

TEMPLE

OF JUDAH MINISTRIES

45th

ANNUAL 40-DAY
LENTEN FAST &
CONSECRATION

DAILY
DEVOTIONAL FOR
FASTING AND
PRAYING

FEBRUARY 26-APRIL 5
2020

2120 Venable Street
Richmond, Virginia 23223
804.780.0841

www.templeofjudah.org
Bishop J. Melvin Williams, I
Senior Pastor



Fasting Instructions

YOUR GUIDE TO FASTING

Feb 26-28

Esther Fast (First 3 Days)

To break all addictions, habits, and bondages (alcohol, drugs, nicotine, food, lust, etc.), the first three days we will ABSTAIN from ALL SOLID FOOD to starve out addiction toxins from every cell of the body. Only water is permitted. Toxins will be released from the body by channels of elimination. *If you choose not to do the Esther fast, please follow phase one instructions below.

Feb 26-Mar 26

Phase One (30 Days)

During the first phase of the fast, you will skip breakfast and lunch and will fast from MIDNIGHT TO DINNER. Remember to drink plenty of water. If you feel any weakness or dizziness, a glass of fruit or vegetable juice is permitted. This is normal because the body is ridding itself of stored –up toxins. During dinner, ABSTAIN from eating pork, red meats, and desserts. Avoid drinking soda and coffee.

Mar 27-Apr 5

Phase Two (Last 10 Days)

During phase two, continue to fast from midnight to dinner. ABSTAIN from consuming ALL MEATS including fish, seafood, chicken, poultry, pork, and red meats until the fast ends on April 5th.



DAILY SCRIPTURES

FEB 26-FEB 29

I Peter 5:6

Isaiah 58:6

Psalms 42:2

Joel 2:12-14

MAR 1-MAR 4

Matthew 6:21

Lamentations 3:25

Isaiah 30:18

Psalms 27:14

FEB 26-APR 5

MAR 5-MAR 8

Matthew 6:16-18

Isaiah 40:31

Psalms 33:20-22

Psalms 130:5-6

MAR 9-MAR 12

Micah 7:7

Romans 12:12

Hosea 12:6

Matthew 6:33

MAR 13-MAR 16

I Peter 5:6-7

Galatians 5:5

Jeremiah 29:12

Psalms 33:20-22

DAILY SCRIPTURES

FEB 26-APR 5

MAR 17-MAR 20

Psalm 62:5

Psalm 25:4-5

Mark 1:12-15

Matthew 4:1-11

MAR 21-MAR 24

Philippians 3:10-11

John 10:10

John 16:33

Zephaniah 3:17

MAR 25-MAR 28

John 3:14-18

Micah 5:4

Joel 2:1-2

Zechariah 9:9

MAR 29-APR 1

Luke 19:28-42

Luke 22:14-23

Luke 22:44-46

Luke 23:50-56

APR 2-APR 5

Luke 24:1-6

Luke 23:44-47

Acts 3:15

Mark 8:31