

# Mount Pleasant Baptist Church

## Fasting and Praying for Forty Days during Lent

**What Is It?** Prayer with fasting is a period of self-denial in order to aggressively seek God. This includes abstinence from food and drink for a period of time.

### Why do it?

- **From Scripture** (Isaiah 58:6-8 NIV)
  - To loose the chains of injustice
  - To untie the cords of the yoke
  - To set the oppressed free
  - To break every yoke
  - To share our food with the hungry and to provide the poor wanderer with shelter, to clothe the naked, and not turn away from our own flesh and blood
  - To let our light break forth like the dawn
  - To cause our healing to quickly appear
  - To enable our righteousness to go before us
  - To cause the glory of the LORD to be our real guard
- **Additional Purposes from scripture:**
  - To honor God (Matthew 6:16-18; Zechariah 7:5; 2:37; Acts 13:2).
  - To humble ourselves before God (Ezra 8:21; Psalms 69:10; Isaiah 58:3) in order to experience more grace (1 Peter 5:5) and God's intimate presence (Isaiah 57:15; 58:6-9).
  - To mourn over personal sin and failure (I Samuel 7:6; Nehemiah 9:1, 2).
  - To seek grace for a new task, for the work God has sent us to do, and to reaffirm our consecration to God (Matthew 4:2).
  - To seek God by drawing near to him and persisting in prayer again opposing spiritual forces (Judges 20:26; Ezra 8:21, 23, 31; Jeremiah 29:12-14; Joel 2:12; Luke 18:3; Acts 9:10-19).
  - To show repentance and to make a way for God to change his declared intentions of judgment (II Samuel 12:16, 22; I Kings 21:27-29; Jeremiah 18:7, 8; Joel 2:12-14; Jonah 3:5, 10).
  - To gain revelation and wisdom concerning God's will (Isaiah 58:5, 6, 11; Daniel 9:3, 21, 22; Acts 13:2, 3).

### Our purpose for this specific period:

- To draw closer to God
- To actively seek God as our Church transition to new leadership
- To actively seek God for our individual and collective parts in fulfilling the vision for Mount Pleasant Baptist Church
- To intercede on behalf of our mission partners through-out the world
- To specifically intercede on behalf of the people suffering from natural disasters
- To actively seek him for healing and deliverance

### When do we do it?

#### Individually:

- As often as the Spirit lead
- Start preparation now for collective period

#### As a body (church):

- As directed by Pastor and Elders

**This period:** January 11, 2021 – January 31, 2021

### How do we do it?\_Determine your sacrifice

- Food only;
- Food and liquids
- Suggested Modified Daniels Fast

**\*\*\*\* Note: Item (s) of food may be added for those with physical health difficulties.**

# Modified Daniels Fast

## **Foods We May Eat**

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**Whole Grains:** Brown Rice, Oats, Barley

**Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black-Eyed Peas

**Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines.

**Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

**Meat:** Poultry and Fish, (meat can only be broiled or baked, not fried)

**Other:** Seeds, Nuts, Sprouts

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

## **Foods to Avoid:**

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All meat (except fish, chicken and turkey)	White Rice
Margarine, Shortening, High Fat Products	Caffeine
Carbonated Beverages	Refined Sugar
Foods containing Preservatives or Additives	Sugar Substitutes
White Flour and All Products Using It	Fried Foods