



Beulah Baptist Church

5001-21 Spruce Street
Philadelphia, PA 19139

Reverend William Henley, Pastor

Daniel 9:3

And I set my face unto the Lord God, to seek
by prayer and supplications, with fasting,
and sackcloth, and ashes:

**COMMITTED
TO
PRAYER & FASTING**

February 22 to April 3, 2021

BEULAH BAPTIST CHURCH

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Nehemiah 1:4

And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven

Seeking God's Face ~ Seeking Him in Brokenness for His Goodness

Our commitment to fasting and prayer will begin Monday, February 22nd and ends on Saturday, April 3rd, 2021 which leads up to Resurrection Sunday.

Lent has been a traditional time for fasting or giving something up or abstinence. Just as we carefully prepare for events in our personal lives, as a wedding, or birthday; **Lent invites us to prepare our minds and hearts ready to celebrate Jesus' life, death, and resurrection.** This Lent season, let us join our faith for a time of corporate fasting and prayer to seek the Father and draw closer to the Savior, our God.

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to **fast**, and He said that **God** rewards **fasting (Mt. 6:18)**. **Fasting**, in the Strong's Concordance, defines fasting, *in Greek*, means to abstain from food, a voluntary or religious exercise of private fasting for a specific time and purpose. **Fasting is deliberate and constant in abstinence with spiritual considerations.**

Believers fast for many different reasons, just to name a few:

- To prepare for ministry (Mt. 4:1-17, Mark 1:12-13, Luke 4:1-14)
- To seek God's wisdom (Acts 14:23)
- To show grief (Nehemiah 1:1-4)
- To seek deliverance or protection (Ezra 8:21-23)
- To repent (Jonah 3:1-10)
- To gain victory (Judges 20:26)
- To worship God (Luke 2:37)

Matthew 6:16-18 admonishes us: "...Moreover when you fast, don't be like the hypocrites, with sad faces. For they disfigure their faces, that they may be seen by men to be".

Let us approach Lent with the intent to follow this Fasting & Prayer Guide and expect God to speak to our Church Family. Our goal is to make this a part of our daily lives after Lent is over.

Disclaimer

*****Please Only Fast if your health allows it: You Can Do a Partial Fast In faith and God will honor your intentions*****

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WEEK ONE

Between 12 pm - 6 pm

Fast from: Television, Computers, Tablets (Examples: Television shows and other viewings that do not honor or that grieves the Holy Spirit)

Prayer Target: Church Around the World, The Body of Christ, God's Work

Monday, February 22nd

Read: Revelation 2:4-5

Pray that the church clings to its first love.

Tuesday, February 23rd

Read: Colossians 4:2

Pray that the church would be deeply committed to seeking God in prayer.

Wednesday, February 24th

Read: 1 Peter 5:2-3

Pray for the church leaders to follow Christ, serve humbly, and exemplify Christ-like character.

Thursday, February 25th

Read: Colossians 1:28-29

Pray for the church's dedication and perseverance to lead believers into maturity through discipleship.

Friday, February 26th

Read: Philippians 2:2

Pray that the church around the world, the body of Christ, will be on one accord.

Saturday, February 27th

Read: Romans 10:13

Pray that the gospel will continue to go out and more people be added to the body of Christ.

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WEEK TWO

Between 12 pm - 6 pm

Fast from Sugar (Examples: artificial sweeteners, sweetened cereals, candy, juices, energy drinks, sodas, cakes, donuts, etc.)

Prayer Target: Our Church - Beulah Baptist Church

Monday, March 1st

Read: James 1:27

Pray that Beulah will remember the widows and children through prayer, time, and giving and that we remain in the world but not of the world.

Tuesday, March 2nd

Read: Acts 1:8

Pray that Beulah will remain mission minded as we operate under the power of the Holy Spirit.

Wednesday March 3rd

Read: Romans 12:4-5

Pray that our members will operate as one body in Christ, using their gifts to enhance our ministry.

Thursday, March 4th

Read: Colossians 4:2

Pray that Beulah will know and follow the plans the Lord has for us.

Friday, March 5th

Read: Hebrews 10:25:

Pray that Beulah will continue to come together and exhort one another, whether by phone, Facebook, YouTube, or other.

Saturday, March 6th

Read: Malachi 3:10; Luke 6:38; and 2 Corinthians 9:7

Pray that the saints of God will give cheerfully, as the Lord bless them.

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WEEK THREE

Between 12 pm - 6 pm

Fast from: Coffee, teas, herbs, soft drinks, hot chocolate.

Prayer Target: Pastor William Henley and Family

Monday, March 8th

Read: Ephesians 6:11-12

Pray against all powers of darkness and exposure of demonic schemes against our pastor.

Tuesday, March 9th

Read: Psalm 91:1-3

Pray that Pastor dwells in the secret place of the Most High and that God be his “refuge and fortress and deliver him from the perilous pestilence.

Wednesday March 10th

Read: James 4:7

Pray for the protection and health of Pastor and Sister Henley’s children, Stephen, Julianna, and Glorya.

Thursday, March 11th

Read: Isaiah 61:3

Pray for healing from ministerial fatigue; that Pastor will have beauty for ashes, a garment of praise for the spirit of heaviness that the Lord continues to be glorified.

Friday, March 12th

Read: Acts 6:4

Pray that Pastor and Sister Henley will give themselves continually to prayer and to the ministry of the Word.

Saturday, March 13th

Read: 2 Timothy 3:5

Pray that Pastor's and Sister Henley’s worship is continually rich as they continue to glorify him for what he’s done for them.

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WEEK FOUR

Between 12 pm - 6 pm

Fast from: To be more active by driving when you can walk; or purposefully commit to a 30-minute walk and talk with the Lord each day.

Prayer Target: Beulah Families/Ministries of the Church

Monday, March 15th

Read: 1 Peter 4:8 and 1 Corinthians 13:4-8

Pray that families love one another as Christ loves us.

Tuesday, March 16th

Read: Ephesians 5:25; 6:1-4 and Colossians 3:18-21

Pray that families be obedient to God's will. Pray that our children will have a healthy reverence and warm heart towards God, the Savior, and learn to obey those in authority.

Wednesday, March 17th

Read: Ephesians 1:15-21

Pray that ministries will continue to grow in the right relationship with God. Pray that the Word of God, through devotions, bring new relevant ways; and that prayer life will be renewed with the presence of God, passion, and fresh revelation of Jesus Christ.

Thursday, March 18th

Read: Act 16:31; Deuteronomy 6:6-7

Pray for the salvation of our families and that we would walk upright before them.

Friday, March 19th

Read: Psalm 127:3-5

Pray that our children grow in the Lord and that we use them as instruments for God now.

Saturday, March 20th

Read: 2 Corinthians 9:8-9

Pray that ministries and laborers will have abundance in all that they do, that whatever they ask would be given tenfold. Pray for financial provision and blessings and grace in all that they set their hands to do. Pray they would see the fruit of their labor and would be given an increase in wisdom, talents, friends, family, and all that God has given them.

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WEEK FIVE

Between 12 pm - 6 pm

Fast from: All types of Bread

Prayer Target: The Community (Spiritual Warfare)

Consequences of the Pandemic (COVID-19)

Monday, March 22nd

Read: Hebrews 10:24-25; Matthew 5:16

Pray that we will continue to come together and be a light in this community.

Tuesday, March 23rd

Read: Ephesians 6:10-11

Pray that we will continue to stand against the wiles of the devil as we intercede on behalf of this neighborhood and community.

Wednesday, March 24th

Read: 2 Corinthians 10:4-5

Pray that we will discern the needs of the community as we pray and continue in the Word of God.

Thursday, March 25th

Read: 2 Timothy 1:7

Pray that we don't fear COVID-19, but that we will have a healthy fear of the God over COVID-19.

Friday, March 26th

Read: Galatians 6:2

Pray that we will bear the burdens of this community and respond as Jesus did.

Saturday, March 27th

Read: Isaiah 43:1-3

Pray that we are reminded of the Lord's word's that he has redeemed us and will be with us in every situation, even the pandemic.

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WEEK SIX

Between 12 pm - 6 pm

Fast from: Dairy Products (Examples: butter, milk, ice cream, cheese, and yogurt).

**Prayer Target: Care Giving/Bereavement/Relationship/Reconciliation/
Restoration/Forgiveness**

Monday, March 29th

Read: Acts 20:28; Matthew 25:40; Isaiah 40:28-31

Pray that caregivers will be mindful of ways, thoughts, words, as they care for those that God has called them to oversee and that they will depend on the Lord for strength.

Tuesday, March 30th

Read: Psalm 46:1-10

Pray that as we mourn and life seems to get turned upside down that we will remember “God is our refuge and strength, a very present help in trouble.”

Wednesday, March 31st

Read: John 13:34; 1 Thessalonians

Pray that we will love others as God has loved us. Pray that we will encourage and build one another up.

Thursday, April 1st

Read: Matthew 18:15-35; Luke 17:3

Pray that we would respond favorable to those who may wrong us just as the Lord has dealt with us. Pray for restoration and reconciliation among our earthly family as well as our spiritual family.

Friday, April 2nd

Read: Ephesians 4:32

Pray that we would forgive one another, even as God for Christ’s sake forgave us.

Saturday, April 3rd

Read: Joel 2:21-26

Pray that God, the master restorer, will rebuild any brokenness in our hearts and relationships.