

The 40 Days Prayer and Fasting Guide

The Mid-West Area will embark upon 40 Days of prayer and fasting, **February 22, 2023 – April 2, 2023**. 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 Prayer Leaders & Calling Information

Mondays - Kentucky and Missouri **Tuesdays** - Young Adults of the Midwest
Wednesday – Tennessee
Thursdays - Indiana **Fridays** - Michigan and Trinidad/Tobago

Calls will be Monday – Friday

DIAL 605-313-5379 - Access Code 6017298#

Morning Prayer Line: 6 am Central Time / 7am Eastern Standard Time.

Evening Prayer Line: 8pm Central Time / 9pm Eastern Standard Time.

Please MUTE your phones when not speaking. Rates apply if caller does not have unlimited call plan.

The Midwest Episcopal District

African Methodist Episcopal Zion Church

Wednesday February 22, 2023 – Sunday April 2, 2023

40 Days

KEEPING AND SHARING OUR FAITH



*Sing to the Lord, praise his name;
proclaim his salvation day after day.
Declare his glory among the nations,
his marvelous deeds among all peoples.*

Psalm 96:2-3

Reverend Marcia J. Cole-Morton
Mid-West Prayer Coordinator

Sister Gelenia A. Frencher,
Missionary Supervisor

Bishop Michael A. Frencher, Sr.
Presiding Bishop

Day 1 - Feb 22	AME Zion Church : Mark 11:24
Day 2 - Feb 23	Bishops: Ephesians 3:16-17
Day 3 - Feb 24	Missionary Supervisors: Romans 15:13
Day 4 - Feb 25	Presiding Elders: 1 John 5:4
Day 5 - Feb 26	Pastors: 1 Corinthians 13:2
Day 6 - Feb 27	Clergy: James 1:6
Day 7 - Feb 28	Laity: James 1:2-4
Day 8 - Mar 1	Political/Racism/Violence of any kind: Hebrews 11:1
Day 9 - Mar 2	Deliverance from Black on Black Crime: 2 Corinthians 5:6-7
Day 10 - Mar 3	Marriages: Matthew 21:22
Day 11 - Mar 4	Children: 1 Corinthians 16:13-14
Day 12 - Mar 5	Youth: Romans 1:17
Day 12 - Mar 6	Young Adults: Hebrews 11:6
Day 14 - Mar 7	Parents and Guardians: John 6:35
Day 15 - Mar 8	Provision/Hunger & Poverty: John 11:40
Day 16 - Mar 9	Healing: James 5:14-15
Day 17 -Mar 10	Mental Illness: Romans 8:15
Day 18 -Mar 11	Healthy Congregations: Romans 10:10
Day 19 -Mar 12	Christian Education: 1 Peter 1:8-9
Day 20 -Mar 13	WH&OM Society: John 11:40

Day 21 - Mar 14	Lay Council: Hebrew 11:11
Day 22 - Mar 15	Small Group Discipleship Meeting: Psalm 119:30
Day 23 - Mar 16	Church Planting: Romans 14:1
Day 24 - Mar 17	Evangelism and Lost Souls: 1 Timothy 6:11
Day 25 - Mar 18	Inspiring Worship Services: Romans 10:17
Day 26 - Mar 19	Prayer and Passionate Spirituality: James 5:17
Day 27 - Mar 20	Empowering Leadership: 1 Corinthian 16:13
Day 28 - Mar 21	Central and Midwest Regional Meetings: 1 Corinthians 2:5
Day 29 - Mar 22	Trinidad & Tobago & Tennessee Conferences: 1 John 5:1
Day 30 - Mar 23	Indiana & Kentucky Conferences: 1 Peter 3:15
Day 31 - Mar 24	Michigan & Missouri Conference: Ephesian 6:16
Day 32 - Mar 25	Revival and Harvest: Ephesians 2:8
Day 33 - Mar 26	Resources for Ministry: Galatians 2:16
Day 34 - Mar 27	Pres. Biden & Vice Pres. Kamala Harris: Hebrews 12:2
Day 35 - Mar 28	Ministers Spouses and Widows / Widowers: Luke 1:37
Day 36 - Mar 29	Committed Leaders for next Generation: Luke 17:5
Day 37 - Mar 30	Empowered Laity: Proverbs 3:5-6
Day 38 - Mar 31	The Call to Ministry: Romans 15:13
Day 39 - Apr 01	Excellent Media Ministries: Luke 18:27
Day 40 - Apr 02	Holy Spirit Over The Mid-West: Matthew 21:21-22

*And in all things, Whatsoever ye shall ask in prayer, believing, ye shall receive.
Matthew 21:22 (NKJV)*