

FAST AND PRAY!

Lent is a time of preparation for Easter and lasts for 40 Days beginning on Ash Wednesday and ending at sunset on Easter Eve. During this season of preparation, we are called to fast, pray and give up something important to us as we honor the ultimate sacrifice Christ made for us.

A spiritual "fast" means to go without food for a specified period of time in order to devote time to prayer and intercession. Biblical and spiritual fasting focuses on cleansing the heart, mind and spirit. We do this by putting God first through our prayers, then believing in the power and authority of God and receiving the guidance and direction needed for our lives.

We are asking every member to participate in our corporate Prayer and Fasting during the season on Lent.

PRAY daily from

6 am - 6:30 am and 6 pm - 6:30 pm

AND

FAST daily from 6 am - 6:00 pm.
or sacrifice one meal.

*During Lent we do not fast on Sundays.

Model Prayer

A - Adoration - Pray the Lord's Prayer.
1 Thessalonians 5:16

C - Confess Your Sins
John 1:9

T - Thanksgiving - Giving Thanks for Everything
1 Thessalonians 5:18

S - Supplication and Petitions
Philippians 4:6

CAUTION

Fasting requires reasonable precautions. Consult your physician before beginning any fast. Diabetics, persons on medication and those with chronic conditions should not fast without medical supervision. Fasting is not for children and pregnant or nursing women.



St. James United Methodist Church

Rev. Dr. Michael T. McQueen, Sr. Pastor

3000 Webb Bridge Road

Alpharetta, GA 30009

TEL: 678.762.1543

FAX: 678.762.1716

Prayer Line - 206-279-9167 code - 126918#

www.stjamesumc.org

ST. JAMES UNITED
METHODIST CHURCH

***"Journey
To
Transformation"***

A 40 Day Lenten Journey

February 26th - April 12th, 2020

"WE BELIEVE IN MIRACLES"

Acts 4:29-30

FAST

The daily scripture reading is provided to prepare us for “Journey to Transformation” in our Church and community.

February 26 – Matthew 6:1-6, 16-21

February 27 – Jonah 3:1-10

February 28 – Psalm 51

February 29 – Matthew 18:1-7

March 1 - ***Sunday – Remember the Sabbath**

March 2 – Hebrews 2:10-18

March 3 – Psalm 32

March 4 – Matthew 6:1-6, 16-21

March 5 – Psalm 121

March 6 – Romans 3:21-31

March 7 – Luke 7:1-10

March 8 - ***Sunday – Remember the Sabbath**

March 9 – Hebrews 3:1-6

March 10 – Isaiah 65:17-25

March 11 – John 7:53-8:11

March 12 – Exodus 16:1-8

March 13 – Exodus 16:9-21

March 14 – John 4:1-6

March 15 - ***Sunday – Remember the Sabbath**

March 16 – 2 John 1:1-13

March 17 – Psalm 81

March 18 – John 7:14-31, 37-39

March 19 – Ephesians 4:25-32

March 20 – Ephesians 5:1-9

March 21 – Psalm 23

PRAY

March 22 - ***Sunday – Remember the Sabbath**

March 23 – Acts 9:1-20

March 24 – Psalm 146

March 25 – Luke 1:26-38

March 26 – Ezekiel 1:1-3, 2:8-3:3

March 27 – Psalm 130

March 28 – Luke 24:44-53

March 29 – ***Sunday – Remember the Sabbath**

March 30 – Acts 20:7-12

March 31 – Ephesians 2:1-10

April 1 – Lenten Revival – Psalm 143

April 2 – 1 Samuel 16:11-13

April 3 – Philippians 1:21-30

April 4 – Mark 10:32-34

April 5 - ***Palm Sunday – Remember the Sabbath**

April 6 – John 12:1-11

April 7 – Psalm 71:1-24

April 8 - Holy Week Revival – Hebrews 12:1-3

April 9 – John 13:1-17, 31b-35

April 10 – Good Friday – Psalm 22

April 11 – John 19:38-42

April 12 – *Resurrection Sunday

***Denotes Non-Fasting Days**

SURRENDER

YOUTH SACRIFICIAL GIVING

We are asking the Youth to give up at least one of the following:

Sodas

Candy

Dessert

Potato Chips

Fast Foods

French Fries

Text Messaging

Playing Video Games
(including handheld systems)

Watching Television

Social Network Web Sites

MP3 Players

**“We Believe in
Miracles!”**