



*Make the Sacrifice Meaningful not Miserable*

# WHAT IS FASTING?

Fasting – The willful abstaining from natural pleasures for a spiritual purpose.

Through fasting, you are looking for something higher than the natural. God I want you so bad that I will deny earth to taste heaven.

Fasting is the personal commitment to renounce the natural, and evoke the Spiritual. It's very specific, its motivation is clear and clean.

Fasting is also the dedication to a period of time to devote oneself to spiritual priorities and prayer without food.

- Fasting is not just missing a meal.
- Fasting is not dieting.
- Fasting demands replacing meals, or natural pleasures, with the reading of the Word and prayer.
- Fasting demands dedicating time for meditation.
- Meditation is a type of prayer but it's speechless. We

- listen more than we talk.
- Fasting requires spending much time in the word.

## ***Purpose***

To commit yourself personally to renounce the natural pleasures of life for the sake of evoking spiritual power in your life.

Fasting, coupled with prayer, and praise packs a powerful punch that releases supernatural power over the enemy.

# FASTING BENEFITS

- Spiritual discipline
- Increased spiritual capacity
- A clear sober mind
- A pure heart and mind
- Hunger for God and his Word
- Physical health
- Loss of excess weight
- Purifies the body
- Gives you spiritual freedom
- Gives you physical freedom
- Spirit of giving
- Your light shines
- Protection by God
- Answers to prayer
- Intimacy with God
- Increased retention capacity
- Gives you spiritual sensitivity

# FASTING EFFECTS

- Fasting changes us. It doesn't change God.
- Fasting does not move God. Fasting moves you into better positioning.
- Fasting increases our spiritual capacity. Fasting breaks habits and spiritual bondage
- Fasting quiets the heart to hear God Better
- Fasting brings glory and intimacy to God.

**Please consult with your physician prior to starting a fast or new exercise regime.**

*Lent is also about a journey. It's a journey that is about enlightenment if we're willing to think about it that way.*



# FORTY DAY FAST

February 18, 2026 - April 2, 2026

Lent is a journey we willfully undertake to build solidarity among God's people and the rest of the earth.

This pamphlet contains the purpose for fasting and our 2026 church wide fast for Lent, which begins at 12:00 AM on Wednesday, February 18, 2026 and will conclude at 11:59 PM on Saturday, April 2, 2026.

May your season of Lent be blessed and fruitful.

*Pastor J.L. Warfield, Sr.*

# LENT

The season of Lent is once again upon us. Lent in English comes from an Old English word that means “to lengthen,” and it’s a reminder of the days getting longer as we move toward summer out of the dark of winter.

But in a number of other languages, particularly Spanish and French, the word for “Lent” reflects “forty days,” “cuaresma.” Forty days of wandering in the desert, forty days of Jesus out in the desert.

Lent is the 40 day period of prayer and fasting in preparation for Resurrection Sunday (Easter). There are 46 days between Ash Wednesday and the Saturday Before Resurrection Sunday. So how are the 40 days of Lent calculated?

The answer is that all of those 46 days are within Lent, yet not all of them are of Lent, in the sense that they are supposed to be days of fasting and penance. In the past, Christians observed Lent by imitating Christ’s 40 days in the desert. As He fasted for 40 days, so did they.

From the very earliest days, the Church has declared that Sunday, the day of Christ’s Resurrection, is always a feast day, and therefore fasting is

forbidden. Since there are six Sundays within Lent, we have to subtract them from the days of fasting. Forty-six minus six is forty.

Does that mean that you should go out of your way on Sundays to indulge in whatever you gave up for Lent? Of course not, but in the same manner, you should not actively avoid it assuming that it is something good that you’ve deprived yourself of, rather than something that you shouldn’t do or consume anyway.

Lent is an ancient tradition of solidarity and preparation for those who look forward to Resurrection Sunday. It has always been a time for prayer and study, fasting, self-denial, and alms-giving, sharing what we have with those who do not have.

Prayer is an opportunity to reflect on who walks with us in the desert, who brings light into the world.

Study is an opportunity to do the same kinds of things looking at the history of our tradition, where have human beings found light and direction in their journey through this world.

# FASTING

## *Pray at least three times a day:*

- Upon awaking or before 9:00 AM
- 12:00 Noon
- Prior to bedtime or before 9:00 PM

## *Read Scripture Every Day.*

This is the way we keep our spirit man well “fed” in the absence of physical food. A fast without prayer and Bible study is simply a diet, and will not produce any kind of spiritual results. Be sure to set aside significant time for prayer and meditation on the Word during your fast.

## *Meditate*

Meditate at least once a day, (spending quite time with God.)

## *Exercise*

Do some form of exercise for at least 30 minutes, three times a week.

## *Downtime/social activities*

- Minimize Television to two hours a day (This applies to week days only.)
- Minimize computer/social media to one hour a day (unless work related)
- Minimize telephone conversations (fast from gossip and worldly conversations)
- No video, computer, phone, iPad, etc. games. (This applies to week days only.)

# GUIDE

## *You may eat/drink the following ONLY:*

- Drink at least eight glasses of water per day.
- You can drink apple juice (no sugar added)
- You can drink decaffeinated beverages.
- You can eat all meat except pork and shell fish.
- You can eat fruit and berries (limit pineapple, oranges, & grapefruit due to acid content)
- You can eat salad (no fast food salad)

## *Do NOT eat/drink the following:*

- No Caffeinated Drinks (no black tea, Coffee)
- No Fast Food
- No Breads
- No Fried Foods
- No desserts
- No White Sugar
- No Alcoholic Beverages
- No Soda - Pop or Carbonated Drink