



2013 PENTECOST FAST (APRIL 1 – MAY 19)

ARK OF SAFETY CHRISTIAN CHURCH

Bishop C. Anthony Muse, Senior Pastor

Lady Pat Lawson Muse, Elder

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 31st RESURRECTION	APRIL 1 SEEK II Chronicles 7:14 Hebrews 11:6 Eat after 6 p.m.	2 PETITION Philippians 4:6 I John 5:15 Eat after 5 p.m.	3 REPENT Acts 3:19 Revelation 3:19 Liquids Only	4 SUBMIT Hebrews 13:17 James 4:7 Eat after 6 p.m.	5 CLEANSE Psalm 19:12-14 Psalm 51:1-7 Eat after 6 p.m.	6 HUMBLE James 4:10 I Peter 5:6 Eat after 6 p.m.
7 WISDOM Proverbs 4:1-7 James 1:5 Eat after 3 p.m.	8 DESIRE Psalm 37:4 I Peter 2:1-2 Eat after 6 p.m.	9 HUNGER Psalm 34:10 Matthew 5:6 Eat after 5 p.m.	10 PRAYER Psalm 141:1-2 James 5:16 Eat after 6 p.m.	11 LISTEN Psalm 28:1-2 Psalm 102:1-2 Eat after 6 p.m. (Vegetables only)	12 INSTRUCTION Proverbs 9:9 Proverbs 15:32 Eat after 6 p.m.	13 TRUTH I Samuel 12:24 Psalm 25:5 Eat after 6 p.m.
14 OBEDIENCE Romans 6:15-18 Isaiah 1:18-20 Eat after 3 p.m.	15 MERCY Psalm 33:18-22 Lamen. 3:22-25 Eat after 6 p.m.	16 DELIGHT Psalm 119:16 Psalm 119:77 Eat after 5 p.m.	17 HOPE I Peter 1:13-16 I John 3:1-3 Eat after 6 p.m.	18 FELLOWSHIP Psalm 133:1 I John 1:6-7 Eat after 6 p.m.	19 GLORY Romans 8:18 Jude 1:24-25 Eat after 6 p.m.	20 REIGN I Corinthians 4:8 II Timothy 2:11-12 Eat after 6 p.m.
21 HONOR Psalm 104:1 Revelation 4:11 Eat after 3 p.m.	22 LOVE John 15:9-13 I John 4:7-12 Eat after 6 p.m. (Vegetables only)	23 ASSURANCE Hebrews 6:9-11 Hebrews 10:19-22 Eat after 5 p.m.	24 PEACE Colossians 3:12-15 II Peter 3:14 Eat after 6 p.m.	25 TRUST Psalm 37:5 Ephesians 1:7-14 Eat after 6 p.m.	26 KINDNESS Joel 2:12-13 Psalm 117:2 Eat after 6 p.m.	27 CHOSEN Ephesians 1:3-6 II Thess. 2:13-15 Eat after 6 p.m.
28 REVELATION Isaiah 40:5 I Peter 1:13-16 Eat after 3 p.m.	29 GRACE I Peter 4:10-11 II Peter 3:18 Eat after 6 p.m.	30 DIRECTION Proverbs 3:6 II Thess. 3:1-5 Eat after 5 p.m.	MAY 1 TESTIMONY Psalm 19:7 I Corinthians 1:4-8 Eat after 6 p.m.	2 WALK IN THE SPIRIT Galatians 5:16-18 Galatians 5:22-25 Eat after 6 p.m.	3 MAJESTY I Chronicles 29:11 Psalm 93:1 Eat after 6 p.m. (Vegetables only)	4 BLESSED Jeremiah 17:7-8 Titus 2:11-14 Eat after 6 p.m.
5 TRANSFORMED Romans 12:1-2 I Cor. 15:50-52 Eat after 3 p.m.	6 STRENGTH II Samuel 22:33 Psalm 18:1-2 Eat after 6 p.m. (Vegetables only)	7 COURAGE Joshua 1:8-9 Psalm 31:4 Eat after 5 p.m.	8 WORTHY Ephesians 4:1-3 Colossians 1:10 Eat after 6 p.m.	9 VICTORIOUS I John 5:1-4 Revelation 15:2-3 Liquids only	10 WISE Proverbs 11:30 Ephesians 5:15-16 Eat after 6 p.m.	11 CONFIDENT Psalm 27:1-4 Philippians 1:6 Eat after 6 p.m.
12 EXALT Isaiah 25:1 Psalm 34:1-3 Eat after 3 p.m.	13 DECLARE I Chron. 16:23-25 Psalm 40:5 Eat after 5pm.	14 THANKFUL Psalm 100:4 Colossians 3:12-15 Eat after 5pm.	15 WONDERFUL Psalm 107:8-9 Psalm 111:1-4 Eat after 6 p.m. (Vegetables only)	16 FAITHFUL I Thess. 3:3 I Thess. 5:23-24 Eat after 6 p.m.	17 JOY Psalm 32:11 I Peter 4:13 Eat after 6 p.m.	18 PRAISE Psalm 117 Psalm 150 Liquids only
19 PENTECOST SUNDAY Acts 1:1-11 Acts 2	<ul style="list-style-type: none"> • Read one scripture in the A.M. and one scripture in the P.M. • Drink plenty of water during the fast. • Liquids only includes: "V8" juice, blended fruit drinks, broth, etc. 					

FASTING INFORMATION AND INSTRUCTIONS

There are both public and private fasts. Private being an individual fast: public being a fast undertaken by a group. For the next 50 days, we will be involved in a public fast called by our Senior Pastor, Bishop C. Anthony Muse. The following information is provided to give more understanding of fasting.

In the book, "*The Christian's Daily Walk*", it notes that a fast is "sanctifying a day to the Lord by willing abstinence from meat and drink from delights and worldly labors that the whole man may be more thoroughly humbled before God and more fervent in prayer." A fast affects both the body and the soul. It should be done in the sight of God and not men. Don't advertise it.

FOR THOSE FASTING FOR THE FIRST TIME AND INEXPERIENCED

1. **Know** the purpose for the fast. Pray daily for strength for that day of the fast.
2. **Don't** eat any food or drink anything except water or juices during the time of fasting. Don't over eat after the time of fasting to make up for what you did not or will not eat.
3. **Spend more time in prayer** for the concerns of the fast; spend more time reading your Bible, confessing your sins and meditating on Jesus Christ and scripture.
4. **Identify** other pleasures you will do without during the times of fasting; i.e. watching T.V., going to the movies, casual time on the Internet, your favorite hobby, music, etc.
5. Married couples should agree to abstain from all intimate activities during the time of fasting.

FOR THOSE WHO ARE MORE EXPERIENCED

1. You may extend the time of fasting occasionally to a full day of fasting or to several full days of fasting. You may take a day off from work to focus totally upon the Lord.
2. You may drink water only during the times of fasting.
3. You may omit drinking water for periods of the fast, but remember that you should not go long periods of time without water.
4. If you do an extended period of fasting, eat only a little food as you first come off the fast.

FOR THOSE WHO ARE ON MEDICATION THAT REQUIRES FOOD

1. If you need to eat food with your medication, you can give up some other pleasures for your fast. You can also limit your food to just the amount needed for medical purposes. Please check with your doctor.

The important thing with any fast is that you are focused upon the needs and issues of the fast. Pray that you will be so moved and concerned over them that food and other pleasures will not overtake your commitment to seeking God for His Will to be done. It is an amazing thing to see God respond to our seeking Him by prayer and fasting. **COME HOLY SPIRIT!**