deny the flesh (our nature) and focus on GOD. Throughout scripture, the act of fasting is revealed and should be a reminder to us of its relevance and necessity in the life of the believer.

What is the purpose of this lenten fast?

The purpose of this fast is for repentance, revelation, and reflection in the areas of our lives that GOD is calling us to spiritual maturity and growth. Therefore, this fast is designed to purposely and intentionally set aside time in which we deny the flesh, and give GOD our undivided attention.

Schedule:

1. Fast will take place every **Monday, Wednesday, and Friday** from 8:30am-5:30pm
2. We are eliminating all foods and beverages except, **fruits, vegetables, nuts** and **water** during the fasting hours.
3. Each day will have a specific prayer focus.
4. We will meet for corporate prayer at 7:30am on those days.

Sun. Week of March 3	Mon.	Tues.	Wed.	Thurs.	Fri. Forgiveness <i>Matthew 6:15</i>	Sat.
Sun. Week of March 10	Mon. Our Church <i>Acts 2:1-13</i>	Tues.	Wed. Love <i>1 Corinthians 13:1-13</i>	Thurs.	Fri. Trust <i>Jeremiah 29:11</i>	Sat
Sun. Week of March 17	Mon. Forgiveness <i>Luke 6:27</i>	Tues.	Wed. Our thinking <i>Phillipians 4:8</i>	Thurs.	Fri. Commitment <i>Matthew 22:37</i>	Sat
Sun. Week of March 24	Mon. Repentance <i>Acts 2:38-41</i>	Tues.	Wed. Forgiveness <i>Matthew 6:15</i>	Thurs.	Fri. Peace <i>John 16:33</i>	Sat
Sun. Week of March 31						

