

# Life Empowerment Ministries

## 40 DAY FAST GUIDELINES



*The Fast this year will run for 40 days beginning on Ash Wednesday, March 06 and ending Saturday, April 20<sup>th</sup> at midnight\*. Fasting times will be from 6am - 6pm. During the fast there may be some days of total fasting (abstinence from all food) as directed by Pastor Bill Malone at the leading of the Holy Spirit.*

*Pastor Malone is also asking that there be NO COMPLAINING DURING DAYLIGHT HOURS... DEVOTE YOUR THOUGHTS TO PRAYER AND PRAISE AND POSITIVE CONVERSATION.*

### ***Foods You May Eat\*\****

- **Whole Grains:** Brown Rice, Oats, Barley; Whole Grain Breads
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soy beans
- **ALL Fruits:** i.e. Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **ALL Vegetables:** i.e. Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Herbs, Spices, Olives (Olive Oil)
- **Nuts& Seeds**
- **Liquids:** Spring Water, Distilled Water, Natural Fruit Juices, Natural Vegetable Juices
- **Meat:** Poultry (no pork), Fin Fish (no crustacean), Lamb, Eggs, Cheese, Yogurt
- **Sweeteners:** Honey, Brown Sugar, Stevia & other Natural Sweeteners

### ***Foods To Avoid\*\****

- White Rice, Fried Foods, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Butter, Shortening, High Fat Products; Desserts, Candy, etc.

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*\*According to custom, **Sundays are not included as fasting days.***

*\*\*This list is intended to be a guideline and is not all-inclusive.*

## Fasting Prayer Points and Scripture Meditation - 2019

Date	PRAYER FOCUS	SCRIPTURE MEDITATION
06-Mar	Personal Repentance	1 John 1:9
07-Mar	Ask the Father to create a clean heart within you	Psalms 51: 10
08-Mar	Ask the Father to renew an unwavering spirit within you towards Him	Psalms 51:10
09-Mar	Pray for greater self control to do the will of God.	Galatians 5:24
10-Mar	<b>No Fasting</b> - Pray that you will have a deeper understanding of God's love for you	EPHESIANS 3:17
11-Mar	Ask the Father to restore the joy of His salvation back to you	Psalms 51:12
12-Mar	Ask the Father to give you a willing spirit to be sustained	Psalms 51:12
13-Mar	Ask the Father to give you the strength to admit your weaknesses and pray for deliverance.	James 5:16
14-Mar	Ask the Father to cleanse you from secret faults	Psalms 19:12
15-Mar	Pray to the Father for greater self discipline to accomplish the will of God	1Corinthians 9:27
16-Mar	Ask the Lord to equip you to serve other people	Matthew 20:25-28
17-Mar	<b>No Fasting</b> - Pray for a national thirst for God	Matthew 9:35-38
18-Mar	LISTEN; Be still and experience hearing God's voice	Daniel 2:19 - 23
19-Mar	Personal Petitions - Pray for anything that you have on your heart	Philippians 4:6-8
20-Mar	LISTEN; Ask the Lord to show (reveal) to you specific ways to pray for your family	Colossians 1:26
21-Mar	INTERCESSION; PRAY for family members that need salvation, restoration and/or encouragement	John 3:16
22-Mar	PRAISE/ADORATION/WORSHIP; Express your Praise, Adoration and Worship of God in a new way today	2 Samuel 6
23-Mar	FORGIVENESS & RECONCILIATION; Ask the Lord to enable you to forgive someone with whom you have at odds, or someone you know is at odds with you	Colossians 3:13

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24-Mar	<b>No Fast Day</b> - Give thanks unto the Lord that you made it this far in the fast.	1 Thessalonians 5:18
25-Mar	Ask the Father to heal this nation	2 Chronicles 7:14
26-Mar	Ask the Father to turn the hearts of the fathers and children back to each other	Malachi 4: 6
27-Mar	Pray for revelation of God as the healer	Exodus 15:26
28-Mar	Ask the Father to increase your territory	1 Chronicles 4:10
29-Mar	Ask the Father to increase your strength	Isaiah 40:29
30-Mar	Ask God to reveal anything that may be interfering with your relationship with him	Psalms 139:23-24
31-Mar	<b>No Fast Day</b> - Ask the Lord to release his glory in the lives of his people	2 Corinthians 3
01-Apr	Pray for an opportunity to share your faith this week	1 Peter 2:9
02-Apr	Pray for strong Marriages and Families	Ephesians 6
03-Apr	Pray for clear and loving communication in the family	Ephesians 6
04-Apr	Pray for a deeper level of intimacy and understanding between family members	Ephesians 6
05-Apr	Pray for strong loving relationship between parents and children	Ephesians 6
06-Apr	Pray for Wisdom for training children	Proverbs 22:6
07-Apr	<b>No Fast Day</b> - Ask the Father for His perfect peace	Isaiah 26: 3
08-Apr	Pray for our singles, that they may be whole.	John 17: 9-13
09-Apr	Pray for our singles, that patience may have her perfect work	James 1:4
10-Apr	Pray for our singles, that they may be content where they are.	Philippians 4:11
11-Apr	Pray that our inner man is renewed daily	2 Corinthians 4:16
12-Apr	Ask the Father to give you a business mind and the strength to work your business.	Proverbs 31:16-18
13-Apr	Ask the Father to help us to be less critical of others, quick to listen and slow to speak.	James 4:7
14-Apr	<b>No Fast Day</b> - Pray for your mind that self condemnation does not prevail.	Romans 8:1-2
15-Apr	Pray for those who are single that friendships are chosen wisely	Proverbs 12:26

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16-Apr	Pray for Pastors Bill & Cynthia Malone & Family as well as Church Leadership	1 Timothy 2:1-4
17-Apr	Pray for Life Empowerment Ministries	Matthew 16: 18
18-Apr	Pray with boldness for things that will make life different for you	2 Corinthians 5:17
19-Apr	Pray that you will hear the voice of the Lord at all times and in all matters	John 10:27-28
20-Apr	Thank the Father for giving us the victory in Jesus	1 Corinthians 15:57
21-Apr	<b>RESURRECTION SUNDAY - He is Risen;</b> Thank the Father for the Lord has risen in you over these last 40 days!	Matthew 28:6

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