MCHCWS New Year’s Fast

Monday, January 6th – Sunday, January 26th

2020

“Making Disciples of Christ” Through the Spiritual Disciplines

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**Purpose of Fasting:** The purpose of fasting is to loosen to some degree the ties which bind us to the world of material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things.

**Medical Concerns:** Please fast as you are medically able. Please consult a medical professional for any physical concerns as MCHCWS assumes no medical liability.

**Please note:**

1. Abstaining from fleshly desires can bring a shift in mood or attitude. Please be mindful of this and pray for a pleasant demeanor.
2. Changes in diet can produce a shift in dental health. Please be sure to carry breath freshener at all times.
3. Hydrate with water constantly!
4. Attend church and special worship services on a regular basis to constantly feed your spirit. See the schedule of corporate prayer and worship times below.
5. Read the scriptures daily and read them more than once a day for spiritual strength.
6. Pray the topics outlined and pray as the Lord guides you to pray.
7. Fasting is not a diet. This fast is to produce a greater spiritual sense of awareness by limiting our fleshly desires. Read the scriptures, listen to gospel music and watch Christian TV to constantly feed your spirit.

**Fasting As A Spiritual Discipline:**

When we become Christians, we have to develop our faith over time. There are spiritual disciplines that help us become stronger in our faith. Unlike the spiritual gifts which are provided to us by the Holy Spirit, spiritual disciplines are more like finely honed tools that aid us in our spiritual walks. Yet each of the spiritual disciplines takes time to develop and effort to incorporate into our daily lives.

Spiritual disciplines exercise our spirit, mind, and emotions so that we become closer to God. They help us see His will for our lives more clearly so that we can live the life He desires for us. The more we practice these disciplines, the better we get at them, and the stronger we make our faith.

There are twelve spiritual disciplines -- those that are personal and those that are corporate. These disciplines are those that each individual should develop for him or herself, and some the entire church body can do together.

**Fasting** might be the hardest spiritual discipline of them all. There is something that happens to us when we starve the flesh. Our heart begins to align with the will of God. Our prayers are strengthened, our repentance is more real, and our worship becomes more genuine.

*Joel 2:12 “Yet even now,” declares the Lord, “*[*return to me with all your heart, with fasting*](https://biblereasons.com/fasting-and-prayer/)*, with weeping, and with mourning.*

**The Fast Is As Follows:**

***Week #1: Monday, January 6th – Sunday, January 12th***

* **Food:** Fruits and Vegetables (Cooked – nonfried, or Raw)
* **Drink:** Water, Limited Coffee/Tea.

***Week #2: Monday, January 13th – Sunday, January 19th***

* **Food:** Fruits and Vegetables (Cooked – nonfried, or Raw)
	+ **Add:** *Poultry (nonfried)*
* **Drink:** Water, Limited Coffee/Tea.

***Week #3: Monday, January 20th – Sunday, January 26th***

* **Food:** Fruits and Vegetables (Cooked – nonfried, or Raw), Poultry (nonfried)
	+ **Add:** *Fish*
* **Drink:** Water, Limited Coffee/Tea.

**Additional Services:**

**Services during January New Years Fast**

**Mondays in January (Mondays with Pastor Munford - Nights of Prayer)**

* Monday, January 6th - Elder Munford
* Monday, January 13th - Elder Munford
* Monday, January 20th - Elder Munford

**Wednesdays in January (Wednesday Worship with Bishop)**

* Wednesday, January 8th - Bishop Hanchell
* Wednesday, January 15th - Bishop Hanchell
* Wednesday, January 22nd - Bishop Hanchell

**Fridays in January (Fire Fridays with Co-Pastor Hanchell**

* Friday, January 10th – Co-Pastor Hanchell
* Friday, January 17th – Co-Pastor Hanchell
* Friday, January 24th - Joint MCHC-NC Piedmont Jurisdictional Service in Durham, NC\*\*

As we *fast* from physical food, we must also *feast* on spiritual food. Below is a list of daily scriptures and areas of prayer emphasis for each day.

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| DATE | SCRIPTURE | PRAYER FOCUS |
| January 6th  | Psalm 120 | For God to hear and answer our prayers |
| January 7th  | Psalm 121 | For God to help in our many situations |
| January 8th  | Psalm 122 | For Peace/Security/Prosperity |
| January 9th  | Psalm 123 | For Faith, Strength and Mercy |
| January 10th  | Psalm 124 | For Victory to Overcome |
| January 11th  | Psalm 125 | For Endurance |
| January 12th  | Psalm 126 | For Restoration of Things Lost (Wealth, Joy, etc.) |
| January 13th  | Psalm 127 | For Family (Relationships and Children) |
| January 14th  | Psalm 128 | For Kingdom Servants of MCHCWS to be disciples |
| January 15th  | Psalm 129 | For Emotional Healing |
| January 16th  | Psalm 130 | For Spiritual Cleansing |
| January 17th  | Psalm 131 | For the ability to hear God's voice with more clarity |
| January 18th  | Psalm 132 | For God to remember His promises to us and for us to remember our promises to Him |
| January 19th  | Psalm 133-134 | For our Church family and leadership |
| January 20th  | Psalm 135 | For us to operate in the Divine Purpose of God |
| January 21st  | Psalm 136 | For us to operate in the Wisdom of God |
| January 22nd  | Psalm 137 | For us to truly love the Lord |
| January 23rd  | Psalm 138 | For the Lord to preserve and protect us |
| January 24th  | Psalm 139 | For God's direction in our daily lives |
| January 25th  | Psalm 140 | For deliverance from all evil (internal and external) |
| January 26th  | Psalm 141 | For established righteousness |