



Miles Chapel Baptist Church

2026

Lenten Fast

“Continuing to Rebuild”

Greetings Family!

It is once again that sacred season of the year when we come together for our annual **Lenten Fast**. We are reminded that **fasting and prayer are biblical disciplines** given to the believer to help us seek the Lord earnestly and invite the Holy Spirit to **renew, revive, and transform** our lives.

When we fast and pray together, God releases blessings **both corporately and individually**. Each of us stands in need of a fresh, transforming encounter with our Heavenly Father, an encounter that can only take place **in His presence**. Yet too often, the cares of this life distract us and dull our awareness of that presence. Through fasting and prayer, we intentionally draw near to God, allowing Him to speak to us, steady us, and hold us close as He continues His work of transformation within us.

The purpose of this fast is not punishment, but **preparation**. It is to sensitize and tenderize our hearts as we grow closer to God. While fasting is a spiritual discipline, it begins in the physical. Still, fasting is far more than simply abstaining from food; it is a deliberate turning away from the physical so that we might focus fully on the spiritual. Fasting without prayer is merely skipping meals. **Biblical fasting must always be joined with prayer**, for it is in that union that true spiritual power is released. When approached rightly, fasting always produces lasting spiritual fruit.

This season of fasting carries particular urgency. Amid intense spiritual warfare, when right is often labeled wrong and wrong is celebrated as right, we need heightened discernment to navigate these dark and dangerous times. Now more than ever, God's people must be spiritually alert, grounded, and attuned to the Holy Spirit's leading.

I encourage each of us to take this sacred time of seeking God's face seriously, so that He might strengthen our foundations and thereby enable us to withstand the onslaught of the storms of life.

Pastor Torain

Everyone is encouraged to support our corporate gatherings:

### **Sunday Morning**

Sunday School – 9:00 am (Facebook Live)

Worship Service- 10:00 am

### **Tuesday Morning Power Surge 6:15 am**

551-258-6666

Tuesday Morning Power Surge Facebook and YouTube Page

### **Wednesday Bible Study**

6 pm Miles Chapel (Facebook Live and YouTube Pages)

### **Corporate Prayer**

2<sup>nd</sup> Saturday, 9 am (Mar 14)

*This fast is not designed to lose physical weight or pounds but rather to lose the weight and sins that easily beset us.*

***NOTE: If you are sick and/or under medical care, taking medication(s), have a diagnosed medical condition or disease, are pregnant or lactating, or are younger than 21 – please consult with a medical or parental authority before fasting. Miles Chapel Baptist Church is not responsible for any adverse effects of fasting under the above-mentioned conditions.***

## **The Lenten Fast Versus the Liturgical Season of Lent**

The answer is that all of those 46 days are within the liturgical seasons of Lent and the Easter Triduum, but not all of them are part of the Lenten fast. And it's the Lenten fast that the Church refers to when it says that there are 40 days in Lent. From the Church's earliest centuries, Christians observed Lent by imitating Christ's 40 days in the desert. As He fasted for 40 days, so did they.

## **What Does This Have to Do with Sundays?**

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 on Sundays is forbidden. Since there are six Sundays in Lent, we have to subtract them from the days of fasting. Forty-six minus six is forty. That's why, in the West, Lent starts on Ash Wednesday—to allow a full 40 days of fasting before Easter Sunday.

### **Meatless Mondays**

**Daniel 1:12** (NKJV)

12 Please test your servants for ten days and let them give us vegetables to eat and water to drink.

- No meat or poultry
- Focus: simplicity and discipline
- **Begin the week with restraint**

### **Testimony Tuesdays**

**Matthew 5:16** (NKJV)

Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

- No sweets
- Replace cravings with prayer or Scripture
- **Let your life speak louder than your appetite**

### **Water-Only Wednesdays**

**John 4:13-14** (NKJV)

13 Jesus answered and said to her, “Whoever drinks of this water will thirst again,  
14 but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”

- Water only (8 am – 4 pm)
- Midweek reset of body and spirit
- **Focus on dependence on God**

### Thankful Thursdays

#### **1 Thessalonians 5:18** (NKJV)

18 In everything give thanks; for this is the will of God in Christ Jesus for you.”

- One-meal fast
- Use mealtime for gratitude and reflection
- Train the heart to thank God before it asks God

### No-Fried Fridays

#### **1 Corinthians 9:27** (NKJV)

27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

- No fried foods
- Practice self-control and remembrance
- **Choose discipline over desire**

### Simple Saturdays

#### **1 Peter 5:8** (NKJV)

8 Be [a]sober, be [b]vigilant; [c]because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

- Vegetables and Water Only
- No eating after 6:00 PM
- **Focus on alertness and preparation**

## Sabbath Sundays

**Ecclesiastes 3:13** (NKJV)

“...it is the gift of God.”

- No fast
- Eat mindfully and joyfully
- Honor rest, worship, and fellowship

**Discipline during the week makes Sunday rest sweeter.**

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