

## **Moriahcity Lenten Consecration**

This is the Lenten Season. Lent is a period of 40 days during which Christians remember the events leading up to and including the death of Jesus Christ, whose life and teachings are the foundation of Christianity. The 40-day period is called Lent after an old English word meaning 'lengthen'.

### **What is the purpose of lent?**

The purpose of Lent is the preparation of the believer for Resurrection Sunday through prayer, mortifying the flesh, repentance of sins, almsgiving, simple living, and self-denial.

### **What is Fasting?**

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

*"When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you." Matthew 6:16-18*

### **Why Fast**

1. Fasting gives you more time for prayer. You can use the time you'd normally spend eating as time in prayer for what God wants to do among us during Lent.
2. Fasting demonstrates the depth of your desire when praying for something. It shows you that you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith.
3. Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy!

### **The Importance of Fasting**

Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing!

- Moses fasted before he received the Ten Commandments. Exodus 34:28
- The Israelites fasted before a miraculous victory. 2 Chronicles 20:2-3
- Daniel fasted in order to receive guidance from God. Daniel 9:3

- Nehemiah fasted before beginning a major building project. Nehemiah 1:4
- Jesus fasted during His victory over temptation.  
Luke 4:2
- The first Christians fasted during-decision making times.  
Acts 13:2-3

## Two Cautions

1. Remember that fasting is not "earning" an answer to prayer. God cannot be coerced by human effort. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God's answer.
2. Fast only if your health allows it at this time (check with your physician). If you are able to do only a partial fast, do it in faith and God will honor your intentions. There are other things you can fast from as well such as television, the telephone and social media ie:Facebook and Instagram.

## Fasting Truths

Fasting starts with the spiritual leaders. Joel starts off his urgent call to a fast by saying, "Hear this, you elders." (Joel 1:2)

- Fasting is not so much about food as it is about focus.
- Fasting is not so much about saying no to the body as it is about saying yes to the Spirit.
- Fasting is not about doing with- out, it is about looking within.
- Fasting is an outward response to an inward attitude and cry of the soul.
- Fasting is not a means of seeking God's blessings, as much as it is a means of seeking God.
- Fasting is feasting on the Lord. Looking to him for comfort, power, strength, guidance, forgiveness, and hope.

## Consecration Guidelines

During this Lenten season we are asking that you select at least one day a week (*you can select more days if you are medically able and led of the Lord*) of fasting and prayer. You can either choose to miss one meal or fast until 5pm. Water, tea and broth are permitted during fasting times. While fasting see attached Lenten scriptures to read and follow daily (*even on the days you are not fasting*). Also, we encourage you to call the MoriahCity prayer line everyday Monday-Friday at 7:30 am and 7:30pm. The ministerial staff will be giving Lenten Meditations on every call. Call in to (312) 757-3117 AC-908938069#.

During the Lenten season it is a time of obedience and sacrifice to the Lord. We give him our time, talents and treasure. Please put away \$1 a day (a total of \$40) sacrifice to be given on Resurrection Sunday April 17, 2022.