

WE CELEBRATE LENT

FEBRUARY 2021
CLIFTONDALE NEWSLETTER

VOLUME 2

LENTEN SEASON

WEDNESDAY, FEBRUARY 17 – SATURDAY, APRIL 3, 2021



Words of Life...

2020 was quite a year! As the Winans sang years ago, "*Millions didn't make, but I was (we were) one of the ones who did*". We made it through nail-biting elections, and thanks be to God for technology and medical breakthroughs, many have already received the Covid-19 vaccine with numerous others scheduled. Things are truly working out for our good.

As we prepare to enter into the season of Lent, beginning with **Ash Wednesday on February 17th**, I'd like for you to join me in an act of spiritual formation through a **Corporate Fast**. As we join together and pray specifically for Cliftondale UMC, we also present our personal needs and desires before God during this time of fasting and prayer. Yet notice, along with fasting, we **MUST** pray as they go hand-in-hand. Jesus' disciples were unable to heal a boy with epilepsy and were disturbed, asking Jesus why they were unable to heal the boy. Jesus informed them that certain things come only by prayer **AND** fasting (*Matthew 17:14-21*). As we fast, we deny ourselves, and during our time of denial, we overcome our cravings and desires through prayer. As we do this, we draw closer to God's heart, hearing God as we become more sensitive to God's voice and direction.

Please see the attached flyer to guide you through your time of fasting and prayer. May you hear from God as never before, and may the hand of the Lord be upon every need and desire you pray in Jesus' name!

Leading w/ Love!
PastorT

Prayer & Fasting

*****If you have ANY health issues, consult your physician prior to attempting ANY fast.**

Why Should I Fast?

- For a deeper, more intimate relationship with God
- To increase your spiritual sensitivity in regard to the heart of God
- To break free from bondages that are holding you hostage
- On behalf of a friend or family member who needs a personal relationship with Christ
- To better understand God's will for your life
- For a dream inside you that only God can make possible
- For healing or a miracle

CORPORATE PRAYER/FAST LIST *(not all-inclusive)*

- Healing and wholeness for body, soul, and spirit of Clifftondale family
- Our Pastor and staff
- 2021 Ministry Initiatives
- Strength, courage, and commitment for Clifftondale leaders
- Healing of our nation
- Protection and success for President, Vice President and their families
- For government officials to have a heart for the people they serve
- Financial health of our church

Biblical references for Corporate Fasting involving a group of believers:

- *Joel 2:15-16, Acts 13:2*

The type of fast you choose is between you and God. Jesus implied that all believers should fast (Matthew 6:16-18; 9:14-15).

We recommend a **partial fast** as it allows you to choose to eliminate certain foods, drinks, or non-food pleasures. *Examples:*

- eliminating meats
- eliminating sweets
- eliminating bread
- eating only fruit, nuts and vegetables
- abstaining from non-food items like Social Media (Facebook, etc.), a favorite TV show, eliminating TV altogether, computer games, etc.

A partial fast is also ideal for those who are unable to limit physical activity during the time of seeking God through their time of fasting.

Prayer and Fasting go hand-in-hand

Ask the Holy Spirit to clarify His leading and objectives for your **prayer/fast**. This will enable you to pray more specifically and strategically. Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting. After seeking God's direction, it's a good idea to **make a list of concerns/requests to which you refer during your time of fasting.**

PERSONAL PRAYER/FAST LIST

(list as many items as desired for prayer focus during fasting)

“Examples of When to Fast” (not all-inclusive)

Fast when wisdom is earnestly desired (Dan. 9:3).

Fast when help and protection are needed (Ezra 8:21-23; Jer. 36:9).

Fast when victory is desired over strong demonic powers (Mat. 17:21; Mk. 9:29).

Fast when victory is desired in seemingly impossible situations (Est. 4:10-17; 9:31; Neh. 1:4).

Fast when something is earnestly desired from God and the answer has not come through prayer alone (1 Sam. 1:6-7).

Fast when new ministries are launched and when men go forth to proclaim God's Word and battle spiritual enemies (Acts 13:2-3; 14:23).

Fast when involved in spiritual ministry (2 Cor. 6:5; 11:27)

Biblical Persons Fasting

2 Chron. 20:3--Jehoshaphat and Israel fasted for help and protection

Nehemiah 9:1,2--Israel fasting in mourning and repentance

Joel 1:14; 2:12,15--God commanded fasting and repentance

Jonah 3:5--The Ninevites fasted in repentance for mercy

Matthew 4:2--Jesus fasted when tempted in the wilderness

Matthew 6:17-18--Jesus promised that the Father would bless fasting

Matthew 9:14-15--Jesus said his disciples would fast

Luke 2:37--Fasting was part of Anna's service to God

Acts 13:3--Ordination was accompanied by fasting

2 Cor. 6:5--Fasting was one way Paul approved himself as a minister of Jesus Christ

2 Cor. 11:27—Paul simply fasted on a regular basis

References: *Edwards, Bob. Spirit-Led Evangelism / Wallis, Arthur. God's Chosen Fast.*