

# 40-DAY LENTEN FAST

2025



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## WELCOME LETTER

St. John Family:

The ministers, and leadership of our church are excited that you have decided to join us in our 40-Day Lenten Fast. Our Lord and Savior, Jesus Christ, emphasizes throughout scripture that fasting is a personal exercise of commitment, conviction, and love. Jesus didn't say if you fast, but WHEN you fast (Matthew 6:16-18 & 9:14-15). Scripture records many instances where people fasted; and a season of growth and spiritual blessings follow.

This year each day will have a prayer focus:

- Monday: Fasting in the Bible
- Tuesday: Family
- Wednesday: Self
- Thursday: United States
- Friday: Friends
- Saturday: St. John Baptist Church
- Sunday: Open

As you participate in this fast, you will begin to discover and experience God in a new way. Your relationship with the Lord will grow and your vision, clarity and focus will sharpen. We are excited to see what God will do in you and through you, as well as our corporate body.

Over the next 40 days, we will come together as a church family to seek God and prepare ourselves for what is in store for us! Please note, if you happen to fail, don't be discouraged or feel condemned. Get back on track and keep going – remember, God's mercies are new every morning. The Lord will give you grace and strength to keep moving, so don't quit!

Please take the time to read this packet for additional Daniel Fast information.

We look forward to God meeting us together as we journey through the next 40 days!

*Minister Nelson L. Adams, III*  
*Minister Cecil Andrew Duffie*  
*Minister Troy Duffie*  
*Minister Troy Adam Duffie*  
*Minister Yvette Hemphill*

## 40-DAY LENTEN FAST COMMITMENT

Complete here or online at: [bit.ly/sjbc40day](http://bit.ly/sjbc40day)

My purpose for fasting is: \_\_\_\_\_

Specific things I am praying and believing God for during this fast:

1. Church: \_\_\_\_\_
2. Family: \_\_\_\_\_
3. Self: \_\_\_\_\_

Remember to journal the scriptures you read each day and include any revelations you receive during your study and meditation time.

### MY SUCCESS PLAN:

1. I will find an accountability partner; someone who will encourage me when the temptation to quit arises. Note: This person should be in agreement with your desire to complete the fast and should be a spiritually mature individual who can encourage you with the word. Ecclesiastes 4:12, "A threefold cord is not quickly broken."
2. My accountability partner for this fast is: \_\_\_\_\_
3. I will set aside time every morning from \_\_:\_\_ am to \_\_:\_\_ am to praise God, read my Word and spend time in prayer.
4. I will set aside time every evening from \_\_:\_\_ pm to \_\_:\_\_ pm to praise God, read my Word and spend time in prayer.
5. I will NOT allow the enemy to accuse or shame me should I fall short. I am determined to use this time to draw closer to the Lord.

Ezra 8:23, "So we fasted and petitioned our God about this, and he answered our prayers."

I believe God is the only one who can answer my prayer, and that fasting will draw me closer to God. Therefore, everyday God will freely give me the strength and grace I need to commit myself to the above fast.

Signed: \_\_\_\_\_

You have made a commitment to participate in the St. John 40-Day Lenten Fast. This fast will begin 12:00 A.M. on Ash Wednesday, March 5th and end at 12:00 A.M. on Easter Sunday, April 20<sup>th</sup>.

Prayer will be held at our regularly scheduled times **Mondays, Wednesdays, and Fridays at 9:00 P.M.** on the following Prayer-Line:

**Phone Number: (804) 401-1114**

**Passcode: 1941138**

## FASTING OPTIONS

### PLEASE SELECT ONE

- A. \_\_\_ Daniel Fast (This is the St. John Preferred Fast)
- B. \_\_\_ Modified Daniel Fast: No Meats and No Sweets
- C. \_\_\_ Regular Daily Fast – No Food (Water only) from 6:00 A.M. – 6:00 P.M.
- D. \_\_\_ Abstaining from distractions: social media, idle gossip, TV, frivolous spending
- E. \_\_\_ Other: \_\_\_\_\_

**Prayer is a two-way modem for communicating with God.**

### Why Fast?

The purpose and goal of fasting is to strengthen you spiritually, mentally, and physically. By incorporating fasting and prayer as a part of your Christian walk, you will grow closer to the Lord as you mature in your faith.

Fasting will help you increase your ability to deny the flesh. Over the next 40 days, be diligent in your study and meditation of God's Word. Our objective is to focus our attention on seeking God's direction for our lives. Through fasting and prayer, the Holy Spirit can transform your life!

## INFORMATION ON THE DANIEL FAST

The Daniel Fast is a great model to follow and is one of the most common types of fasts. It proves to be extremely effective for spiritual focus, discipline and purification for the body and soul. In the book of Daniel, we find that Daniel fasted two different times (Daniel 1 and 10).

Daniel 1 states that he ate vegetables and water, and in Daniel 10, he ate no rich or choice foods, including meat or wine.

We encourage you to seek the Lord's guidance and follow the leading of the Holy Spirit.

Please visit: [www.daniel-fast.com](http://www.daniel-fast.com), for additional Daniel Fast resources.

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, only the kind of foods you can eat.

\*Water in the excess of 10 or more cups per day will help reduce fatigue and withdrawals and help you maintain hydration.

## FOODS TO EAT:

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruit: Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels, Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Kale, Greens, Lettuce, Mushrooms, Okra, Onions, Potatoes, Spinach, Squash, Sweet Potatoes, Tomatoes, Yams,

Seeds: Nuts, Sprouts

Liquids: Water, Unsweetened Soy Milk, Herbal Tea, Natural Fruit Juice (no added sugar)

## FOODS TO AVOID:

Meat, White Rice, Fried Foods, Carbonated Beverages, Foods containing preservatives or additives, Refined sugar or sugar substitutes, White Flour, Margarine, Shortening, High Fat Products, All Breads, Dairy (milk, butter, cheese, yogurt, etc.), Junk foods, Sweets

**DAY 1 – WEDNESDAY, MARCH 5TH**

Pray for guidance and direction over the next 40 days

Psalm 63

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**DAY 2 – THURSDAY, MARCH 6TH**

Pray for the United States to be reconciled to God

Matthew 27:46; 2 Corinthians 5:16-21; Psalm 32

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**DAY 3 – FRIDAY, MARCH 7TH**

Pray for your friends

John 19:26–27; Romans 10:1-11; Psalm 90

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**DAY 4 – SATURDAY, MARCH 8TH**

Pray for the unity of St. John

Acts 1:1-26; Acts 2:1-27

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**SUNDAY, MARCH 9TH**

Attend Church & Remain in a posture of Prayer

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**DAY 5 – MONDAY, MARCH 10TH**

Fasting in the Bible - Deuteronomy 9:9, 18, 25-29; 10:10

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**DAY 6 – TUESDAY, MARCH 11TH**

Pray for your salvation and the salvation of others

Luke 23:43; Micah 7:18-20; Psalm 15

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**DAY 7 – WEDNESDAY, MARCH 12TH**

Pray to fully entrust your life to God

Luke 23:46; Romans 12:1-3; Psalm 23

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**DAY 8 – THURSDAY, MARCH 13TH**

Pray for the resilience of Black People in the United States

John 19:30; Galatians 6:6-10; Psalm 20

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**DAY 9 – FRIDAY, MARCH 14TH**

Pray for revival and the growth of your friends' relationship with Christ

Psalm 65

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**DAY 10 – SATURDAY, MARCH 15TH**

Pray for restoration of the Lord's sanctuary

Nehemiah 2:17-18; Isaiah 58:10-12; Psalm 48

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**SUNDAY, MARCH 16TH**

Attend Church & Remain in a posture of Prayer

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**DAY 11 – MONDAY, MARCH 17TH**

Fasting in the Bible - Ezra 10:6-17

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**DAY 12 – TUESDAY, MARCH 18TH**

Pray for cancellation of all your, your family's, and St. John's debt

Romans 13:8; Deuteronomy 28:8-13; Psalm 3

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**DAY 13 – WEDNESDAY, MARCH 19TH**

Pray for your healing

Jeremiah 17:14; Isaiah 53:1-6; Psalm 91

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**DAY 14 – THURSDAY, MARCH 20TH**

Pray for holiness and sanctification of the United States

1 Peter 1:13-16; 1 Thessalonians 5:14-24; Psalm 1

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**DAY 15 – FRIDAY, MARCH 21ST**

Pray that Christ will arise in you, and your friendships

Galatians 2:16-20; 2 Timothy 2:1, 3-4, 10-13; Psalm 145

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**DAY 16 – SATURDAY, MARCH 22ND**

Pray for the consecration of St. John

Matthew 21:12-17; Isaiah 28:16; Matthew 16:19; Psalm 98

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**SUNDAY, MARCH 23RD**

Attend Church & Remain in a posture of Prayer

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**DAY 17 – MONDAY, MARCH 24TH**

Fasting in the Bible - 1 Kings 19:7-18

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**DAY 18 – TUESDAY, MARCH 25TH**

Pray for the Lord to increase the spirit of worship in your family

Mark 14:1-11; Acts 16:25-30; Psalm 29

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**DAY 19 – WEDNESDAY, MARCH 26TH**

Pray for miracles, signs, and wonders

Acts 3:1-11; Acts 5:12-16; Acts 9:36-41

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**DAY 20 – THURSDAY, MARCH 27TH**

Pray that the United States be profitable to God

Matthew 21:18-22; Matthew 25:14-30; Psalm 100

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**DAY 21 – FRIDAY, MARCH 28TH**

Pray for your friends to have the desire to do God's Will

John 19:28; Philippians 2:5-13; Psalm 11

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**DAY 22 – SATURDAY, MARCH 29TH**

Pray for the dismissal of all litigation against St. John

Deuteronomy 28:7; Deuteronomy 31:3-6; Psalm 4

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**SUNDAY, MARCH 30TH**

Attend Church & Remain in a posture of Prayer

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**DAY 23 – MONDAY, MARCH 31ST**

Fasting in the Bible - Matthew 4:1-11

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**DAY 24 – TUESDAY, APRIL 1ST**

Pray for peace in your family

Matthew 5:9; Philippians 4:6-7; Isaiah 26:3

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**DAY 25 – WEDNESDAY, APRIL 2ND**

Pray for endurance to complete the fast

James 1:12-18; Hebrews 10:36; Hebrews 12:1-3

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**DAY 26 – THURSDAY, APRIL 3RD**

Pray for righteous leadership in the United States

Proverbs 16:9; Proverbs 11:14; 1 Peter 5:2-3

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**DAY 27 – FRIDAY, APRIL 4TH**

Pray for your friends to join churches and be active in ministry

Romans 12:4-5; Matthew 18:20; Ephesians 2:19-20

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**DAY 28 – SATURDAY, APRIL 5TH**

Pray for sustained growth in St. John

2 Peter 3:18; Matthew 13:31-32; Hebrews 5:12-14; Acts 16:5

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**SUNDAY, APRIL 6TH**

Attend Church & Remain in a posture of Prayer

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**DAY 29 – MONDAY, APRIL 7TH**

Fasting in the Bible - Nehemiah 1:4-2:10

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**DAY 30 – TUESDAY, APRIL 8TH**

Pray for employment and a healthy work-environment for your family

Colossians 3:23; John 6:27; Proverbs 12:11

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**DAY 31 – WEDNESDAY, APRIL 9TH**

Pray for a spirit of obedience and submission to God

John 14:15; 1 John 5:3; Isaiah 1:19

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**DAY 32 – THURSDAY, APRIL 10TH**

Pray for the example the United States is in the world

1 Timothy 4:12; Titus 2:6-8; Proverbs 24:1-2

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**DAY 33 – FRIDAY, APRIL 11TH**

Pray that you are reconciled with friends

Hebrews 12:14; Luke 17:3; Colossians 3:13

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**DAY 34 – SATURDAY, APRIL 12TH**

Pray for St. John to be a blessing to the community

Galatians 6:1-2; Ecclesiastes 4:9-12

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**PALM SUNDAY, APRIL 13TH**

Attend Church & Remain in a posture of Prayer

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**DAY 35 – HOLY MONDAY, APRIL 14TH**

Fasting in the Bible - Daniel 10:3-13

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**DAY 36 – HOLY TUESDAY, APRIL 15TH**

Pray for the principles of Holy Week to be activated in your family

Matthew 21:12–22, Mark 11:15–19, Luke 19:45-48, John 2:13-17

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**DAY 37 – HOLY WEDNESDAY, APRIL 16TH**

Pray for the significance of Christ’s death and sacrifice during Holy Week to guide you

John 12:20-38

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**DAY 38 – MAUNDY THURSDAY, APRIL 17TH**

Pray for the United States to understand the concept of servanthood

John 13:1-17

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**DAY 39 – GOOD FRIDAY, APRIL 18TH**

Pray for your friends to capture the meaning of Good Friday

Luke 23:34; Luke 23:43; John 19:26-27; Matthew 27:46; John 19:28; John 19:30; Luke 23:46

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**DAY 40 – SILENT SATURDAY, APRIL 19TH**

Pray for Resurrection Sunday, salvation and enduring relationships with Christ at St. John

John 3:16; Matthew 28

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**WE MADE IT!**

Celebrate by offering a gift unto the Lord: visit or click <https://bit.ly/givetostjohnmiami>