

<p>Day 1-Feb. 17 Focus 1-Worship Theme: Praise Praise God for His goodness towards us. Recall the wonderful works of God in life and ministry</p> <p>Psalm 150</p>	<p>Day 2-Feb. 18 Theme: Thanksgiving List the many things you can thank God for.</p> <p>Psalm 107:1-9</p>	<p>Day 3-Feb. 19 Theme: Repentance Ask the Holy Spirit to reveal to you any areas of unconfessed sins in your life.</p> <p>Psalm 51</p>	<p>Day 4-Feb. 20 Theme: Thanksgiving Thank God for His forgiveness of our sins and for His Son Jesus Christ!</p> <p>John 3:17-17</p>	<p>Day 5-Feb 21 Theme: Worship Ask the Holy Spirit to bless the worship celebration in your local church and Christian Churches all over the world.</p> <p>John 4:20-24</p>	<p>Day 6-Feb 22 Focus 2-Love/Unity Theme: Unity among Christians Pray for a spirit of unity and love among Christians within local churches.</p> <p>Ephesians 4:1-4</p>	<p>Day 7-Feb 23 Theme: Unity among Pastors and members Pray that the Lord will unify pastors and congregations will of vision and purpose from God. <i>(Pray for the Board of Bishops Mtg.)</i></p> <p>Ephesians 4:11-16</p>	<p>Day 8-Feb 24 Theme: Unity In the A.M.E. Zion Church Pray that the A.M.E. Zion Church will unify with the vision God has given to the Bishops of Zion. <i>(Pray for the Board of Bishops Mtg.)</i></p> <p>1 Peter 5:5-11</p>	<p>Day 9-Feb 25 Theme: Unity in the Community Ask the Lord to unite churches and pastors within our communities to advance God's Kingdom! <i>(Pray for the Board of Bishops Mtg.)</i></p> <p>James 4:1-11</p>	<p>Day 10-Feb 26 Theme: Forgiveness Pray that we will be forgiving towards one another when we have been hurt, wronged, mistreated, or misunderstood. <i>(Pray for the Board of Bishops Mtg.)</i></p> <p>Colossians 3:12-16</p>
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<p>Day 11-Feb. 27 Focus 3-Families Theme: Marriages Pray that God will give husbands and wives perseverance and strength to glorify God in their marriage</p> <p>Ephesians 5:21-28</p>	<p>Day 12-Feb 28 Theme: Youth & Children Pray for protection, purpose, and provisions in life for youth and children in the church and the home. And to obey parents.</p> <p>Psalm 23; Eph 6: 1-3</p>	<p>Day 13-Mar 1 Theme: Parents and Guardians Pray that parents will love, care, and nurture their children in the fear of the Lord. <i>(Pray for the Great Gathering!)</i></p> <p>Ephesians 6: 4</p>	<p>Day 14-March 2 Theme: Loving Concern in the Home Pray that family members will truly love and care for one another in the home and the Family. <i>(Pray for the Great Gathering!)</i></p> <p>Ephesians 4:31-32</p>	<p>Day 15-March 3 Theme: Prayer and God's Word Pray that prayer and the word of God will have high priority in every home & church. <i>(Pray for the Great Gathering!)</i></p> <p>Psalm 119:105-112</p>	<p>Day 16-March 4 Focus 4-Provisions Theme: Economy Pray that the hand of the Lord will move in the midst of a Financial crisis.</p> <p>Psalm 24</p>	<p>Day 17-March 5 Theme: Deliverance from the Spirit of Lack Pray that people and churches will be Delivered from the spirit of lack.</p> <p>Philippians 4:19-20</p>	<p>Day 18-March 6 Theme: Hunger and Poverty Pray for the hungry and the poor and ask God to show us how to help meet their needs.</p> <p>James 2:1-8</p>	<p>Day 19-March 7 Theme: Provisions for Ministry in Local Churches Ask the Lord to meet every need of local churches for the work of the ministry.</p> <p>2 Cor. 9:5-8</p>	<p>Day 20-March 8 Theme: More workers in the Kingdom Ask the Lord to send more workers in His Kingdom.</p> <p>Luke 10:2</p>
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<p>Day 21-March 9 Focus 5-Strongholds Theme: Deliverance Spiritual Bondages & Addictions Pray that the people in our communities, churches, and families will be delivered from addictions.</p> <p>Luke 4: 18-19</p>	<p>Day 22-March 10 Theme: Deliverance from the Spirit of Jezebel Pray that the Spirit of Jezebel (rebellion and control) will no longer hold us or our churches in bondage.</p> <p>Revelations 2: 18-21</p>	<p>Day 23-March 11 Theme: Strongholds broken in the home, church & community Ask the Lord to reveal and break strongholds in our lives and those around us.</p> <p>2 Cor. 10: 3-6</p>	<p>Day 24-March 12 Theme: Deliverance from Religious Spirit Pray that we will be delivered from a religious & rebellious spirit and we will embrace and obey the Holy Spirit.</p> <p>1 Samuel 15:22-23</p>	<p>Day 25-March 13 Theme: Healing Pray that the sick among us will be healed, especially those who are terminally ill (aids, cancer, etc).</p> <p>James 5: 13-16</p>	<p>Day 26-March 14 Focus 6-Leadership Theme: Bishops & Missionary Supervisors (active & retired) pray that the Lord will give bishops & supervisors strength, wisdom, knowledge, guidance, & protection daily. Isaiah 58: 8-12</p>	<p>Day 27-March 15 Theme: General Officers Ask the Lord to bring unity, guidance, and provisions, and support for ministry to the General Officers and their departments.</p> <p>Eph. 4:11-16</p>	<p>Day 28-March 16 Theme: Leaders, in Each Connectional Dept. Ask God to bless, unite & anoint, the leaders/members of The WHOM Society, Lay Council, & Christian Ed. Dept to do the work of ministry. Eph. 4:1-6</p>	<p>Day 29-March 17 Theme: Judicial Council Pray that the Lord will endow the Judicial Council with wisdom, power, might, and discernment to rule and decide over matters that come before them.</p> <p>Hebrews 12:12-17</p>	<p>Day 30-March 18 Theme: Presiding Elders and Pastors Pray for God's wisdom and protection upon Presiding Elders, Pastors, and their families.</p> <p>Ephesians 6: 18-22</p>
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<p>Day 31-March 19 Theme: Leaders for Conf, Dist., & Church Ask God to bless, & anoint, ministers, class leaders, stewards, trustees, missionaries, C. E. workers, laity & other ministry leaders, to do ministry work.</p> <p>Ephesians 2:19-22</p>	<p>Day 32-March 20 Theme: President Obama, VP Joe Biden & their families Ask the Lord to give protection, courage, wisdom & guidance to the President, Vice-Pres. & families.& his cabinet.</p> <p>1 Timothy 2: 1-4</p>	<p>Day 33-March 21 Focus 7-Evangelism & Revival Theme: Lost Souls-Pray that God will reveal His loving heart to those who are far from Him. Ask God to reveal His love and kindness towards the lost.</p> <p>Luke 15</p>	<p>Day 34-March 22 Theme: Church Health & Growth Pray that our churches will be healthy and will grow spiritually, numerically, and financially.</p> <p>Ephesians 3: 14-21</p>	<p>Day 35-March 23 Theme: New Zeal & Evangelistic Passion Pray that we will share Jesus Christ with others. Ask God to teach us how to be "fishers of people" beyond the city in the world.</p> <p>Mark 1:14-17</p>	<p>Day 36-March 24 Theme: Renewed Calling and Purpose Pray that we will have a renewed calling and purpose for life and ministry.</p> <p>Isaiah 40: 28-31</p>	<p>Day 37-March 25 Theme: Spiritual Transformation Pray that our people would turn from evil and seek peace. Ask God to give us a tongue to speak blessing on the A.M.E. Zion Church</p> <p>Isaiah 26:1-4</p>	<p>Day 38-March 26 Theme: Spiritual Renewal Pray that the hearts of God's people will be revived. God's presence will renew the hearts and spirits of His people with new life.</p> <p>Ezekiel 37:1-10</p>	<p>Day 39-March 27 Theme: Return to Our First Love Pray that God's people will passionately fall in love with Him.</p> <p>Revelations 2:1-7</p>	<p>Day 40-March 28 Theme: Obedience to God's Word Pray that we will all walk in obedience and will of the Lord with submissive hearts.</p> <p>James 1:22-25</p>
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Prayer and Fasting Focus

“O Lord, Revive Your Work in the midst of the years” Hab. 3: 2

As we journey towards Calvary (Good Friday) and Easter (Resurrection Sunday), it is our desire that we draw closer to the Lord through prayer and fasting. As the Lord made such a wonderful and miraculous sacrifice for the World by dying for the sins of the World, should we not make a small sacrifice for Him!

The times we are living in compel us to return to holiness by corporately engaging in the means of grace of prayer and fasting. The prayer calendar has been designed to cover different prayer focuses and themes each day. A daily scripture accompanies each concern. Bishop Roy Holmes is requesting that we engage the local church, district, annual conference, and the denomination in the prayer and fasting focus. This will help unify us with the divine purposes of God. The focus includes: Worship and Love and Unity, Families, Provisions, Strongholds, Leadership, Evangelism, and Revival. Please pray daily for these concerns in faith and expectation.

The Prayer and Fasting Process

There are two options for the fast, 1. You fast daily from six am to six pm and at six pm take in fruit, vegetables, and nuts. This means no meat, no bread, no sweets, and no sugar drinks. 2. If you are not able to fast from 6:00 am to 6 :00 pm daily, you may fast without the meats, breads, sweets, and sugar drinks all day. This is called the *“Daniel Fast.”* (Daniel 10:3). **SPECIAL FAST DAY : Wesleyan Fast: From 6:00 pm each Thursday to 3:00 pm on Friday, Take in juice, water, and teas. Each week we will all fast together.** The Daniel Fast and juice fasting will lead to:

1. **Spiritual Insight and Wisdom**-“As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.” (Daniel 1:17).
2. **New Spiritual Direction and Effectiveness**-“Daniel, don’t be afraid. God has heard your prayers ever since the first day you decided to humble yourself in order to gain understanding.” (Daniel 10:12).
3. **Spiritual and Physical Health**-“When the time was up, they looked healthier and stronger than those who had been eating the royal food.” (Daniel 1:15).
4. **An Excellent Spirit and Favor among God and Men** “Then this Daniel was preferred above the presidents and princes, because an excellent spirit was in him; the king thought to set him over the whole realm.” (Daniel 6:3).

Four Principles to remember When Fasting and Prayer:

- (1) **Pray frequently** (I Thessalonians 5:17). To pray without ceasing means to stay in an attitude of prayer, ever mindful of God’s presence and your need for Him.
- (2) **Pray with faith** (James 1:6-8). Pray with faith, believing that we will have what we request. James says we are to “ask in faith, nothing wavering”. It is the prayer of faith that brings a person to wholeness.
- (3) **Pray with focus** (Philippians 4:6). This is a time for addressing very specific needs in our lives.
- (4) **Pray boldly.** Hebrews 4:16 says “let us therefore come boldly unto the throne of grace that we may obtain mercy and find grace to help in time of need”. We must be bold in asking the Lord to move in powerful ways in our lives and in the lives of other people.

WHAT IS FASTING?

“Fasting is the abstinence from food with a spiritual goal in mind or for a spiritual purpose.”

Why Should I Fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the Lord?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God's will for your life?

Suggested Foods To Eat On A Daniel Fast

Whole Grains: Brown Rice, Oats, Barley, Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, 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, Garlic, Gingerroot, Green Beans, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Seeds, Nuts, Sprouts.

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices,

Foods To Avoid

Meats, All Dairy Products, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar Substitutes, White Flour and All Products Using It, Margarine, Shortening, and High Fat Products.

Midwest Episcopal Area A.M.E. Zion Church *40 Days of Prayer and Fasting*

February 17-March 28, 2010



**Mrs. Lovetta Jean Holmes, Missionary Supervisor
Bishop Roy A. Holmes, Presiding Bishop**

2 CHRONICLES 7:14

“If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.”