

WMBC Lent Consecration and Fast

March 5, 2025- April 17, 2025

Scripture: Matthew 4:1-4

1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. **2** After fasting forty days and forty nights, he was hungry. **3** The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” **4** Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Why do we fast?

As Christians, we fast because we are taught in scripture that fasting requires us to spiritually discipline our minds and bodies as we deny the flesh (our nature) and focus on GOD. Throughout scripture, the act of fasting is revealed and should be a reminder to us of its relevance and necessity in the life of the believer.

What is the purpose of this Lenten fast?

The purpose of this fast is for repentance, revelation, and reflection in the areas of our lives that GOD is calling us to spiritual maturity and growth. Therefore, this fast is designed to purposely and intentionally set aside time in which we deny the flesh, and give GOD our undivided attention.

Notes:

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Schedule:

1. Fast will take place every **Monday, Wednesday, and Friday** from 8:30am-5:30pm
2. **Tuesday’s and Thursday’s** we will dedicate time to read through the gospel of Matthew and to pray for 15 minutes each day. (**Ex. Morning** (5 minutes) + **Lunch** (5 minutes)+ **Before Bed** (5 minutes)= 15 minutes)
3. We are eliminating all foods and beverages except, **fruits, vegetables, nuts** and **water** during the fasting hours. (*MWF from 8:30am-5:30pm*)
4. Each day will have a specific prayer focus.
5. We will meet for corporate prayer daily at 7:30am via the prayer line. This is a live prayer service and will be in lieu of Monday Morning prayer starting Monday, March 10.

Prayer Call Phone Number: (973) 782-1475

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(978) 782-1475

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Sun. Week of March 2	Mon.	Tues.	Wed. Repentance <i>Luke 13:1-5</i>	Thurs. <i>Matthew Ch. 1-3</i>	Fri. Forgiveness <i>Matthew 6:15</i>	Sat.
Sun. Week of March 9	Mon. Our Church <i>Acts 2:1-13</i>	Tues <i>Matthew Ch. 4-6</i>	Wed. Love <i>1 Corinthians 13:1-13</i>	Thurs. <i>Matthew Ch. 6-8</i>	Fri. Trust <i>Jeremiah 29:11</i>	Sat
Sun. Week of March 16	Mon. Forgiveness <i>Luke 6:27</i>	Tues. <i>Matthew Ch. 8-10</i>	Wed. Our Thinking <i>Philippians 4:8</i>	Thurs. <i>Matthew Ch. 10-12</i>	Fri. Commitment <i>Matthew 22:37</i>	Sat
Sun. Week of March 23	Mon. Repentance <i>Acts 2:38-41</i>	Tues. <i>Matthew Ch. 12-14</i>	Wed. Forgiveness <i>Matthew 6:15</i>	Thurs. <i>Matthew Ch. 14-16</i>	Fri. Peace John 16:33	Sat
Sun. Week of March 30	Mon. Giving To GOD/Tithing 2 Corinthians 9:7	Tues. <i>Matthew Ch. 16-18</i>	Wed. Kindness Ephesians 4:32	Thurs. <i>Matthew Ch. 18-20</i>	Fri. Communication Ephesians 4:29	Sat
Sun. Week of April 6	Mon. Forgiveness Ephesians 4:31-32	Tues <i>Matthew Ch. 20-22</i>	Wed. Love 1 Peter 4:8	Thurs. <i>Matthew Ch. 22-24</i>	Fri. Giving To GOD/Tithing Proverbs 3:9-10	Sat
Sun. Week of April 13 <i>Palm Sunday</i>	Mon. Love 1 John 4:7-8	Tues. <i>Ch. 24-26</i>	Wed. Love John 3:16	Thurs. <i>Ch. 26-28</i>	Fri. Surrender Luke 9:23-24	Sat