

A Pastoral Call to Dedicated Prayer and Fasting

A 29 Day Guide

February 1-29, 2020

For

First AME Church

Manassas, VA

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“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?”

Isaiah 58:6 (NKJV)

This guide is a compilation developed by Rev. Kimberly Young from a number of sources and models for fasting and prayer, primarily The Holy Bible. A similar model was introduced to her in the early 1990s at Hemingway Memorial AME Church.

29 Day Prayer and Fasting Guide

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people.”

1 Timothy 2:1

¹⁶“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.’ Matthew 6:16-18

Prayer, according to the Bible, is the means by which God’s followers to communicate and fellowship with Him. Prayer may be silent or audible, private or public, formal or informal. Christians are to offer prayers as an expression of their faith in God and God’s ability in their lives (James 1:6). Christians also offer prayers in the name of the Lord Jesus Christ (John 16:23). It is through Jesus, the sacrificial Lamb who shed His blood as payment for our sins, that we have access to God the Father. As Christians we also pray by the power of the Holy Spirit who enables our prayers and guides us to know how and what to pray for (Romans 8:26).

Fasting, involves refraining from food primarily and other substances or activities for a period to focus on God. Spiritual fasting is coupled with prayer, reading and meditating on scriptures, worship and devoted time to listen to God. The act of self-denial, abstinence from food, etc. shifts the focus from ministry to self to worship and ministry to God and for the purpose of the fast to: consecrate oneself to God, to strengthen personal devotion and prayer life, to seek God’s guidance, to express grief, to petition God for healing, deliverance, or protection, to express repentance, to humble oneself before God, to express concern for ministry, to overcome temptation, and to express love and worship to God.

A Word of Wisdom: Fasting may involve abstaining from food for a period of time, however fasting should NOT include abstaining from water. Persons who take medications should NOT participate in a fast from food without medical consent. Rather it is advised that persons continue to take their medications at the prescribed times and rather than totally abstain from all food, discontinue those foods that are non-essential such as sweets, snacks, fast food, fried foods and drinks that contain caffeine and high concentrations of sugar and salt.

The following prayer and fasting guide offers scriptures, prayers and guidance on what to fast each day. Commit to dedicate a specific time for prayer and meditation each day, preferably before mealtimes.

Use the following Prayer of Commitment to consecrate yourself and your time to the Lord.

A Prayer of Commitment

Father, in the name of Jesus, I bless your Holy Name and thank you for this time of prayer, fasting, worship and praise and I dedicate and consecrate this time to you. Thank you, Lord first for being God and Lord of my life, for all that You've done to reconcile me to You and to the body of believers through the shed blood of Jesus Christ and by the power of the Holy Spirit. Forgive and cleanse me O Lord from all sin and shame. Create in me a clean heart and renew a right spirit within me that I might glorify You with my life.

I purpose in my heart to be guided and regulated by Your Holy Word, to be motivated by the example of Jesus Christ, and to yield to Your leading by the Holy Spirit. I know that Your Word and Your Spirit always agree, and I set my will in agreement by faith with your Word and Spirit.

I purpose in my heart to learn your ways and to walk according to the Holy Spirit. And I [re]dedicate myself to you Lord, to the deliberate study of your Word and to fervent prayer. I commit myself to allow the Lord Jesus Christ, the Head of the Church, to set me in the place You purpose for me in the Body of Christ.

Father, I purpose in my heart to live in such a way so not to bring reproach on the Name of Jesus. I commit my life to exalting the Name of Jesus and to blessing others by being a witness for Him. I commit to doing my best to bring You glory and not seek my own will or glory. I commit myself to this season of prayer and fasting for Your will to be made known in my life and in the lives of others.

Thank You Father for my Pastor. Please use her to speak Your truth in love through the preached Word and to share your loving gospel even when it is unpopular to do so. Cover her with the precious blood of Jesus and protect her and her family from all hurt, harm and danger as she intercedes for and ministers to the church congregation. I commit to join with her to support this fast, the vision for the church and help to carry out the ministry here.

Thank you for the Church family. Help us to live in a spirit of forgiveness, unified by the bond of peace. Help us to walk in love and to honor each other according to your Word.

I bless Your Name O Lord, for You alone are worthy of all glory, honor and praise.

In Jesus Name I pray. Amen.

Note: The prayers and fasting guide that follows is a guide to help you get started. In addition to the prayers noted and the scripture readings, incorporate others as the Holy Spirit leads you.

Week 1

Fasting Guide.

This week **eat meals at regular intervals including fruits, vegetables and lean meats and drink plenty of water and natural juice.**

Fast / Abstain from coffee/ tea, sweets and salty snacks, sodas. Also, Fast / Abstain from television programs with vulgar content.

February 1 and February 2

Pray for a deeper relationship and fellowship with God.

“Now all things *are* of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, 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.” 2 Corinthians 5:18-19

Also read and meditate on Exodus 15:2, Psalm 3:8, Psalm 18:2, Romans 5:11, Romans 3:23, Romans 6:23, Romans 10:9-10, Ephesians 2:1-10; John 14:16-17

Prayer: Father God, in the name of Jesus, forgive me of my sin and all of my shortcomings. Forgive me for every time that I’ve chosen my own way and will over your will. I accept Jesus Christ as my Savior **and** as my Lord to rule and to reign over my life and I thank you for making me a new creation through Jesus Christ. Fill me with the Holy Spirit and guide me to do your will. I yield my heart, my mind, my voice, my body, and my being to perform your work according to your will and in your Holy way. I commit to study your Word so that I will know your will. In Jesus name I pray. Amen.

February 3 and February 4

Pray for a Spirit of Self-Acceptance and Self-Forgiveness

“I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.” Isaiah 43:25

Also read and meditate on Psalm 51:1, Ephesians 1:7, Romans 8, Philippians 3:13

Lord, help me to accept those things that I cannot change and give me the courage to change those things about myself that I can change. Help me Lord to use the power of changing my mind and to rid myself of self-deprecating thoughts. I have asked for your forgiveness and I thank you for providing it through the shed blood of Jesus Christ. Because you have forgiven me, I am free from condemnation, guilt complexes, self-deprecating thoughts, and false humility. You have removed my sin from me as far as the east is from the west. Thank you Lord for giving me the ability to see myself as you see me— forgiven, cleansed, washed by the blood of Jesus, and restored into fellowship with you. Help me to move forward by faith, forgetting what is in the past and reaching for the prize of full fellowship in relationship with You and the prize of the purpose and divine call upon my life in Christ Jesus. In His Name I pray. Amen.

**February 5
and
February 6**

Pray for the Spirit of Forgiveness for others.

“But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.” Matthew 6:15

Also read and meditate on Matthew 20:23, Luke 6:27, Matthew 5:44, Luke 6:28, Ephesians 5:1-2

Prayer: Dear Lord, I forgive everyone who has trespassed against me. Specifically, I pray for [insert name], and I set myself to treat him/her well and to do good and act nobly toward [name]. I will be merciful, empathetic, tender, responsive, and compassionate toward [insert name] just as You Lord have treated me. I commit myself to forgive myself and others by faith even though I may not feel it. I trust that as I make this commitment to forgive and work to soften my heart toward others, believing that forgiveness is Your will, you will establish my plans and cause them to succeed. Thank you, Lord for forgiving me and thank you for developing a heart of forgiveness within me. In Jesus Name, Amen.

**February 7
and
February 8**

Pray for Emotional Healing

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”
2 Timothy 1:7

Also read and meditate on Mark 11:25, Isaiah 61:1; Proverbs 25:27, Romans 8:18, Ephesians 4:27; Luke 4:18

Heavenly Father, I believe that you raised Jesus from the dead, and through Jesus Christ I am free from all guilt and shame. I am raised up with Christ, seated in Him in the heavenly realm, having all things under my feet – under the divine authority of Jesus Christ. You sent Jesus to heal my broken heart, wounded soul, and to liberate me from the shame of my youth and the imperfections of my caregivers. In the name of Jesus I choose to forgive anyone who has wronged me or violated my trust or personhood in any way. I refuse to allow their actions against me to continue to harm my mind, my soul, my spirit or my life. I declare myself free for whom Christ has set free is indeed free. I thank you Lord for delivering me from fear and giving me a spirit of power, of love and of a sound mind. I praise you Lord and I am grateful that Your joy is my strength. I stand firm in Your Power. In Jesus Name I pray. Amen.

Week 2

Fasting Guide.

This week **eat meals at regular intervals including fruits, vegetables and lean meats (poultry and fish) and drink plenty of water and natural juice.**

Fast / Abstain from coffee/ tea, sweets and salty snacks, sodas. This week add fasting / abstaining from fried foods, fast foods, pork (that includes bacon) and beef. Also, Fast / Abstain from television programs with vulgar content, crass humor. Spend one less hour on social media.

February 9 Pray for a Loving Spirit

and

February 10

“Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’” Matthew 22:37-39

Also read and meditate on John 3:16-18, John 15:9 and 17, Romans 13:10; I John 4:19
Dear Lord, help me to love you because of who you are not simply because of what you do for me. Help me to love others as you love me. Teach me to love sacrificially as you gave your Son, my Lord Jesus Christ as a sacrifice for my sin. Help me to remember your love and mercy toward me every time I am tempted not be loving or to show love to someone else. You Lord are most worthy of my devoted affection. I commit to drawing closer to you day by day. As I draw closer to you and experience your grace, help me to extend your love and grace all the more. By the power of your Holy Spirit, help me to love the unlovely and those that are difficult, even those who mistreat me. Help me to remember the love that Jesus demonstrated when He gave His life even while He was being mistreated. Thank you for the divine ability to love unconditionally. In Jesus Name I pray. Amen.

February 11 Pray for a Praying Spirit

and

February 12

“praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—” Ephesians 6:18

Also read and meditate on Matthew 21:13, 1 Corinthians 3:11, 2 Corinthians 10:4, Ephesians 2:20-22 and 3:20, I Timothy 2:1

Thank you, Lord for giving me a praying spirit. I acknowledge that I must pray to communicate with you. Prayer is an essential aspect of my worship and fellowship with you. Thank you that your Holy Spirit prompts me to pray and that intercession rises from within in through the Holy Spirit, even with groanings when I cannot speak words. Dear Lord, help me to continue in prayer and fasting throughout this season. Help me to pray in faith and not lose heart. Use me Lord as an intercessor on behalf of others. Help me to walk in right relationship with you so that my prayers are not hindered, but that my fervent prayers are effectual – accomplishing what you purpose through my intercession. Help me to know Your Holy Word, that I might in your will and not with vain words. Thank you for answering my prayers. I know that Your answers are perfect whether the answer is yes, no or not now. In Jesus Name I pray. Amen.

February 13 Pray for Sensitivity, Compassion and Godly Concern For Others

and

February 14

“And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.” Hebrews 10:24-25

Also read and meditate on Psalm 78:38, Psalm 86:15, Galatians 6:2 and Romans 14:19

Dear Lord, thank you for creating within me and my church family a deep interest and concern for other people. Thank you for giving us a desire for fellowship, friendship and spending time in each other's company. Help us who are strong in faith to bear the infirmities of those who are weak in faith so that they may also become strong. Help us to be willing to bear each other's burdens – to listen, to show compassion, to provide encouragement, and wisdom according to your Holy Word – and to do so willingly. Let us not turn away from others who are in need, rather to seek to help find the support they need even when we cannot personally supply it. Moreover, help us to point others to You, so they will develop a loving, trusting relationship with you. In Jesus Name I pray. Amen.

February 15 Pray for a Spirit of Obedience to God's Word and Authority

“Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.” I John 3:24

Also read and meditate on Deuteronomy 5:29, Matthew 7:21-25, Ephesians 2:22, I John 3:22-24, Romans 2:13; Romans 8:28

Thank you, Lord for giving me a desire to be obedient to your word, your will and to submit to your authority in Jesus name. I delight in pleasing you. Daily I commit to submitting to you by seeking you in prayer, reading your word, and studying to know your ways. Thank you for filling me with good things. Thank you, Lord for working all things together for my good. Lord my love for you grows as I fellowship with you. Thank you for receiving my love and helping me by the Holy Spirit to fulfill your will. Thank you, Lord for strengthening me to keep this Fast and Pray commitment. Help me to continue through the next week in obedience to your Call to Pray. In Jesus Name I pray. Amen.

Week 3 Fasting Guide.

This week **eat meals at regular intervals including fruits, vegetables, light pasta with a vegetables or whole grains only and drink plenty of water and natural juice.**

Fast / Abstain from coffee/ tea, sweets and salty snacks, sodas. This week add fasting / abstaining from fried foods, fast foods, all meats (that includes bacon) and beef. Also, Fast / Abstain from television programs with vulgar content, crass humor. Spend 1 or more days without watching television and social media.

February 16 Pray For the Spirit of Unity to Fill the Church

and

February 18

“And the glory which You gave Me I have given them, that they may be one just as we are one....” John 17:22-23

Also read and meditate on Matthew 18:19, I Peter 3:8-9, Ephesians 4

Eternal God, thank you that according to your Holy Spirit which is at work within me / your church, we know that we are one with you and with each other. We have the mind of Christ – and we walk in humility and love toward each other; we demonstrate your compassion and courtesy toward each other, and we live in peace. As your Spirit works

within us we do not return evil for evil or insult for insult, rather we control our thoughts and our tongues. We speak words of blessing and encouragement to each other, building each other up in love. If we should hear another speaking ill of our Pastor, Officers in the Church, or another member we will refute all lies and encourage open and honest communication, and correction in love. I will make every effort to keep the unity of the Spirit and the bond of peace so to be an example for others to emulate and to glorify you Lord. Set us on one accord with you and with each other as you did your disciples on the day of Pentecost. In Jesus Name I pray. Amen.

February 18 thru February 20 **Pray for the knowledge of God’s Plan**

“For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; that you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy.”
Colossians 1:9-11

Also read and meditate on Jeremiah 29:11-13, Ephesians 1:15-18, Ephesians 4:1, Romans 12:1-2

Heavenly Father, we thank you that you fill us with wisdom and with a knowledge about you which increases the more we spend time with you in prayer and study of your Holy Word. You are wonderful God! You reveal yourself to us as we spend time with you. As we meditate on your Holy Word and pray you make your divine and perfect will known to us. You alone know the plans you have for us, to give a hope and an intended purpose. You alone help us to fulfill our purpose in you. As we pray for ourselves, our church, our community, our nation, help us to know and fulfill your will and purpose. Transform our thoughts to align with your thoughts. Transform our desires to align with your desires. Transform our hearts to align with your heart. Help us Lord to let go of worldly ways and unwholesome plans and to fully embrace your ways and your plan. Help us to know and to do our part so that your plan is fulfilled and so that you are glorified in the church and throughout the world. In Jesus Name I pray. Amen.

February 21 and February 22 **Pray for a Generous Giving Heart to Support God’s Work**

“...He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver....” 2 Corinthians 9:6-7

Also read and meditate on Luke 6:38, I Corinthians 6:19-20; 2 Corinthians 9:6-15, Romans 12:13, Philippians 4:19, Hebrews 13:5

Thank you, Lord for your graciousness toward me and your faithfulness to provide for me and the church. All that we have comes from you. You created everything for humankind before you set Adam in the garden. When you placed Adam in the garden, he had everything necessary for life. You are our provision – there is nothing lacking in you. You

are the Good Shepherd who leads us into green pastures, we want of nothing. Even when we think we don't have enough, we are in a society that has an abundance of resources. When we are lacking, You still provide. Thank you, Lord for giving me the ability to earn wealth. Forgive me Lord for all the times that I've been selfish and withheld from others anything that I might have blessed them with. Help me to give generously to others, to your church and community to support the work of ministry and service. Give me the desire to share what I have freely and not grudgingly. Thank you for the ability to open my hands, to be creative to use my time, talents, abilities and resources to build your kingdom. Help me to have an open and generous heart to give as you prosper me to give. In Jesus Name. Amen.

Week 4 Fasting Guide.

This week **eat meals at regular intervals including fruits, vegetables and light soups only and drink plenty of water.**

If you are able, Fast for 6 hours – 6:00 am to 12 noon or 12 noon to 6:00pm.

Fast / Abstain from coffee/ tea, sweets and salty snacks, sodas. This week add fasting / abstaining from fried foods, fast foods, all meats (that includes bacon) and heavy pasta's or starchy foods. Also, Fast / Abstain from television programs with vulgar content, crass humor. Spend 1 or more days without watching television and social media. Pick one day and spend 3 consecutive hours in silence (no phone calls) and devote this time to prayer and meditation before the Lord.

February 23 Pray for the Ministry Life of the Church and

February 24 "...but, speaking the truth in love, may grow up in all things into Him who is the head—Christ—from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love." Ephesians 4:15-16

Also read and meditate on Ephesians 4, Acts 4:29-30, I Thess. 5:12-13, I Peter 4:10 and 5:6, I John 1:9

Heavenly Father, I pray that I and my church family humble ourselves under Your mighty hand, so that You will forgive us our sins daily and cleanse us from unrighteousness. I pray that we will collectively draw near to you in worship by faith in Jesus Christ and that we will always remember that no matter our differences we are all the same when we kneel at your Altar at the foot of the cross. Christ died for us all and Christ is raised up interceding for us all. Help us to collectively be renewed in our minds as we attend to the disciplines of prayer, Bible Study and partake of the sacrament of Holy Communion. Help us to remember that the same blood shed for me is shed for many. Help us Lord to speak the same thing and have no divisions among us, standing in one Spirit, striving together for the faith. I pray that we will learn to rightly divide the word of truth and that we will be faithful to share the gospel of Jesus Christ as witnesses

in the world. Help us not to murmur or complain but to be rich in good works and good deeds, ready and willing to share, and to give a defense for the gospel we have received. Help us not to be carried away by strange doctrines, rather to know the Holy Word and to be able to refute and cast down every evil thing that would exalt itself above the knowledge of God. Help us to fervently love each other with a pure heart so that we would not lose what we have gained by your grace. Let us become watchful, prayerful, and fruitful and let our fruit remain and bear more good fruit. Help us to always put on the whole armor of God that we may stand against the evil one, and that we might speak your word with boldness. Oh God, stretch forth your hand to heal us. As we are faithful to live as the church should live and carry out the work of ministry you have called us to, let signs and wonders follow your faithful servants that the world will know that we are Yours. In the Name of Jesus I pray. Amen.

February 25 **Pray for Pastors and Church Leadership**
and

February 26 “And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the [e]difying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;” Ephesians 4:12-13

Also read and meditate on Deuteronomy 28:2, Psalm 31:23, Proverbs 28:30, Isaiah 54:17, I Corinthians 2:4, 2 Corinthians 9:8 and 10:4, Luke 1:45, Acts 1:9 and 6:4.

Heavenly Father, in the name of Jesus, thank you for our pastor, clergy and church leadership. Make evident in them the ministry gifts and the fruit of the Holy Spirit. Perfect their walk in you that they may walk in holiness before the congregation of people. Help them to abound in your grace and favor, and that they not become weary in well doing. Let them reap the harvest you have called them to that their labor would not be in vain. As they sow bountifully, let them also reap in abundance. Let them continually triumph in Christ, and let not the devil gain a foothold over them. In the name of Jesus, I cancel Satan’s assignment set against them and rebuke and cast down all of his evil cohorts. I pray that no weapon formed against the Pastor, clergy and church leadership will prosper, but that the evil schemes of the adversary would come to nothing. I pray Lord that you will prepare them for every good work – preaching, teaching, ministry to your people, leading and feeding the flock you have called them to. I pray that their ministry would be fruitful, and that You will find them as vessels of honor to Your glory. I pray that they will be found faithful in all things and lacking nothing. Let those who preach do so when its popular and when it is not, holding true to the tenets of the faith and not wavering. Give them Holy boldness to stand. In Jesus name I tear down any strongholds over the pulpit or in your church that seek to hinder the free-flow and receptivity of the preached Word. In Jesus Name, I cover them with the blood of Jesus, that no sickness or disease, harm or danger would befall them. I pray that You would put a ready Word on their tongue, and that the gifts and anointing on their lives will come forth as they continually give themselves to You, in prayer, in ministry of Your Word. Bless the Pastor, clergy and church leaders and their entire household in Jesus Name I pray. Amen.

**February 27 Pray for Healing for the Church and the Nation and All People
and
February 28 If you are able, Fast for 12 hours – 6:00 am to 6:00pm.**

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 2

Also read and meditate on Isaiah 58, Mark 9:14-29, John 11:1-44, Matthew 28:1-7; Mark 16:1-8; Luke 24-1-12, John 20:1-18

Precious Lord, I realize that your people perish for lack of knowledge. Help us in Jesus name to continue to submit ourselves to prayer, periodic fasting and study of Your Word so that we will come to know, understand, believe and receive the healing and deliverance you have sent us through Jesus Christ. Help us to remember that Jesus bore our sins so that we having died to sin might live for righteousness. Help us to remember that He was wounded for our transgressions and bruised for our iniquities, and it is by His stripes –the tearing of His flesh and by the precious blood shed from the cross – we are healed. You God, being faithful, are the God who heals us. You have forgiven our sins and healed our diseases. I pray that I and the church and all the leaders of the nations would come to know Jesus Christ and the pardon of their sins. For it is through Christ and by His salvation alone that all nations can be healed. I pray in the name of Jesus that none perish for lack of knowledge and that by God’s grace we will live and not die prematurely nor die an eternal death, that we may declare the works of the Lord. In the name of Jesus, Lord give us a merry heart, and help us to prosper and be in good health. Let us rise up as a nation from grief and despair and claim our deliverance from the bondage that corrupts the world. Help us who know you to be bold in speaking the truth in love and to speak your truth to the powers that rule the nations. Let those you have set in authority in governments submit to your will and learn your ways. Blessed is the nation whose God is the Lord, the people You have chosen as your own inheritance! Let those who rule, rule well under your Lordship. Send your salvation to all who rule and let them come together to worship You and lead Your people in the way of peace. In Jesus Name I pray. Amen.

February 29 Pray for Peace, Joy and a Thankful Heart

“Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” John 14:27

Also read and meditate on Psalm 4:8, Isaiah 26:3, Philippians 4:7. Psalm 16:11, John 16:20-24, I Peter 1:8

In the name of Jesus, Heavenly Father I thank you for helping me to keep this fast throughout the month. Thank you for the peace that surpasses all understanding that guards my heart and keeps my mind through Christ Jesus. Thank you for all that you

have done on my behalf, on behalf of the church, community and nation during this time of fasting and prayer. In the name of Jesus let your work continue in and through me and in and through our Pastor and church leaders in the days to come. Let us not be tempted above measure, but help us to hear your Word and escape every temptation. Fill my hearts and the hearts of my church family with your joy. Let your joy overtake us as we go forward in your Name. Fill our hearts and minds with thanksgiving and songs of praise as we worship you in Spirit and in Truth. Let your Word dwell in us richly as we endeavor to keep the faith and as we honor you in all that we do.

As we prepare to break the fast, give us a spirit of peace and perpetual joy in Jesus name I pray. Amen.

March 1

Breaking the Fast -- Read Nehemiah 8:10

As you break the fast the temptation will be to quickly eat or gorge on what you have missed during this time. To give your body a health way to adjust, begin slowly to add meat and other foods back into your diet. Your stomach will need time to adjust on the first day, light meals are recommended.

Prayerfully you may find that there are some things (unhealthy things) that you may not want to return to. Continue in your practice of prayer and Study of God's Word on a daily basis. Praise be to God!