



MOUNT HOPE BAPTIST CHURCH

**TRANSFORMATION**

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BE TRANSFORMED BY THE RENEWING OF YOUR MIND

**A CALL TO FAST AND PRAY**

A 7 Week Fasting Guide

March 3, 2022 - April 14, 2022

# From the Pastor's Heart

Greetings Hope Nation and Friends,

As we continue to walk in this season of Victorious Living; I am asking every disciple of Mount Hope Baptist Church to begin seeking God through participation in a season of prayer and fasting during this Lent Season. In addition to fasting every Thursday, we are asking you to sacrifice something tangible/pleasurable during this lent season. As a corporate body we will fast each Thursday from 6:00 a.m. – 6:00 p.m. for seven weeks. We fast to commemorate the sacrifice that Jesus made when He did the same after He was baptized by John in the Jordan River (Matt. 4:1). Prayer along with fasting is a proven method to draw closer to God, experience deliverance from strongholds, receive answered prayers and experience God's supernatural intervention in our lives. I am asking every disciple to seek the Lord's guidance as to how **He** wants you to fast and what you should be fasting for in this season in your life. We will begin our season of fasting and praying on Thursday, March 3, 2022, and conclude on Thursday, April 14, 2022.

Remember, The Lord has gone before us and made the crooked paths straight. We must move forward into what God has for us, we must do so in the ***spirit of unity***, and in step with the Holy Spirit who leads and direct us. This year we are focusing on **Transformation**. Brothers and Sisters, I speak Romans 12:2 over you... You will not conform to the pattern of this world but be transformed by the renewing of you mind. Then you will be able to test and approve what God's will is, His good, pleasing and perfect will. And I decree and declare that in all these things we are more than conquerors through Him that loved us.



# Prayer

Prayer is our way of communicating with God and allows us to not only talk to Him, but to also hear what God has to say to us. Through prayer, we share our concerns, our doubts and confess our sins. Prayer allows us to keep the line of communication open with God. Many people think prayer is complicated, but it isn't. Yes, God knows what's in our hearts, but God also wants us to share our intimate feelings and desires with Him. Such communication builds intimacy and trust with God and allows us to grow in Him. Additionally, prayer allows us to do three things: First, prayer allows us to activate our faith in a God who can do all things but fail. Secondly, prayer allows us to get in touch with our humanity knowing that we are finite beings and in need of a God who can deliver us out of our situations in life. And thirdly, prayer not only allows us to have a conversation with God but gives us an opportunity to hear from Him as to the direction and plan(s) He has for our lives. As we grow in our relationship with Jesus Christ, praying becomes more than an activity we engage in every now and then, it becomes a lifestyle.

Intercessors are standing by to pray with and for you. Please submit prayer requests to [mthopeva.org](http://mthopeva.org)

Jesus set an example for us on how to pray and provides a model for us to follow (Matt. 6:5-15). There were also times when Jesus removed Himself from the crowd to commune with the Father (Mark 1:35). And lastly, Jesus prayed for His disciples and for every generation to come that would believe and follow Him. His prayer was that God protect and strengthen them as long as they were in this world and that they become one as He and the Father are one (John 17:6-26).

# Fasting

Fasting is a spiritual discipline, it is powerful, and has many benefits. Fasting should always be God-ordained and God-centered. Fasting is voluntarily abstaining from food/beverages for a period of time. However, food is not what sustains you; God sustains you. Jesus reminds us in Matthew 4:4 that "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" As we fast and humble ourselves, the grace of God will come upon our lives.

And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair[a] and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you (Matthew 6:16-18).

## **TYPES OF FAST**

### ***NORMAL FAST***

A normal fast is the abstinence from all food except water. This would be the type of fast practiced by Elijah (1 Kings 19:8) and Jesus (Matthew 4). They abstained from food for 40 days.

### ***THE ABSOLUTE FAST***

The absolute fast is to abstain from all food and water (Exodus: 34:28). An absolute fast should be undertaken with great care and only under the guidance of a physician.

### ***THE PARTIAL FAST***

Fasting certain meals of the day or abstaining from certain kinds of foods (i.e. no meat or sweets, soup only, fruit and vegetables only, etc. (Daniel 10:3).

*Note: If you are taking any type of medication, make sure to talk to your doctor before changing your regimen.*

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him (Romans 12:1).



## **Tips For Fasting:**

**Prepare Your Heart:** As we move in God's direction it is vital that we do not become ambivalent. We must "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths" (Proverbs 3:5-6).

**Prepare Your Schedule:** Decide where you will spend your intimate time with God; what and when you will eat. Remember, the fast is about communing with God, so do not fill your time with distractions that will keep you from feeling hungry.

**End Your Fast Gradually:** When the designated time of fasting has been completed, it is important to transition out of the fast with care. You must end your fast gradually. Ending your fast gradually will result in continued good health. Start with fruits, fruit juice, salads, and soups, and then eventually eat more solid food.

**Be Expectant:** The Lord listens to a prayer from the heart. Be humble and authentic as we expect results from God.

We have prepared a daily fasting and prayer devotional to direct our season of fasting and prayer together at Mount Hope and are offering the following suggestions as we begin 2022 fasting and praying unto God.

1. Juices and water only.
2. Fresh fruits and vegetables only.
3. Fast one meal per day by eliminating all other meals (you may have juices and water).
4. Eliminate sugar, soda, starches, and sweets from your diet for 14 days.

# Transformation Thursdays

Join us virtually every Thursday night at 7:00 p.m. on Facebook, YouTube, MHBC App, Apple TV, Roku, or the Mount Hope Baptist Church (Fredericksburg VA) website during the Corporate Fast for a Transformational Word. We will expound on various Scriptures and provide spiritual insight/guidance as we journey through this corporate fast together.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable, and perfect, will of God” (Romans 12:1-2).

## **Week 1 - March 3, 2022: Psalms 1:2-3**

**Immersion in The Word of God:** We pray for our immersion, comprehension and obedience to the Word of God and our striving to grow in the knowledge and understanding of God’s Word.

**Song suggestion:** “Jireh” by Elevation Worship/Maverick City Music

## **Week 2 - March 10, 2022: Psalms 46:1-2**

**Safety and Protection:** We pray for God to protect us, our families, extended families and church family from violence, demonic influences and other evil forces that seek to steal, kill and destroy the Kingdom of God.

**Song suggestion:** “Great” by Kelontae Gavin

## **Week 3 - March 17, 2022: Hebrews 11:1**

**Faith:** We pray for God to increase our faith, confidence, and trust in Him.

**Song suggestion:** “Gotta Believe” by Tasha Cobbs Leonard  
“The Best Is Yet to Come” by Donald Lawrence

#### **Week 4 - March 24, 2022: Hebrews 5:11-14**

**Spiritual Growth:** We pray for God to increase the number of people who faithfully pray, participate in Christian discipleship opportunities, and bless us with a sincere desire to grow in our relationship with Him.

**Song suggestion:** “All Day” by Tasha Cobbs and William McDowell

#### **Week 5 – March 31, 2022: I Corinthians 16:9**

**New Opportunities:** We pray for God to open doors for His Church and His People to maximize their God-given talents, spiritual gifts, and potential to impact lives for His Kingdom.

**Song suggestion:** “Your Presence Is A Gift” by E. Dewey Smith

#### **Week 6 – April 7, 2022: Acts 1:8**

**Evangelism and Missions:** We pray for God to enlarge our ministry territory for the Kingdom so we may impact lives and increase the numbers of people who accepts Him as Lord and Savior of their lives and for the church to see opportunities to go beyond our borders in global and international missionary work for Jesus Christ.

**Song suggestion:** “Bless Me (The Prayer OF Jabez)” by Donald Lawrence & The Tri-City Singers

#### **Week 7 – April 14, 2022: Romans 8:11**

**Believing God’s Power:** Father show Yourself mighty and strong. We pray that the power of the Holy Spirit falls fresh on us. By your power we believe we have greater discernment, greater anointing, and believe our gifts are making room for us.

**Song suggestion:** “What the Lord Allows” by Dewayne Harvey and Fred Hammond

“Show me thy ways, O Lord; teach me thy paths. Lead me in thy truth and teach me: for thou art the God of my salvation; on thee do I wait all day.” (Psalms 25:4-5)