

2024 Theme: Moving Forward Together

Romans 15:5-6 & Judges 1:1-7

Fasting for Spiritual Transformation

February 14- March 31, 2024

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The PABC 40-Day Transformative Fast

Rev. Dr. Kendrick E. Curry,
Senior Pastor



Lent begins this year on February 14 (Ash Wednesday) and concludes on March 31 (Resurrection Sunday). We will follow the attached 40-day transformative *(PTL) fast during this 46-day period. Use your daily meal schedule for breakfast, lunch, dinner, etc. as a guide for eating. Sundays (except



Resurrection Sunday/Easter) are *optional* days of Sabbath rest from our fast. This **does not** mean, however, *that you should binge eat during this period*. Rather you should eat healthy in order to be prepared for the next week of fasting. So it is best to consume foods in line with the next weekly fast.

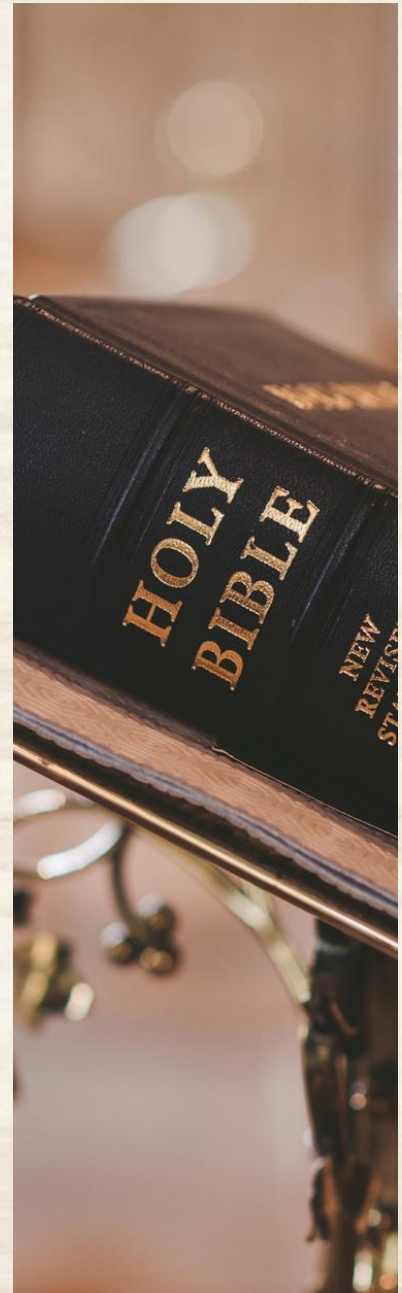
May we take this fast seriously so that individually and collectively, we become more Christ-like. As we go through this transformation (PTL) process, pray mightily that the Lord God's will for us be done quickly. May PABC be more intimate and wiser witnesses for Christ. May PABC be favored stewards of the ever-increasing resources of God. May the Holy Spirit fully empower PABC. May the Lord God manifest Himself in Jesus' name. Amen! Amen! Amen!

* PTL = "Praise the Lord!"

Why We Fast

Christian fasting is an act of worship! It is not a diet or weight loss program. It is an intentional act in which the Christian believer submits to the Lord God by prayerfully denying the body of food, drink, and/or personal and often guilty pleasures (i.e. television, shopping, etc.). The believer becomes more aware of his/her own inadequacies and contingencies in light of God's uber-adequacy and sufficiency. The believer moves into God's presence and becomes more attentive to the Lord's plan and direction for holy living.

PABC shall participate in a church-wide fast during the 2024 Lenten Season. The fast shall yield complete mental, physical, and spiritual healing, an increase in human and fiscal resources, and the development and use of spiritual gifts. Additionally, we shall become closer to the Lord and to one another. We shall become wiser stewards of God's provisions. We shall have favor with God and man. We shall be empowered by the Holy Spirit to make disciples and do relevant, **life-transforming** (PTL) ministry.

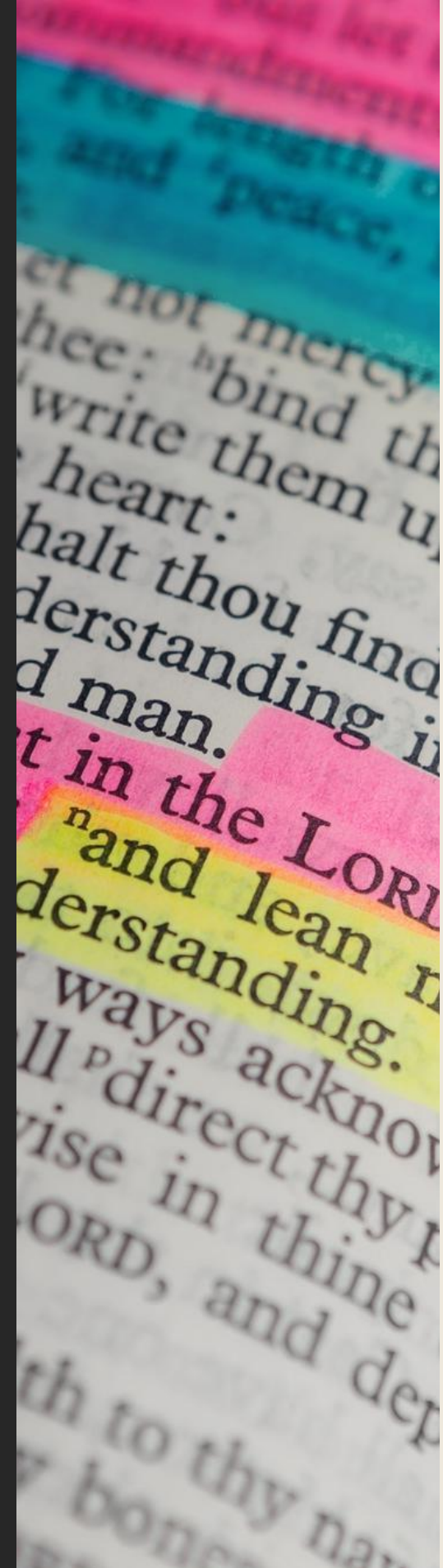


Biblical Basis for Fasting

The Old and New Testaments are replete with examples of fasting (e.g., 1 Sam 1:7; 2 Sam 12:15-23; Matt 4:1-2; and 1 Cor 7:5), but perhaps the clearest description of the purpose of fasting is found in Isaiah 58.[1] In this text, God first addresses the reasons why fasts fail to **transform** (PTL) lives (vv. 3-5), and then God describes the purpose of His fasts (vv. 6-8).

[1] Towns, Elmer L., "Fasting for Spiritual Breakthrough: A Guide to Nine Biblical Fasts," Regal: Ventura, CA, 1996. pgs. 25-28.

Warning Notes: Consult your doctor if you have personal dietary concerns. Modify fasts to meet medical needs only! During all fasts, consume allowable food and drink during normal meal time—breakfast, lunch and dinner—and add mid-morning and mid-afternoon snacks as needed. Furthermore, drink 10-12 regular cups of water daily (preferably alkaline that is ph 7 and above).

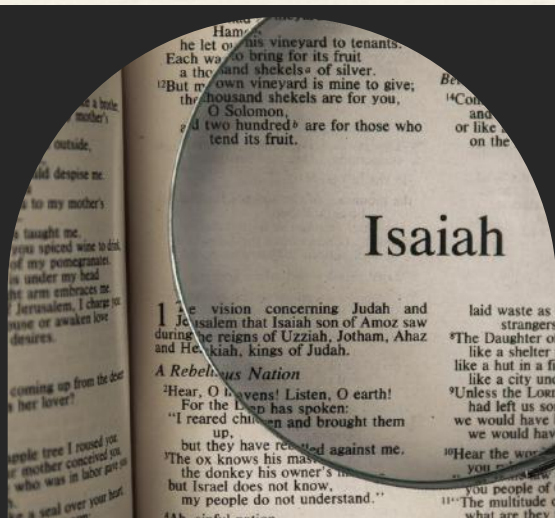




Purpose for fasting

In Isaiah 58:6-8 the Lord provides at least 12 purposes for fasting. God desires a fast that:

- *loosens the bonds of wickedness*
- *undoes the heavy burdens*
- *lets the oppressed go free*
- *breaks every yoke*
- *shares bread with the hungry*
- *brings home the poor who are cast out or homeless*
- *clothes the naked*
- *commands people to avail themselves to their families*
- *causes people's light to break forth like the morning*
- *causes people's healing to spring forth speedily*
- *causes people's righteousness to go before them*
- *causes the glory of the Lord to be the people's rear guard*



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? Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the LORD shall be your rear guard. (Is 58:6-8, NKJV)

THE PABC 40-DAY TRANSFORMATIVE FAST

Lent begins on February 14 (Ash Wednesday) and concludes on March 31 (Resurrection Sunday). We will follow the 40-day transformative (PTL) fast listed below during this 46-day period. Please review **daily** the purpose of the fast, the scriptural meditation, and pray the fasting promise **3 times daily: morning, noon, and evening**. Remember to drink 10-12 regular cups (8 oz.) of water daily. *Consult your doctor if you have personal dietary concerns.*



WEEK ONE FEBRUARY 14 - 20

Purpose: To break every yoke so that we can be sure the Lord is in total control of our lives.

Scriptural Meditation:
I Kings 19:1-9 especially
vv. 4 and 8

Promise: The Holy Spirit shall have total control of every area of my life, in Jesus' name.

Fast from all Gossip, Lying, Manipulation, Mean-Spiritedness, Negative Thoughts, and Words, Soda/Pop, and Pork. Share your testimony with at least one person.

Praise God for the weekly promise!

WEEK TWO FEBRUARY 21 - 27

Purpose: To share our bread with the hungry and to care for the poor naked outcasts.

Scriptural Meditation:
I Kings 17:7-24 especially
v. 16

Promise: Through The Holy Spirit, I shall help those with no clothes, no bread and nowhere to lay their heads, in Jesus' name.

Fast from Bread, Beef, and, Drinks with added sugar, and continue Week 1 Fast. Perform a random act of kindness for someone in need.

Praise God for the weekly promise!

**Always follow your doctor's orders regarding fasting. Keep with fast given to improve your medical condition with your doctor's approval only. Select foods that you enjoy and are not supposed to consume per your doctor's orders, and eliminate them from your fast during the 2024 Lenten Season. Even if you don't fast, review daily the purpose, scriptural mediation, and recite the fasting promise daily.*

**WEEK THREE
FEBRUARY 28 - MARCH 5**

Purpose: That our righteousness goes before us and that our witness for Christ will be enhanced as we avail ourselves to our families and others.

Scriptural Meditation:
Luke 1:5-18 especially
v. 15

Promise: Through the Holy Spirit, my witness for Jesus Christ shall continuously improve before my family, friends and others that I meet daily, in Jesus' name.

Fast from All Cereals, Grain, Grape Products, Sweets, Candy, Junk Food and Desserts, and continue Weeks 1 & 2 Fasts.

Praise God for the weekly promise!

**WEEK FOUR
MARCH 6 - MARCH 12**

Purpose: To undo heavy burdens or solve problems with the aid of the Holy Spirit so that we will walk joyfully with the Lord.

Scriptural Meditation: Ezra
8:15-23 especially v.
23

Promise: Through the Holy Spirit, my problems shall be resolved, in Jesus' name.

Fast from All Fried Foods and Dairy Products, and continue Weeks 1-3 Fasts. Write down your heavy burdens and one by one ask the Lord God to eliminate them.

Praise God for the weekly promise!

**WEEK FIVE
MARCH 13 - 19**

Purpose: To loose the band of wickedness so that we are freed from addictions to sin.

Scriptural Meditation: Matthew
17:14-23, especially v.
21

Promise: The Holy Spirit shall free me from any unhealthy addiction, in Jesus' name.

Continue Weeks 1-4 Fasts. Identify one or more addictions or cravings and ask a close confidant to pray to minimize or eliminate your addictions or cravings.

Praise God for the weekly promise!

**WEEK SIX
MARCH 20 - 26**

Purpose: So that our health springs forth and we are healthier physically and spiritually

**Scriptural
Meditation:** Daniel
1:1-21 especially v. 8

Promise: By the Holy Spirit's power, I am physically and spiritually healthy so I can do the Lord's work in Jesus' name.

Fast from All Meats and continue Weeks 1-5 Fasts. Consume only fresh vegetables, vegetable broths, fruits, 100% juices and water . Lay hands on an ailing or stressed area of your body as you pray the week 6 promise. Praise God for the weekly promise!

Praise God for the weekly promise!

**WEEK SEVEN
MARCH 27 - 30**

Purpose: That the glory of the Lord will protect us for all manners of evil.

**Scriptural
Meditation:** Ester 4:1-
5:8 especially 4:16 and
5:2

Promise: The Holy Spirit shall continually be with me and protect me from all evil, in Jesus' name

Continue Weeks 1-6 Fasts.
Share testimony with at least one person.

Praise God for the weekly promise!

RESURRECTION SUNDAY (EASTER): MARCH 31



Purpose: To allow the Lord's light or insight to break forth like morning within the congregation and to let the oppressed go free so that our souls can be set on fire with the Spirit of revival.

Scriptural Meditation:
Mark 16:9-20; Acts
9:1-19, I Samuel 7:2-
17

Promise: I believe God will give us great insight to do His will and create within us the Spirit of revival so that we will be a Mark 16:9-20 church, in Jesus' name.

Consume only water and 100% juice fast from 8 pm on March 30 until the end of morning worship on March 31.