

## A WORD FROM OUR PASTOR



*My Dearest Ebenezer Family,*

*Once again, we have entered the season of Lent. It is a time of prayer, reflection and spiritual renewal for not only our Church, but Christians around the Globe.*

*Beloved, may this be for us all a season of consecration - a time where we carve out a larger space in our daily routine for prayer, fasting, quiet devotion, reading scripture and worship, as we perk our spiritual ears, hearing and heeding the Holy Spirit's direction for our lives.*

*Let us journey together as one Body in Christ!*

## WHAT IS FASTING?

In this regard, each member is asked to commit to the following:

- Pray individually at 7:14 p.m. daily.
- Prayerfully choose a Fast in consultation with your Doctor.
- There are several *types of fasting*. The one you choose is between you and God. God will honor your best sacrifice.
- Abstain from something you enjoy indulging in for the 40-day period.
- Join our Prayer Ministry on Wednesdays from 6:00 p.m. - 6:50 p.m. in MLKCRC Banquet Hall.

Fasting is voluntarily refraining from eating or drinking or abstaining from some indulgence, (*i.e., caffeine, red meat, sweets, cigarettes, alcohol, fried foods, junk food, television, secular music, social media, etc.*) for a designated period of time for the purpose of denying ourselves that we may become more attentive to God.

Fasting must be accompanied by a prayerful and contrite spirit and a penitent heart.

### THERE ARE SEVERAL TYPES OF FASTING

The one you choose is between you and God. He will honor your best sacrifice.

#### FULL FAST

Drink only liquids (you establish the number of days).

#### THE DANIEL FAST

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

#### 3-DAY FAST

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

#### PARTIAL FAST

A partial fast is from 6:00 a.m. to 3:00 p.m. or from sun up to sundown. You can select from three types of fasting: a Full Fast, Daniel Fast or give up at least one item of food.

#### SOCIAL MEDIA FAST

Abstaining from Facebook, Instagram, Twitter, and any other social media platform.

#### FINANCIAL FAST

Only purchase what you need.

#### COMPLAINING FAST

Refuse from having a negative attitude or expressing annoyance.

## I AM PREPARING FOR THE

- Full Fast
- The Daniel Fast
- 3-Day Fast
- Partial Fast
- Social Media Fast
- Financial Fast
- Complaining Fast

### COMMITMENT:

God being my strength and grace  
I commit myself to the

\_\_\_\_\_ Fast.

### AIM:

Each Fast has its own individual specific aim: With this Fast, I am seeking to...

\_\_\_\_\_  
\_\_\_\_\_

### FAST:

I shall abstain from:

Beginning: \_\_\_\_\_

End: \_\_\_\_\_

Decision: Specifically, I am fasting to

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**(Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8)  
May God greatly bless you as you fast!**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

## WEEKLY PRAYER ITINERARY

### WEEK 1: ALL HAVE SINNED

Feb. 26 **Genesis 3:14-19**  
Feb. 27 **Romans 3:9-12**  
Feb. 28 **Ephesians 2:1-3**  
Feb. 29 **Luke 5:29-32**

### WEEK 2: CALL TO REPENT

March 1 **1 Chronicles 7:14**  
March 2 **Joel 2:12-13**  
March 3 **Acts 2:37-39**  
March 4 **Hosea 14:1-2**  
March 5 **Acts 5:27-32**  
March 6 **Matthew 4:17**  
March 7 **Acts 3:19**

### WEEK 3: TRUE REPENTANCE

March 8 **Psalms 51:1-13**  
March 9 **Jonah 3:4-5**  
March 10 **Ezekiel 18:21-22**  
March 11 **2 Corinthians 7:5-10**  
March 12 **Matthew 16:24-28**  
March 13 **Job 42:1-6**  
March 14 **1 John 1:9**

### WEEK 4: WE NEED A SAVIOR

March 15 **Michah 7:18-20**  
March 16 **Matthew 7:21-23**  
March 17 **Psalms 118:25-29**  
March 18 **Zephaniah 3:14-17**  
March 19 **Matthew 25:31-46**  
March 20 **Romans 3:19-20**  
March 21 **Isaiah 43:1**

### WEEK 5: OUR SAVIOR HAS COME

March 22 **Luke 2:8-14**  
March 23 **John 1:14-17**  
March 24 **John 3:16-17**  
March 25 **Matthew 16:21-28**  
March 26 **Hebrews 7:25-27**  
March 27 **Philippians 2:5-8**  
March 28 **Isaiah 19:20**

## WEEKLY PRAYER ITINERARY

### WEEK 6: WHO WE ARE IN CHRIST

March 29 **Philippians 4:4-7**  
March 30 **1 John 3:12**  
March 31 **Ephesians 2:8-10**  
April 1 **1 Peter 2:9-10**  
April 2 **1 Corinthians 6:19-20**  
April 3 **2 Corinthians 5:17-19**  
April 4 **Jeremiah 1:5**

### WEEK 7: JESUS' FINAL WEEK

April 5 **Matthew 21:1-11**  
April 6 **Mark 11:1-10**  
April 7 **Matthew 27:45-54**  
April 8 **John 17**  
April 9 **Mark 14:3-9**  
April 10 **Luke 19:45-48**  
April 11 **Matthew 28:1-10**  
April 12 **Acts 10:34-43**

WEDNESDAY  
**LENTEN**  
BIBLE STUDY  
BEGINNING  
WEDNESDAY, MARCH 18, 2020  
7:00 PM - 8:00 PM



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# IF MY people...

*2 Chron. 7-14*

**FEBRUARY 26 - APRIL 12, 2020**  
(ASH WEDNESDAY - RESURRECTION SUNDAY)

IF *My* PEOPLE,

WHO ARE CALLED BY MY NAME,  
SHALL HUMBLE THEMSELVES,  
& PRAY, & SEEK MY FACE,  
& TURN FROM THEIR WICKED WAYS;  
THEN I WILL HEAR FROM HEAVEN,  
& I WILL FORGIVE THEIR SIN,  
& I WILL HEAL THEIR LAND.

2 CHRONICLES 7:14

## LENTEN SEASON PRAYER CALL

Join Us Every Morning  
(Monday - Friday)  
For Prayer At 6:00 a.m.  
(please call in by 5:55 a.m.)  
Start Your Day Off Right!

Dial in #: 1-605-313-4464  
Access Code: 370038  
(long distance rates may apply)