



# St. John the Baptist Anglican Church

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## **A call for 40 days of Prayer and fasting**

“If the foundations are destroyed, what can the righteous do? (Ps. 11:3)

Dear friends in Christ, in such a time like this, most of us have found ourselves asking this kind of question. COVID-19 pandemic has shaken and destroyed every human foundation in the history of the earth. As God’s children we are reminded that even in times like these, “the Lord is in His holy temple, seated on the throne. His eyes are watching closely and examining every person on earth.” (Ps.11:4)

Amid this difficult and challenging time, the Lord has remained faithful to us through his provision and protection. Indeed, “the Lord has been our refuge and strength and our ever-present help in times of need/trouble.” (Ps. 46:1) As we continue seeking the ways we can best offer ourselves in the Lord’s service, we can offer our bodies as living sacrifices holy and acceptable to God through prayer and fasting as a sign of humility and dependence on God, and as we seek His mercy on our behalf and on behalf of those who are suffering around the world.

**I therefore invite the church to join me in 40 days of prayers and fasting beginning from:**

**May 1st, 2021 to June 9th, 2021.**

This is a time of corporate prayer and fasting. This means that together we ensure that there is someone praying and fasting on each of the 40 days, but any one person can commit to praying and fasting on one or more days of the week from 6.00 am to 6.00 pm. Therefore I would like to kindly request all those who are willing to follow the following steps:

1. Choose a day of the week and commit to prayer and fasting. In this case there will be people praying and fasting every day, each person will be praying and fasting once a week for 5 weeks and together we will have done it for 40 days.
2. Registration: send your name, contact information, and day of the week you will fast to Ann-Jakins ([afov.jakins@gmail.com](mailto:afov.jakins@gmail.com))
3. As the team leader I will guide you on some of the areas we need to focus on during this time of prayer.
4. For planning purposes please register by Monday April 26
5. More details to follow thereafter. .

There are a few types of fasting that are possible, so you can choose the type that best fits your health and individual circumstances. Below are the types of fasting one can choose from.

## **Types of fasting**

**Complete fasting:** in this kind of fasting no solid food is consumed. You only drink water. However, some people may choose to drink water and juice in order to maintain some energy.

**Partial fasting:** Partial Fasting is when you refrain from eating for a specific period of time, often from sunup to sundown. You can also do this from a certain time of day, for example, from 6.00 am to 6.00 pm.

This can be done either as a complete fast (no solid food) or as a Daniel fast (which consists of eating fruits, vegetables and nuts). The idea is to take control of your body by denying it what it longs for.

**Daniel fast:** In a Daniel fast one can eat fruits, vegetables and water. Please avoid Meats, Pastries, Chips, Bread, Fried food, Coffee & Tea, juice (optional: some people do choose to drink juice during this fast)

*“At that time, I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.” Daniel 10:2-3*

**Absolute fasting:** In absolute fasting there is no eating or drinking.

*“For three days he was blind and did not eat or drink anything.” Acts 9:9*

*“Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die.” Esther 4:16*

***NB: This is optional and for those who are not able to fast due to health issues please feel free to join us. You are part of the team and we need your prayers. This is a time of humility and a time to focus on God, a time of prayer, worship and listening to God through His word.***

If you have any questions, please feel free to contact me.

May the Lord bless you and keep you.

Peter+