

LENTEN AND FASTING SCHEDULE 2019

Begin by drinking a minimum of 8 glasses of water with lemon, a teaspoon of apple cider vinegar in at least 2 glasses. The water should be bottled, distilled or boiled.

You should also determine how you will gain 2 hours and 24 minutes of (PWPR) Praise and Worship, Prayer and Scripture Reading daily in your regular day to day routine.

Get a clear picture of what you desire the Lord to do for you as you fast and pray. When you do this fast, do as Jesus commanded in Matthew 6:17 “anoint your head and wash your face” that you do not appear to be losing the battle or bringing attention to yourself. This a spiritual journey and not meant to be an outside show.

Isaiah 58:6-11 speaks the reason for fasting: “loose spiritual wickedness and become more unto God, be set free from burdens, freed from oppressions and to destroy yokes of bondage.”

If you fast according to His Word, your light will break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

FASTING SCHEDULE

March 6 - Anointing Service March 7 – Lemon Water and 1 Meal
March 8- Absolute Fast March 9-29 – Daniel Fast
March 30-April 1 Absolute
April 2-8 Consecration in PWPR (as Breakfast, Lunch with Dinner)
April 9-16 Daniel Fast April 17
April 18 Seder Meal

Permitted Foods: Asparagus, Bell Peppers, Cauliflower, Broccoli, Collard Greens, Cucumbers, Green Beans, Spinach, Zucchini, Beans, Bone broth, Lentils, Nuts, Seeds (pumpkin, flax, mustard, sesame), Beets, Brown or Black Rice, Carrots, Buckwheat, Green Peas, Quinoa, Sweet Potatoes, Turnips, Winter Squash, Dandelion Greens, Watercress, Apples, Blackberries, Blueberries, Goji Berries, Plums, Kiwi, Nectarines, Raspberries, Lemons, Flax Seeds, Herbal Green Teas, Rosemary, Thyme, Garlic, Turmeric, Cumin, Cilantro and Plenty Water. Use a bread plate or bowl for your meal time. Eat ½ your normal plate.

For those who wish to do a detoxifying process that can be taken through each day along with your water and teas. Try this recipe:

Ingredients:

2 cups filtered water
juice from 1/2 lemon
2-3 tablespoons unfiltered apple cider vinegar
2 teaspoons raw honey
1 inch knob of ginger, sliced

**Shake everything up in a mason jar, and sip throughout the day.
Place in a glass jar or BPA free bottle.**

LENTEN SCRIPTURES

Week 1.1: Ash Wednesday ~ March 6

Joel 2:1-2, 12-17 ~ 2 Corinthians 5:20b-6:10

Week 1.2: First Sunday in Lent ~ March 1

Deuteronomy 26:1-11 ~ Romans 10:8b-13

Week 2: Second Sunday in Lent ~ March 17

Genesis 15:1-12, 17-18 ~ Philippians 3:17-4:1

Week 3: Third Sunday in Lent ~ March 24

Isaiah 55:1-9 ~ 1 Corinthians 10:1-13

Week 4: Fourth Sunday in Lent ~ March 31

Joshua 5:9-12 ~ 2 Corinthians 5:16-21

Week 5: Fifth Sunday in Lent ~ April 7

Isaiah 43:16-21 ~ Philippians 3:4b-14

Week 6: Palm/Passion Sunday ~ April 14

Isaiah 50:4-9a ~ Philippians 2:5-11 ~ Luke 19:28-40

Week 7: Easter Day ~ April 21

Acts 10:34-43 ~ Psalms 118:1-2, 14-24

1 Corinthians 15:19-26 ~ John 20:1-18

Supporting Scriptures: Deut. 28:1-12; 2 Chron. 7:14;
Psa. 90-106; Lk. 17:5-10; Mk. 1:29-4:34; Jn.1:1-34
Act. 5:1-10; Gal. 3:1-14; 5:22-25; Eph. 6:10-18 Phil 3:12-4:1
1 Thes. 5:16; Heb. 10:19-39; 11:1

SERVICE SCHEDULE

Lenten Services Held at BMBC 7 PM

March 6th Pastor R. Lee Johnson, BMBC

March 13th Pastor Wm C. Bailey, Christian Love

March 20th Pastor Milton Alexander Williams, Pa. AME Zion

March 27th Bishop Kevin Daniels St. Martin Church of Christ

April 3rd Pastor David Lanier, 1st Baptist Church of Elkridge

April 10th Pastor Merrill Griffin, Soul Harvest Ministries

April 15th Bishop Roderick Durant, Abundant Harvest Church

April 16th Pastor Donnell Wright, Seed Harvest Church

April 17th Berean Baptist Church, Washington DC

April 18th Seder Meal ~ BMBC

April 19th Good Friday 12 Noon until 3:30 PM

April 21st Resurrection Sunday 6 AM, 8 AM and 11 AM
(Breakfast Served Sunday Morning at 9:30 AM)

Good Friday Choir Rehearsal opened to all on March 26th,
April 2nd and April 9th at 7:30 PM, BMBC.

****Always remember fasting is connected to your faith:**

Ask in Faith ~ Claim in Faith ~ Receive in Faith

Praise and Worship Him!

Church in Prayer 7 AM beginning Mar. 10th