



EAST MT ZION BAPTIST CHURCH

Lenten
FASTING
GUIDE

40 Days of Fasting

Join us for Prayers daily at 6:00 am



FreeConferenceCall.com

East Mount Zion Baptist Church

2024 Lentin Season

Fasting Guide

Our mission at East Mount Zion Baptist Church is to build the Kingdom of God by sharing Christ's love with all people and helping every generation grown in faith through the power of the Holy Spirit.

One of the main disciplines to achieving our mission is fasting. "Fasting helps you overcome unbelief and build strong faith. This is the supernatural combination that Jesus gave His disciples in Matthew 17: prayer and fasting. Some things take fasting and prayer. There is no other way around. There are those kinds of demons that just don't give up. They are strong, proud, arrogant, and defiant. They are familiar spirits that have been in your family. Sometimes you must do something unusual, extraordinary, and beyond the norm to see breakthrough. The authority of God, power of God, and faith of God comes alive when you lay aside some things and fast." John Eckhardt, *"Fasting for Breakthrough and Deliverance"* (Charisma House, 2016)

The following guide is provided to assist you in 40+ days of fasting to see the impossible, made possible. The guide is divided into seven weeks of Scripture meditations, prayer, and songs. Additionally, there will be a small group study further increasing your success through this journey. Your dedication will allow you to personally connect with Holy Spirit and become one as Jesus prayed, we would. *"That they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me."* John 17:21

Tips for success in Fasting:

- Praying is the main key to success. Plan to increase your prayer time by two minutes each day. By the end of the Fast, you will be praying over 1.5 hours more than when you began.
- Begin each day in repentance.
- Begin preparing at least three days prior to beginning, gathering needed items, etc.
- Drink plenty of water, regardless as to which Fast you're on. This aides in the cleansing process.
- Don't go it alone. Find a partner who will hold you accountable.

Lenten Growth Opportunities

During the 40 days of Lent, members are encouraged to take every opportunity to grow in God with fellow believers in Christ. Take advantage of several opportunities listed below:

1. Living With the Advantage Small Groups

Building on the success of 2023, we are once again bringing back the small groups! The Small Groups are designed to provide support for the journey by way of weekly meetings, book discussions and friendly encouragement. Beginning the week of February 19, the groups will consist of approximately 10 people. Sign up on EMZBC.org or call the church for more information.

2. Wednesday in the Word Bible Study

Wednesday Noon and 7pm (in person or virtual)

Book: Living with the Advantage by Dr. Corletta Vaughn

3. Lenten Spiritual Renewal Revival

Dates and times to be determined

4. Lenten Prayer Times

- Tuesday's 4am
 - Wednesday's 6pm
 - 6am Get Up with God Prayer Call
- Monday through Saturday
(425) 436-6357
Access code 504923

Tuesday Evening Women's Auxiliary Prayer Call

(425) 436-6315

Access code 247396

Additional Reading Material

For study and meditation

- Fasting for Breakthrough and Deliverance John Eckhardt
- Full Surrender J. Edwin Orr
- My All for Him Basilea Schlink
- From the Grave (40 Day Lenten Devotional) A.W. TOZER

10 Different Types of Fasts in the Bible

1. **The Disciples' Fast (Matthew 17:21) – For deliverance from sin, addiction, bondage. If we fast, we can break the power of sins and addictions that limit our freedom in Christ.**
2. **The Ezra Fast (Ezra 8:21-23) – For God's help in solving problems and for protection from Satan. Ezra said that they prayed and fasted, and God answered their request.**
3. **The Samuel Fast (1 Samuel 7:6) - For revival. The people were bound by idol worship and needed deliverance. Samuel called them to seek God and to bring the Ark back to Jerusalem. If we fast and pray for revival, God will pour Himself out on His people.**
4. **The Elijah Fast (1 Kings 19:4-8) - Mental freedom from emotional problems or habits. Through fasting, God will show us how to overcome emotional problems and destructive habits.**
5. **The Widow's Fast (1 Kings 17:9-16) – Fasting to provide for the needy. The widow went without food to meet the physical needs of someone else. Because she sacrificed her food, God made sure that she had more than enough food.**
6. **Paul Fast (Acts 9:9) - For physical healing and to get direction from God. If we fast and submit our will to God, He will reveal His will to us.**
7. **The John the Baptist Fast (Luke 1:15) - To enhance our walk with God and witness. If we fast for the influence of our testimonies to reach others for Christ, God will use us.**
8. **The Esther Fast (Esther 4:16, 5:2) – For protection from the evil one. If we fast for protection, God will deliver us from evil.**
9. **The Jesus Fast (Matthew 4:1-2) - For spiritual power and victory over temptation, the flesh and the devil.**
10. **The Daniel Fast (Daniel 1: 5-21; 10:3) – Fasting for health and to seek God's favor, purpose and vision for life.**

The church is being asked to complete the Daniel Fast. This fast consists of eating plant-based meals that are nutritious and delicious, while setting aside other foods as an act of worship and sacrifice to the Lord. The lists on the following pages explain the categories of foods to eat and foods to avoid on the Daniel Fast. However, keep in mind that not every item may be listed here.

Daniel Fast Food List

Foods to eat:

Whole grains

Amaranth, barley, brown rice, buckwheat, bulgur, freemen, millet, oats, purple rice, quinoa, rye, sorghum, spelt, tiff, whole grain pasta, whole wheat and wild rice.

Beans and Legumes

Black beans, black-eyes peas, cannelloni beans, garbanzo beans (chick peas), great northern beans, kidney beans, lentils, peanuts, pinto beans and split peas.

Nuts and seeds

Almonds, Brazil nut, cashews, hazelnuts, macadamia nuts, nut butters, peanuts (actually legumes but people think of them as nuts), pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, sunflower seeds.

Vegetables

All vegetables are allowed (fresh, frozen, dried, juiced and canned).

Fruit

All fruit is allowed (fresh, frozen, dried, juiced and canned). However, any dried fruit shouldn't contain added sugar (check ingredients to be sure).

Oils

Oils (such as coconut, olive and sesame, for example) are allowed but should be minimally. For example, you can sauté foods in olive oil, but avoid deep frying them.

Other

Unleavened bread (whole grain bread made without yeast, sugars or preservatives. All herbs, spices and seasonings are allowed, including salt and pepper.

Beverages

Water should be the main beverage on your Daniel Fast. Distilled, filtered, sparkling, spring and mineral water are allowed as well. However, you may have 100% fruit juice on occasion (sparingly).

Foods to Avoid on the Daniel Fast:

Animal products

Meat, (all meat and meat products), beef, bison, chicken, fish/seafood, lamb, pork, turkey, butter, cheese, cream, eggs, milk and yogurt.

Added sugar

Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, and raw sugar.

Yeast

Yeast (unleavened bread),

Refined grains

White flour and white rice.

Processed food

Foods that contain artificial flavorings, chemicals, food additives, and preservatives.

Deep-fried foods

Chips, Corn chips, potato chips, tortillas chips, French Fries. (Baked chips are acceptable if they don't contain restricted ingredients. Check the label for "baked" to be sure.)

Solid fats

Butter, lard, margarine, and shortening

Chocolates

Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup and cacao.

Caffeinated and alcoholic beverages

Alcohol, coffee, caffeinated teas, and energy drinks.

Ways to Fast

- **Normal Fast** – No food, water only.
- **Absolute Fast** – Absolutely no food or water (Caution: Should not be undertaken over 3 days and only then if you have a clear directive from the Lord and are in good health).
- **Partial Fast** – This could mean fasting certain meals of the day or abstaining from certain kinds of foods (i.e.: No meat or sweets, soup only, fruit and vegetables only, etc. In Daniel 10:3, Daniel ate no pleasant bread).
- **Juice Fast** – Fruit and vegetable juices only.
- **Corporate Fast** – A church or group of people who feel God has called them to fast together for a certain period of time.
- **Jewish Fasting Period** – The Jewish fast began at 6:00 P.M. in the evening and ended the next day at 6:00 P.M. (Some people follow this time period to begin and end fasts.)
- **Fasting Plus Prayer** — Remember, fasting should be combined with prayer. God called us to fast and pray. If you are fasting a certain meal of the day, use the time you would normally be eating to pray. The combination of prayer and fasting is a powerful way to focus on seeking God for breakthroughs and answers to prayer.
- **Fasting and Abstinence** — Although the word “fast” is used as abstaining from food in the Bible and does not refer to giving up other things, during a fast one can practice abstinence from other pleasures as well, such as entertainment, TV, hobbies and sex, as spoken about in 1 Corinthians 7:1-5.
- **Media** – fasting all forms of social media, including TV.

Week 1:
(Feb. 14 – 20)

Focus: Crucify the Flesh

Daily Meditations:

W	TH	F	S	S	M	T
Galatians 5:16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh.	Romans 12:3 everyone among you do not think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God	Col 3:5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.	Rom 8:5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.	1 Cor 9:27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.	Galatians 5:13 For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.	Galatians 5:24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires.
Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes

Song of Worship:

The Promise by William McDowell

<https://youtu.be/rmP-5ad2Y0Q?si=ZkMwxKubX6wCRp4R>

Week 2:
(Feb. 21 – 27)

Focus: Surrender

Daily Meditations:

W	TH	F	S	S	M	T
Psalm 37:7a	Psalms 46:10	1 Peter 5:6	1 Peter 5:10	Luke 22:42	Romans 12:1	Galatians 2:20
Be still before the LORD and wait patiently for him;	“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”	Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,	And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.	“Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.”	I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.	I am crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.
Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes

Song of Worship:

New Wine (TriBl/Maverick City Music)

https://youtu.be/kWOOQbxOkKXo?si=O8hhWxyOysU_Rd59

Week 3:
(Feb. 28 – Mar. 5)

Focus: Seeking His Presence thru Praise

Daily Meditations:

W	TH	F	S	S	M	T
Psalms 96:1	Psalms 96:2	Psalms 95:1	Psalms 95:2	Ephesians 5:19	Psalms 98:1	Psalms 100:1,2
Oh sing to the LORD a new song; sing to the LORD, all the earth!	Sing to the LORD, bless his name; tell of his salvation from day to day.	Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!	Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!	addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart,	Oh sing to the LORD a new song, for he has done marvelous things! His right hand and his holy arm have worked salvation for him.	Make a joyful noise to the LORD, all the earth! Serve the LORD with gladness! Come into his presence with singing!
Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes

Song of Worship:

Goodness of God (Cee Cee Winans)

<https://youtu.be/9sE5kEnitqE?si=lofaKzofX8jntOEG>

Week 4:
(Mar. 6 – Mar. 12)

Focus: Seeking His Presence thru His Word

Daily Meditations:

W	TH	F	S	S	M	T
Psalms 119:11 I have stored up your word in my heart, that I might not sin against you.	John 17:17 Sanctify them in the truth; your word is truth.	Psalms 119:107 give me life, O LORD, according to your word!	Luke 11:28 “Blessed are those who hear the word of God and keep it!”	Isaiah 55:11 so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.	Proverbs 30:5 Every word of God proves true; he is a shield to those who take refuge in him.	Colossians 3:16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.
Increase time spent in prayer by two	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes

Song of Worship:

Man of Your Word (Maverick City/Tribl)

<https://youtu.be/0TrVCZF-4pI?si=bLFQG91Rar14XJnz>

Week 5:
(Mar. 13 – Mar. 19)

Focus: Seeking His Presence thru Prayer

Daily Meditations:

W	TH	F	S	S	M	T
James 5:16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.	Romans 8:26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep	Matthew 6:7 “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.	Jeremiah 29:12 Then you will call upon me and come and pray to me, and I will hear you.	.John 15:7 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.	Jeremiah 33:3 Call to me and I will answer you, and will tell you great and hidden things that you have not known.	Ephesians 6:18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,
Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes

Song of Worship:

The Lord’s Prayer (Jubilee Worship)

https://youtu.be/oIbalA3xbWo?si=sw6DWtolOtk_a-Xe

Week 6:
(Mar. 20 – Mar. 26)

Focus: Seeking His Presence thru Worship

Daily Meditations:

W	TH	F	S	S	M	T
John 4:23 But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father is seeking such people to worship	Psalms 95:6 Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!	Hebrews 13:15 Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.	Hebrews 12:28 Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe,	Psalms 29:2 Ascribe to the LORD the glory due his name; worship the LORD in the splendor of holiness.	Psalms 96:9 Worship the LORD in the splendor of holiness; tremble before him, all the earth!	Psalms 66:4 All the earth worships you and sings praises to you; they sing praises to your name.” Selah
Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes

Song of Worship:

Stay (William McDowell)

<https://youtu.be/2KiUPP0KO5A?si=KLQKhULWad1u7C7x>

HOLY WEEK

Week 7: Focus: Adoration for our Great God and King
(Mar. 27 – Mar. 31)

Daily Meditations: **INCREASE YOUR LEVEL OF SACRIFICE**

W	TH	F	S	S	M	T
Hebrews 1:3	1 Chron 29:11a	1 Chron 29:11b	Isaiah 25:1	Rev. 19:6b		
He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. After making purification for sins, he sat down at the right hand of	Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours.	Yours is the kingdom, O LORD, and you are exalted as head above all.	O LORD, you are my God; I will exalt you; I will praise your name, for you have done wonderful things, plans formed of old, faithful and sure.	“Hallelujah! For the Lord our God the Almighty reigns.		
Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes	Increase time spent in prayer by two minutes

Song of Worship:

Worthy (Cee Cee Winans)

<https://youtu.be/JzSrOPeolc?si=Nh-y1QjcX0Kjm9Oi>