

The 40 Days Prayer and Fasting Guide

The Mid-West Area will embark upon 40 Days of prayer and fasting, **Wednesday, February 17-Sunday, March 28, 2021.**

This year we offer two fasting options for the Lenten season.

Option 1: 12 hours of juice, water, and broth from 6am to 6pm daily. At the end of the fast consider eating fish or chicken, no sweets, bread, or fried food. *(This should be a meager meal).* **Option 2:** The Daniel Fast: No meat, no sweets, no bread, and no sugar drinks throughout the entire day. During this fast you may take in fruits, vegetables, nuts and whole grains.

Guidelines for a Daniel Fast: Suggested Foods to Eat

Whole Grains: Brown Rice, Oats, Barley, Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, etc. Fruits, Vegetables, Seeds, Nuts, Sprouts, Liquids: Water, 100% All-Natural Fruit Juices, and 100% All Natural Vegetable Juices.

Suggested Foods to Avoid

Meat, poultry, fish, 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, high fat products.

Conference Call Prayer Leaders and Schedule

1. Mondays-Missouri and Kentucky
2. Tuesdays-Young Adults of the Midwest
3. Wednesdays-Tennessee
4. Thursdays-Indiana
5. Fridays-Michigan and Trinidad/Tobago

We are inviting the youth and children to join our morning or evening prayer call this year, if they so desire.

The Midwest Episcopal District African Methodist Episcopal Zion Church *40 Days of Prayer and Fasting*

Wednesday, February 17-Sunday, March 28, 2021



"When I heard this, I sat down and wept. In fact, for days I mourned, fasted, and prayed to the God of heaven." Nehemiah 1:4 (NLT)

Reverend Dr. Eric L. Leake,
Mid-West Prayer Coordinator

Sister Camille C. Starnes,
Missionary Supervisor

Bishop Darryl B. Starnes,
Presiding Bishop

1 Feb 17	Praise and Thanksgiving: Psalm 107: 1-9
2 Feb 18	Worship: Psalm 95
3 Feb 19	Repentance and Forgiveness: Psalm 51: 1-13
4 Feb 20	Bishops & Missionary Supervisors: 1 Chronicles 4:10
5 Feb 21	Presiding Elders and Families: Ephesians 6:18-22
6 Feb 22	Pastors, Ministers & Families: Psalm 91:1-6
7 Feb 23	Strength, Courage & Wisdom: Joshua 1: 5-7; Pro. 1: 5-7
8 Feb 24	Political/Racial Strife/:Psalm 27:1-3
9 Feb 25	Marriage and Family: Ephesians 5:21-28
10 Feb 26	Children: Matthew 19:13-14
11 Feb 27	Youth: Ecclesiastes 12:1
12 Feb 28	Young Adults: 1 Timothy 6:11-12
13 March 1	Teachers, Parents and Guardians: Ephesians 6:4
14 March 2	Slowing Spread of COVID-19/Vaccine Jeremiah 30:17
15 March 3	Healing and Healthcare : James 5: 13-16
16 March 4	Deliverance from Violence/Crime: Exodus 20:13
17 March 5	God's Presence MW Mega Conference: Acts 4: 31-33
18 March 6	God's Provisions & Protection: Isaiah 41:10
19 March 7	Central/Midwest Regional Mtgs: Hebrews 10: 23-25
20 March 8	51st Session AMEZ General Conference: Eph 3: 14-21

Conference Call Information: Monday-Friday 6am CST and 7am EST. **(425) 436-6200, Access Code 161815 #.** Evening Call 8 pm central & 9 pm eastern. **Please press *6 to unmute. Rates apply if caller does not have unlimited call plan.**

21 March 9	Connectional Lay Convention: Romans 12: 4-13
22 March 10	Lost Souls, Revival and Harvest, Luke 10:2, 15: 1-7
23 March 11	Pres. J. Biden, VP K. Harris & families: 1 Tim 2:1-4
24 March 12	Hunger, Poverty, Homelessness: Philipians 4:19-20
25 March 13	Peace and Comfort for Bereaved- 2 Cor. 1: 3-4
26 March 14	Lost Souls/Need Oriented Evangelism: Luke 10:1-2
27 March 15	Gift-Oriented Ministries: 2 Timothy 1:4-7
28 March 16	Loving Relationships: 1 Corinthians 13: 1-7
29 March 17	Inspiring Worship Services: John 4:20-24
30 March 18	Prayer and Passionate Spirituality: 2 Chron. 7:12-15
31 March 19	Empowering Leadership: Ephesians 2:19-22
32 March 20	Front Line Workers: Psalm 91: 1-6
33 March 21	WH&OM Society: Matthew 28:19-20
34 March 22	Ministers' Spouses & Widow(ers): Romans 12: 12-16
35 March 23	The Lay Council: Romans 12: 4-13
36 March 24	Christian Education: Psalm 119:97-105
37 March 25	Small Group Discipleship Meetings: Luke 5: 4-11
38 March 26	Healthy Congregations/Communities: 3 John 2
39 March 27	Church Planting: Matthew 16:13-19
40 March 28	God's wisdom making appointments: Prov. 3: 5-6

The Daniel Fast

Spiritual Insight and Wisdom – Daniel 1:17

New Spiritual Direction and Effectiveness – Daniel 10:12

Spiritual and Physical Health – Daniel 1:15

An Excellent Spirit and Favor among God and Men – Daniel 6:3