

Prayer and Fasting Guide

The Mid-West Area will embark upon 21 Days of prayer and fasting, **May 6, 2024 – May 26, 2024**. We are offering two fasting options for the Mega Conference.

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.

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

Mega Conference

21 Days
OF PRAYER + FASTING

Monday, May 6th – Friday, May 26th

*Consecrate a fast; call a solemn assembly.
Gather the elders and all the inhabitants of the
land to the house of the Lord your God, and cry
out to the Lord.*

Joel 1:14

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

**Sister Gelenia A. Frencher,
Missionary Supervisor**

**Bishop Michael A. Frencher, Sr.
Presiding Bishop**

Day & Date	Prayer Focus	Scripture Reference
Day 1 – May 6	Ears To Hear What The Spirit Is Saying	Revelation 2:7
Day 2 – May 7	Fruitful Mega Conference	John 15:5
Day 3 – May 8	Prayer Saturated Sessions	John 14:12
Day 4 – May 9	Sickness and Disease-Free Conference	3 John 1:2
Day 5 – May 10	Traveling Grace and Mercy for All	Psalms 121:7-8
Day 6 – May 11	Financial Favor in All Areas	2 Corinthians 9:10
Day 7 – May 12	Intentional Praise and Worship	John 4:23
Day 8 – May 13	Bishop Michael Angelo Frencher Sr.	1 Thessalonians 5:12-13
Day 9 – May 14	Missionary Supervisor Gelenia Frencher	Ephesians 1:17-19
Day 10 – May 15	Presiding Elders	Isaiah 6:8
Day 11 – May 16	Pastors	2 Timothy 4:2
Day 12 – May 17	Clergy	1 Thessalonians 5:12-13
Day 13 – May 18	Laity	1 Peter 2:9
Day 14 – May 19	Missionaries	Galatians 6:9-10
Day 15 – May 20	Christian Education	Psalms 111:10
Day 16 – May 21	Lay Council	2 Chronicles 7:14
Day 17 – May 22	Deaconess	Hebrews 13:16
Day 18 – May 23	Ushers	1 Corinthians 15:58
Day 19 – May 24	Music Ministry	Psalms 95:1
Day 20 – May 25	Sending Address	Joshua 1:8-9
Day 21 – May 26	Appointments/Final Blessing	Matthew 28:19-20