

WHAT IS FASTING?

Biblical fasting is the willful act of abstaining from eating or drinking all or certain foods and/or drink (e.g., caffeine, meat, carbs, sweets, cigarettes, alcohol, friend foods, junk food, etc.). These fasts may, also, include abstaining from other activities (e.g., television, social media, secular music, etc.) and for a specific period of time. The purpose of a fast is to deny ourselves toward feeling the hunger of our spirit. This practice allows us to clearly discern God's purpose for our lives. Lent is a season that we approach with a prayerful spirit and a penitent heart. God responds to us with spiritual results. (Consult a physician prior to any fast or other changes to your diet)

The following are a few examples of Biblical fasts:

DISCIPLES FAST

Goal: For freedom from addiction or from a besetting sin. *"This kind goeth not out but by prayer and fasting."* -Matthew 17:21

SAMUEL FAST

Goal: For revival and for winning others to Christ. *"This went on year after year. Whenever Hannah went up to the house of the Lord, her rival provoked her till she wept and would not eat."* -I Samuel 1:7

DANIEL FAST

Goal: For health and physical healing. *"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."* - Daniel 1:12

WIDOW'S FAST

Goal: For meeting the needs of the needy by sacrificing physical needs. *"They worshipped idols, though the Lord has said, 'You shall not do this.'"* -II Kings 17:12

REFERENCE: *Fasting for Spiritual Break Through* by Elmer L. Towns



ARE YOU PRAYING?

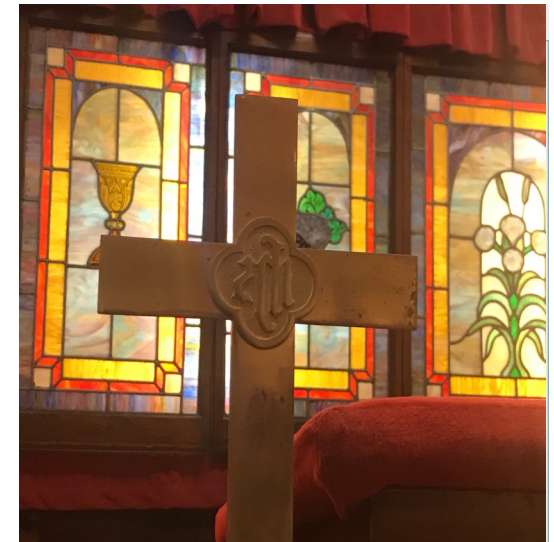
- ◇ Do you thirst for a closer walk with God?
- ◇ How often do you fast?
- ◇ Do you know the different types of fasts?
- ◇ Do you pray daily?
- ◇ Do you regularly read and mediate on Scripture?
- ◇ Do you always pray before you meals?
- ◇ Do you have a designated solitary place to pray ?
- ◇ Do you use a specific prayer pattern as you pray?
- ◇ Do you have prayer positions?
- ◇ Do you keep a prayer journal?
- ◇ Do you record your prayer requests and answers?
- ◇ Do you have a prayer partner?
- ◇ Do you pray out loud in public?
- ◇ Do you pray with people over the phone?
- ◇ Do you pray with people about their needs?
- ◇ Do you intercede for others when you pray?
- ◇ Do you pray for others in need?
- ◇ Do you pray for others who have special needs?
- ◇ Do you pray daily with your spouse?
- ◇ Do you pray daily with your children?
- ◇ Do you pray for your enemies?
- ◇ Do you read and study books on prayer?
- ◇ Do people seek you out to pray for them?
- ◇ Do you pray for your church?
- ◇ Do you see miraculous answers to your prayers?

Join Pastor Roberts and our associate ministers on Mondays and Fridays for Lenten Prayers at 6:30 a.m. Please expect this to be a 15 minute devotional call starting on Monday, March 11, 2019 and lasting throughout the Lenten season.

LENTEN PRAYER LINE INSTRUCTIONS

Conference Call in Number: (605) 472-5349
Conference Access Code: 348952#

LENTEN SEASON PRAYER & MEDITATION GUIDE



NINETEENTH STREET
BAPTIST CHURCH
4606 16TH STREET, NW,
WASHINGTON, DC 20011

REV. DR. DARRYL D. ROBERTS,
SENIOR PASTOR

VISIT US AT:
WWW.EVERYBLESSING.ORG

Join Pastor Roberts and our entire church family as we focus on the spiritual life of our church during this season of Lent.

Key concepts found within our church's Mission Statement will unite us as "...one body in Christ" during this season of Lent. The suggested daily scripture will give each of us the personal space to allow God to further reveal His purpose.

(See our daily focus and scripture listing)

Lenten Daily Prayer & Meditation Focus

- Mondays: Caring Acts of Love
- Tuesdays: Biblical Instruction
- Wednesdays: Church Missions
- Thursdays: Prayer for One Another
- Fridays: Celebrate God's Grace
- Saturdays: Nurturing Fellowship
- Sundays: Christ-Centered Worship at NSBC



Nineteenth Street Baptist Church

Mission Statement

The mission of the Nineteenth Street Baptist Church is to profoundly experience, joyfully celebrate, and meaningfully share God's grace. We do this through Christ-centered worship, biblical instruction, prayer, nurturing fellowship, and caring acts that are reflective of our love for God and one another. We, through the power of the Holy Spirit, proclaim the Gospel and Jesus Christ to all people while supporting the work of missions in our church, our community, our country and the world.

Join us during this time of prayer and fasting.

March 6 through April 20, 2019

(Ash Wednesday - Resurrection Sunday)

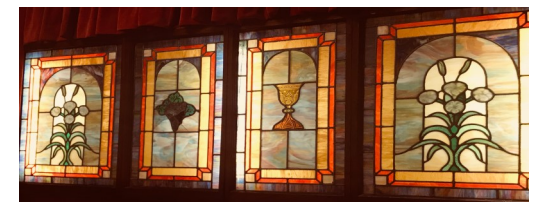
DAY	DATE	FOCUS	SCRIPTURE
Day 1	Wed., 3/6	Missions	Matthew 28:19-20
Day 2	Thurs., 3/7	Prayer	Psalms 46:10
Day 3	Fri., 3/8	Celebrate	I John 4:19
Day 4	Sat., 3/9	Fellowship	I Thessalonians 5:11
Day 5	Mon., 3/11	Caring Acts	Deuteronomy 15:11
Day 6	Tues., 3/12	Biblical Truth	Proverbs 19:20
Day 7	Wed., 3/13	Missions	Acts 1:8
Day 8	Thurs., 3/14	Prayer	Psalms 34:15
Day 9	Fri., 3/15	Celebrate/Worship	Exodus 23:25
Day 10	Sat., 3/16	Fellowship	Proverbs 27:17
Day 11	Mon., 3/18	Caring Acts	Hebrews 6:10
Day 12	Tues., 3/19	Biblical Truths/Worship	Acts 16:25
Day 13	Wed., 3/20	Missions	Acts 13:47
Day 14	Thurs., 3/21	Prayer	Daniel 9:18
Day 15	Fri., 3/22	Celebrate	John 3:16
Day 16	Sat., 3/23	Fellowship	Ephesians 5:30
Day 17	Mon., 3/25	Caring Acts	John 15:12
Day 18	Tues., 3/26	Biblical Truths	I John 4:1
Day 19	Wed., 3/27	Missions	Mark 16:15
Day 20	Thurs., 3/28	Prayer	Psalms 5:3
Day 21	Fri., 3/29	Celebrate	Titus 2:11
Day 22	Sat., 3/30	Fellowship	Acts 2:42
Day 23	Mon., 4/1	Caring Acts	Luke 6:38
Day 24	Tues., 4/2	Biblical Truths	Hebrews 4:12
Day 25	Wed., 4/3	Missions	Romans 10:13-14
Day 26	Thurs., 4/4	Prayer	I John 5:14
Day 27	Fri., 4/5	Celebrate	John 15: 9-10
Day 28	Sat., 4/6	Fellowship	Galatians 6:2

DAY	DATE	FOCUS	SCRIPTURE
Day 29	Mon., 4/8	Caring Acts	Matthew 5:16
Day 30	Tues., 4/9	Biblical Truths	Proverbs 10:8
Day 31	Wed., 4/10	Missions/Worship	I Chronicles 29:11
Day 32	Thurs., 4/11	Prayer	James 4:3
Day 33	Fri., 4/12	Celebrate	Ephesians 2:4-7
Day 34	Sat., 4/13	Fellowship	Matthew 18:20
Day 35	Mon., 4/15	Caring Acts	Luke 12:33-34
Day 36	Tues., 4/16	Biblical Truths/Worship	Psalms 63:1
Day 37	Wed., 4/17	Missions	Psalms 96:3
Day 38	Thurs., 4/18	Prayer	Matthew 26:42
Day 39	Fri., 4/19	Celebrate	Psalms 136:1
Day 40	Sat., 4/20	Fellowship	Acts 2:42

YOUR LENTEN TO DO LIST:

ATTEND at least one Lenten Service and invite a friend.

COMPLETE a prayer journal during Lent. As you read—meditate, pray, reflect and respond as God reveals to you His plans for your life.



Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.

-Joel 1:14