



GRACETM
CHURCH
INTERNATIONAL

2024 Lenten Season

40 Days of Decrease

Through Prayers, Readings, and Fasting

(February 14th, 2024 – March 30th, 2024)

Also available online at: gracechurchintl.org

Disclaimer:

Grace Church International strongly encourages individuals with health concerns to consult their physician prior to beginning a fast. This is especially important if you take prescription medications or have a chronic condition. Some people should never fast without professional supervision.

BEFORE THE FAST (BODY & SPIRIT)

Physical & Basic Preparation: (Consult your physician. Use wisdom)

- Begin to reduce your food portions prior to the fast.
- Flush the body by drinking plenty of water.
- Begin to eliminate caffeinated and sweet beverages.
- **Be strategic. Plan your meal ahead of time. Preparation is Key.**
- Before the fast, remove temptations (snacks, candy, sodas, etc.) that will distract you during the fast. Begin limiting fast foods.

Spiritual Preparation:

- Read and meditate on Psalm 51 daily.
- Reduce distractions and designate your quiet time and place to be with the Lord.
- Schedule time for reading the word each day.

SUGGESTIONS DURING THE FAST

• Get A Journal of Renewed Strength:

Get a journal/notebook. Write down what your prayer requests & answers. Journal what the Lord says to you. (Psalm 77:11-12, Deu. 17:18, Deu. 6:4-7, 2Timothy 1:5). **THIS IS THE YEAR OF ANSWERED PRAYERS!!!**

• Be Accountable:

Pair with a person or persons. Pray, share, and commit to the Fast with each other. (Matthew 18:20, Ecclesiastes 4:9-10, Psalm 133:1-3)

• Pray in Silence & Solitude

Spend some time in silence and solitude (noise-free) to allow God to speak to you. It is important to limit social networking, texting, tweeting, and unnecessary cell phone use. Also limit secular television/radio.

(Matthew 4:1, Matthew 14:23, Mark 1:35, Luke 4:42, Psalm 46:10)

SUGGESTIONS AFTER THE FAST

- *Gradually return to implementing meats into your diet.* Be careful. Continue to drink plenty of water. Begin with eating soups. Continue to eat healthy.

FASTING GUIDELINES

During the 40-day fast we will progressively eliminate foods from our diet every ten days.

Schedule	Process of Elimination
Feb 14 th – Feb 24 th	Eliminate sugar, sweets, caffeine, and snack foods (candy, cake, chips, coffee, soda, etc.)
Feb 26 th – Mar 7 th	Eliminate bread, pasta, and rice.
Mar 8 th – Mar 19 th	Limit meat intake to one serving of chicken, turkey, or fish per day.
Mar 20 th – Mar 30 th	Eliminate All Meats

DO: Eat fruit and vegetables during the Fast; Drink plenty of water and 100% juice

HERE IS A LIST OF FOOD ITEMS THAT **CAN** BE INCLUDED IN THIS FAST.

- **All fruits.** These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- **All vegetables.** These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.
- **All whole grains,** including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- **All nuts and seeds,** including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.
- **All legumes.** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- **All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.
- **Beverages:** spring water, distilled water, or other pure waters. Soy milk, almond milk.

READING PLAN

Date	Reading
Ash Wednesday - Feb 14 th	Isaiah 55:6-7, John 12:1-11
Thursday – Feb 15 th	Psalms 121:1-2, John 12:12-19
Friday – Feb 16 th	Matthew 6:27, John 12:20-28
Saturday Feb 17 th	Luke 4:1-2, John 12:29-36
Sunday – Feb 18 th	Isa 55:1-2, John 12:37-43

Feb 19th Online Prayer Resumes - Monday - Friday from 7:30 pm – 8:00 pm

We begin our focus on the ***Disciplines of the Holy Spirit.***

It is evident that the practice of Spiritual Disciplines is often overlooked in American Christian culture, leading to an erosion of what it truly means to be a Christian Disciple. Early Christians understood the importance of intentional practices to become more Christ-like, as seen in Acts 2:42, where they devoted themselves to teaching, fellowship, breaking of bread, and prayer. While individual practice is valuable, engaging in these disciplines within Christian community is crucial for spirit-empowered discipleship and the renewal of the church's mission.¹

WEEK 1

This Week's Focus: Solitude & Silence

Date	Reading
Monday – Feb 19 th	Matthew 6:5-6, Luke 5:16, John 13:1-7
Tuesday – Feb 20 th	Psalms 8, John 13:8-17
Wednesday - Feb 21 st	Jeremiah 20:7-18, John 13:18-30
Thursday – Feb 22 nd	Matthew 26:36-46, John 13:31-36
Friday – Feb 23 rd	Matthew 27:32-50, John 14:1-14
Saturday Feb 24 th	Matthew 9:35-38, 23:37, John 14:15-22
Sunday – Feb 25 th	James 3:1-12, Luke 23:6-9, John 14:23-31

Practice:

- Schedule time alone with God daily.
- Limit unnecessary conversation.
- Get in the habit of listening closely to others before you speak.
- Limit your exposure to social media and other “noise.”
- Try to be silent for at least an hour during the day.

¹Antoinette G. Alvarado, “Spirit Empowered Discipleship.” Workshop presented at Beulah Heights University.

Richard J. Foster. *Celebration of Discipline: The Path To Spiritual Growth*. (New York, NY, HarperCollins Publishers, 1978).

WEEK 2

This Week's Focus: Listening & Guidance

Date	Reading
Monday – Feb 26 th	Genesis 24:1-21, John 15:1-17
Tuesday – Feb 27 th	Isaiah 1:17, 18-20, John 15:18-16:4
Wednesday - Feb 28 th	Proverbs 3:5-6, Acts 10:1-35, John 16:5-16
Thursday – Feb 29 th	Acts 16:6-10, 2 Corinthians 2:12, John 16:17-33
Friday – Mar 1 st	Acts 21:8-14, John 17:1-5
Saturday Mar 2 nd	Romans 8:14, 28-30, John 17:6-19
Sunday – Mar 3 rd	Hebrews 11, John 17:20-26

Practice:

- Set aside an hour one or two days this week to journal. Record examples of when God has spoken to you and guided you in the past.
- Intercede for others and invite God to give you what you pray. Ask God to show you how God is at work in the lives of those you are interceding for.
- Ask God to show you the needs within our community and prayer them through.

WEEK 3

This Week's Focus: Repentance & Confession

Date	Reading
Monday – Mar 4 th	Jeremiah 31:34, Matthew 26:28, Ephesians 1:7
Tuesday – Mar 5 th	1 John 1:5-10, John 18:1-11
Wednesday - Mar 6 th	2 Corinthians 6:21, 1 Timothy 2:5, 1 John 2:1
Thursday – Mar 7 th	Luke 15:11-24, John 18:12-14
Friday – Mar 8 th	Matthew 16:16:19, 18:18, John 18:15-18
Saturday Mar 9 th	James 5:13-16, John 18:19-24
Sunday – Mar 10 th	Isaiah 59:1-9, Romans 3:10-18, John 18:25-27

Practice:

- Pray Psalm 51 daily.
- Daily go before the Lord and ask for any areas of pride to be revealed.
- Consider if there is anyone you may have wronged or hurt. Ask the Father how you can make it right?
- Ask God to show you whom to love.

Mar 11th Online Prayer moves to mornings - Monday - Friday from 6:00am – 6:30am

WEEK 4

This Week's Focus: Fasting & Worship

Date	Reading
Monday – Mar 11 th	Isaiah 58:1-7, John 18:28-32
Tuesday – Mar 12 th	Daniel 10:1-14, Ephesians 5:18-20, Colossians 3:16-17
Wednesday – Mar 13 th	Nehemiah 1:4-11, Isaiah 6:1-8
Thursday – Mar 14 th	Esther 4:12-17, Psalm 96
Friday – Mar 15 th	Acts 13:1-3, Psalm 148
Saturday Mar 16 th	Acts 14:19-23, Revelation, 5:6-14
Sunday – Mar 17 th	Luke 4:1-13, John 18:33-40

Practice:

- Limit your spending – commit to doing zero shopping this week online or offline.
- Spend time in singing songs of worship to God daily.
- Be sure to set aside your tithe and offerings as an act of worship unto the Lord.
- Practice being in the presence of God all week long in preparation for being in corporate worship on Sunday.

WEEK 5

This Week's Focus: Yielding & Submission

Date	Reading
Monday – Mar 18 th	Philippians 2:1-11, John 19:1-6
Tuesday – Mar 19 th	Genesis 22:1-19, John 19:7-16
Wednesday – Mar 20 th	Galatians 2:19-21, John 19:17-27
Thursday – Mar 21 st	Matthew 5:38-48, John 19:28-37
Friday – Mar 22 nd	Ephesians 5:21-6:9, 1 Peter 3:1-9, John 19:38-42
Saturday Mar 23 rd	Romans 13:1-10, Acts 4:13, -20, 5:27-29
Sunday – Mar 24 th	Mark 8:34, Acts 16:35-39, John 20:1-9

Practice:

- Begin each day with a prayer of submission asking God to lead you into submission moment by moment.
- This week in your journal create a list of ways you have been hurt and ways you may have been hurtful. Surrender those areas where you have been hurt and ask God to forgive you for the ways in which you have caused hurt.
- Consider what areas in your life that are not completely yielded to God and commit to yielding in those areas.

WEEK 6

This Week's Focus: Service & Witness

Date

Monday – Mar 25th

Tuesday – Mar 26th

Wednesday - Mar 27th

Thursday – Mar 28th

Friday – Mar 29th

Saturday – Mar 30th

Reading

Matthew 20:20-28, John 20:10-18

Exodus 21:2, 5-6, 1 Corinthians 9:19, John 20:19-23

Colossians 3:23-25, John 20:24-31

Romans 12:9-13, John 21:1-9

Matthew 25:31-39, John 21:10-14

Luke 10:29-37, John 21:15-21

Practice:

- Allow the Holy Spirit to draw you into a place of holy service and give you fresh motivation for ministry and mission.
- Practice sharing your personal testimony.
- Ask God daily to bring you someone whom you can serve, encourage, or witness to.
- Earnestly desire the gifts of the Holy Spirit to be used in service.
- At the end of the fast this week invite friends and/or family to your home for a meal.

Corporate Prayer Points

- Healing of broken spirits
- Healing of damaged emotions from past hurts, negative thoughts, hopelessness/depression
- Healing of every manner of physical sicknesses; Loss & Grief
- Breaking of strongholds that keep us in bondage. Unhealthy habits, evil cycles
- Every force of darkness, witchcraft, deception, schemes of the enemy
- Great Power!
- God's will and plan for our church(es) and for our individual lives
- Obedience and wisdom for the journey.
- Discern the times and know what to do in each situation.
- Make Godly decisions.
- That God will meet the needs of GCI, GFOCI Fellowship churches, our families, our nation.
- Financial breakthroughs (new jobs, raises, bonuses, business opportunities, divine favor)
- Protection for our Bishop & Co-Pastor, our President & family, law enforcement, governments
- Protection for our children, communities, churches, our country (Deliver us from evil)
- To have all things in common
- Great sharing
- Genuine Hospitality
- Demonstration of the love of God to one another
- That the great grace of God will be upon us all
- Great favor
- Great Unity
- Increase in our ability to believe in the purpose of God for our lives.
- Increase in our faith for the vision of our local church and pastors.
- Faith for healing in bodies and communities of faith.
- The Lost (opportunity to acknowledge Christ)
- Pray unsaved loved ones (opportunity to accept Christ)
- Pray for our world leaders, missionaries.
- People will desire to commit their lives wholly to Christ.
- Hunger and thirst for holiness.
- Identification with the Sacrifice, Suffering, and Resurrection of Christ.
- Pray for a desire for the word of God and the demonstration of miracles, signs, and the wonders of God.
- Declare God's greatness in the entire earth! Great Power