



Fasting for — F.R.A.N.C.



¹⁹ Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

Matthew 28:19-20 (NLT)

Greetings,

As Christians, God expects us to seek Him through the practices of prayer and fasting (Matthew 6:5-18). Jesus prayed and fasted in the wilderness for forty days and nights as He prepared Himself for ministry and doing the Will of the One who had sent Him. Prayer is talking to God who listens and responds because of His love for us. Fasting is voluntarily abstaining from anything of value in your life for spiritual purposes. Prayer can be rather easy, but the combination of prayer and fasting is often challenging. Despite the demanding nature of combining prayer and fasting, the rewards of drawing closer to God far outweigh the cost of seeking Him through prayer and fasting. The call to Mount Hope Disciples and friends is to fast from food and beverages. You and God can determine your type of fast. In addition, along with fasting from food one could abstain from pleasures such as social media, television shows, movies, telephone, sporting activities, social events, etc.

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From The Heart Of The Pastor

Greetings Hope Nation and Friends,

I am asking every disciple of Mount Hope Baptist Church to begin seeking God through participation in a season of prayer and fasting for 40 days. As Christians we participate in a 40 day fast during the Lent season, 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 Ash Wednesday, February 22, 2023 and conclude our season of fasting and praying on Saturday, April 8, 2023.

The first five days of this spiritual fast will be to detoxify and release any unclean motives, sin, and unethical morals that have crept into our hearts. These five days will prepare us to go forth to fortify our souls, spirits and strengthen us for this season in our lives. As we 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 directs us all. This year as we fast, we are focusing on relational evangelism. We are praying that God will open doors for us to pray and evangelize to the unchurched, Friends, Relatives, Acquaintances, Neighbors, and Co-workers.

Brothers and Sister, keep your eyes on Christ and believe in God's Power, as we walk together focused on achieving God's Purpose for our lives, and the lives of our Friends, Relatives, Acquaintances, Neighbors, Co-workers, and Mount Hope.

Sincerely,

Dr. Raymond A. Bell, Jr.



DR. RAYMOND A. BELL, JR. - SENIOR PASTOR



Prayer

Prayer is our way of communicating with God and allows us to not only talk to Him, but also to 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, It 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 or plan 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.

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).

Join us nightly at 9:00 p.m. eastern standard time via Zoom for Corporate Prayer.

“For where two or three gather in my name, there am I with them.” (Matthew 18:20)

929 -205-6099 or 301-715-8592 Meeting ID: 890 4493 5584

Fasting

Fasting is a spiritual discipline, it is powerful, and have 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.



Tips For A Successful 40 Day Fast

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 2023 fasting and praying unto God.

1. **Meatless Monday**
2. **Tubeless Tuesday**
(limit or no television, social media, computers, iPad, etc.)
3. **White-Out Wednesday**
(limit to no sugars, white foods)
4. **Thoughtful Thursday**
(pay it forward, do something nice/thoughtful for someone)
5. **Fried-less Friday**
(no fried food)
6. **Shop-free Saturday**
(no unnecessary shopping)
7. **Sugar-free Sunday**
(limit to no sugar, sugar substitute or sweets)

Types of Fasts

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.

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.

PARTIAL FAST / DANIEL 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.*

Remember, *the power of fasting has less to do with food rather than with setting yourself apart for a specific period to focus on God, prayer, and worship!*



Daniel Fast / What to Eat

Foods To Enjoy

1. **ALL VEGETABLES (INCLUDING POTATOES)** – fresh, frozen, or juiced
2. **ALL FRUITS** – fresh, frozen, dried, or juiced
3. **ALL WHOLE GRAINS** – amaranth, barley, brown rice, oats, quinoa, whole wheat pasta, whole wheat
4. **ALL NUTS & SEEDS** – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and unsweetened nut butters
5. **ALL LEGUMES** – dried or canned, black beans, black eyed peas, cannellini beans, chickpeas, great northern beans, kidney beans, lentils, pinto beans, and split peas
6. **ALL QUALITY OILS** – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut
7. **BEVERAGES** – water only: distilled, filtered and spring water
8. **OTHER** – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu

“For packaged food check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.”

Foods To Avoid

1. **ALL MEAT & ANIMAL PRODUCTS** – bacon, beef, eggs, fish, lamb, poultry, pork, and animal sausage casing
2. **ALL PLANT BASED MEATS** – butter, cheese, cream, milk and yogurt
3. **ALL DAIRY PRODUCTS** – Impossible Foods, Beyond Meat, etc
4. **ALL SWEETNERS** – agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar
5. **ALL LEAVENED BREAD & YEAST** – baked goods and Ezekiel bread (if contains yeast and honey)
6. **ALL DEEP FRIED FOODS** – chips, French fries and potato chips
7. **ALL SOLID FATS** – lard, margarine and shortening
8. **BEVERAGES** – alcohol, carbonated drinks, coffee, energy drinks and herbal tea



Daniel Fast / For Kids

Things To Do Every Day

PRAY

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give-up some of the tasty foods we like to eat, and to spend time talking to the Lord.

EAT ONE FAST MEAL

Choose at least one meal a day at which you will only eat Daniel Fast foods. A good choice might be family dinner. That way, you and your family can pray and sacrifice together.

EAT LOTS OF THIS

- **FRUIT** : Bananas, Oranges, Apples and More
- **VEGETABLES**: Carrots, Greens, Broccoli and More
- **WHOLE GRAINS** : Brown Rice, Quinoa and Whole Wheat Pasta
- **LEGUMES** : Beans and Peas
- **DRINK WATER!!!**

DON'T EAT/DRINK THIS

- | | | |
|---------|-----------|----------------|
| – Sugar | – Soda | – Crackers |
| – Meat | – Gum | – Energy Drink |
| – Milk | – Cookies | – White Flour |
| – Eggs | – Mints | – Iodized salt |
| – Bread | – Candy | |
| – Candy | – Juices | |

Daniel Fast / Guide For Diabetics



The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have successfully completed the Fast. One of the benefits of the Daniel Fast, from a dietary perspective, is the regular intake of nutrient-dense foods rich in vitamins, minerals, and other nutrients important for health, which help to keep your blood sugar stable. The type of diabetes a person has is important to know because it will affect how one approaches the Daniel Fast while treating the diabetes. In type 1 diabetes, the pancreas produces little to no insulin. Insulin is a hormone needed to allow glucose (sugar) to enter our cells to make energy. Approximately 5-10% of adults in the US are type 1 diabetics. In type 2 diabetes, the most common, the pancreas produces insulin, but the body does not use it efficiently. Approximately 90% of adults with diabetes in the US are type 2. During the Daniel Fast, it is recommended to focus on low-glycemic index foods. The glycemic index ranks food on a scale from 0 to 100. The low end of the scale has foods that have little effect on blood sugar levels. A copy of the low-glycemic index is provided here for you.

During the Daniel Fast, you should continue taking your medication as prescribed. It is important to note that it is possible to eat large amounts of carbohydrates/sugars (potatoes, fruits) on the Daniel Fast, so be aware and regularly monitor your glucose, and adjust your medications when needed. Consider consuming small but frequent meals. This means avoiding long gaps between meals by eating a small meal every two to three hours. Remember to consume nutrient-dense foods which have a high ratio of nutrients to calories. They contain the highest possible levels of quality protein, carbohydrate, fat, vitamins, and minerals for the least number of calories. Another option is to use plant-based protein powder that does not contain whey (whey is an animal-based protein).

If you have any questions or concerns, consult your physician.

Foods To Enjoy

1. **ALL VEGETABLES** - fresh, frozen, dried, or juiced. **ALL FRUITS**- fresh, frozen, dried, or juiced
2. **ALL WHOLE GRAINS** - amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn
3. **ALL NUTS & SEEDS** - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and unsweetened nut butters
4. **ALL LEGUMES** - dried or canned; black beans, blackeye peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas
5. **ALL NATURAL OILS** - avocado, coconut, grapeseed, olive, peanut, sesame, and walnut **BEVERAGES**- water only (distilled, filtered and spring water)
6. **OTHER** - unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, vinegar, seasonings, unsweetened coconut flakes, soy products, and tofu

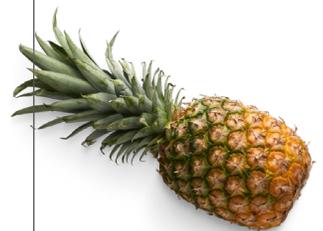
**Remember to select foods on the low end of the glycemic index (see chart below.) For prepackaged foods check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.*

Foods To Avoid

1. **ALL MEAT & ANIMAL PRODUCTS**
2. **ALL DAIRY PRODUCTS** - butter, cheese, cream, milk, and yogurt
3. **ALL SWEETENERS** - agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar
4. **ALL LEAVENED BREAD & YEAST**- baked goods and Ezekiel bread (if it contains yeast and honey)
5. **ALL REFINED & PROCESSED FOOD PRODUCTS**- artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice
6. **ALL DEEP – FRIED FOODS**
7. **ALL SOLID FATS** - lard, margarine, and shortening
8. **BEVERAGES** - alcohol, carbonated drinks, coffee, energy drinks, herbal tea



LOW GI FOODS (20-49)		MODERATE GI FOODS (50-69)	
BREAKFAST CEREALS:		BREAKFAST CEREALS:	
All Bran	Fiber One	Bran Buds	Bran Chex
Oat Bran	Oatmeal (not instant)	Just Right	Mini Wheats
		Special K	Overnight Oats
FRUITS AND FRUIT JUICES: (Limit 1-2 Fruits/Day)		FRUITS AND FRUIT JUICES: (Limit 1-2 Fruits/Day)	
Apples	Apple Juice	Apples	Apple Juice
Apricots	Blackberries	Apricots	Blackberries
Blueberries	Cherries	Blueberries	Cherries
Cranberries	Grapefruits	Cranberries	Grapefruits
Grapefruit Juice	Peaches	Grapefruit Juice	Peaches
Pears	Prunes	Pears	Prunes
Plums	Raspberries	Plums	Raspberries
Tangerines	Strawberries	Tangerines	Strawberries
Tomato juice		Tomato juice	



LOW GI FOODS (20-49)		MODERATE GI FOODS (50-69)	
BEANS AND LEGUMES:		BEANS AND LEGUMES:	
Black-Eyed Peas	Lentils	Black-Eyed Peas	Lentils
Butter Beans	Lima Beans	Butter Beans	Lima Beans
Chick Peas	Navy Beans	Chickpeas	Navy Beans
Green Beans	Snow Peas	Green Beans	Snow Peas
Kidney Beans	Hummus	Kidney Beans	Hummus
Pinto Beans		Pinto Beans	
NON-STARCHY VEGETABLES:		NON-STARCHY VEGETABLES:	
Asparagus	Lettuce	Asparagus	Lettuce
Artichoke	Mushrooms	Artichoke	Mushrooms
Avocado	Peppers,	Avocado	Peppers,
Broccoli	Tomatoes	Broccoli	Tomatoes
Cabbage	Okra	Cabbage	Okra
Cauliflower	Onions	Cauliflower	Onions
Celery	Spinach	Celery	Spinach
Cucumber	Summer Squash	Cucumber	Summer Squash
Eggplant	Zucchini	Eggplant	Zucchini
Greens	Turnips	Greens	Turnips
GRAINS:		GRAINS:	
Barley	Wild Rice	Barley	Wild Rice
Rye	Wheat Tortilla	Rye	Wheat Tortilla
Bulgur	Wheat Pasta	Bulgur	Wheat Pasta
NUTS, OLIVES, AND OILS:		NUTS, OLIVES, AND OILS:	
Almonds	Olives	Almonds	Olives
Peanuts	Walnuts	Peanuts	Walnuts
Pecans	Oils that are liquid at room temperature	Pecans	Oils that are liquid at room temperature
Sunflower Seeds		Sunflower Seeds	
Hazelnuts		Hazelnuts	



The glycemic index, or GI is the measurement of how foods raise our blood glucose after eating them. Foods raise glucose to varying levels (carbs increase blood sugar the most, fats and protein second). Actual (sugar) has a glycemic index of 100 and other foods measured are ranked as low, moderate, and high GI foods. Although GI is helpful to meal planning, the TOTAL number of grams of carbohydrates can have a bigger impact than GI on blood sugar levels.

Consuming low GI foods + calculating carbohydrate intake = the most stable blood sugar levels!!!



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Week 1: February 27 – March 5, 2023

Friends

A person who you know well and who you like a lot, but who is usually not a member of your family. Friendship requires intentionality, authenticity, respect, and forgiveness. Being a friend requires sacrifices, trust, honesty, respect, and forgiveness. Friendship is truly one of God’s blessings to mankind. With honest and wholesome friends, we can better endure the hardships of life and rejoice in the wonderful moments. However, we must know how to choose friends and how to be a good friend ourselves. Thankfully, we can look to the Bible for guidance on friendship.

This week please pray earnestly and fervently for friends and friendships.

DAY	
1	Friends encourage us to our highest good (1 Thessalonians 5:11)
2	Friends forgive and help each other in difficult times. (Colossians 3:13; Ecclesiastes 4:10)
3	Friends do not gossip or listen to gossip, allowing it to hurt the friendship (Proverbs 16:28)
4	Friends stick around even when things get difficult (Proverbs 18:24)
5	Friends give pleasant, sincere advice, seeking our highest good (Proverbs 27:9; Proverbs 12:26)
6	Friends love each other the same way Christ loves us (John 15:12-13)
7	Friends never withhold kindness and mercy (Job 6:14)

We pray for those friends in our lives who are closer than brothers and sisters. Help us to sharpen one another like iron sharpens iron. Give us Your help in the ways that we speak truth in love, pray for one another, and laugh together. We ask for blessings and growth in these relationships to be deeply rooted in You and to be faithful witnesses of Your love to those in our community. Lord, we also ask that you grant friendships to those who are lonely and want a friend; please help them to see that You are their friend?

Father, open their eyes to potential relationships around them? Give them the courage to initiate with others. Heal where there has been hurt or rejection in the past. We pray for others to take a genuine interest in friendship with them and pray that they would feel seen and loved by the church and You. Lord thank you for Your love and protection. In Jesus’ Name, Amen.

NOTES

Week 2: March 6 – March 12, 2023

Relatives

The biblical perspective on subjects relating to families, such as love, difficult relationships, family values, raising children, facing loss and death, and more. God created humans to live as a family unit. He knew that we would have many ups and downs in our family relationships, and He provided guidance and wisdom for every situation. No matter what you are facing as a family, God wants to protect and bless your family. (Compiled by the Bible Study Tools Staff).

This week please pray earnestly and fervently for Relatives.

DAY	
8	Pray for the strength and safety of our men young and old alike that they will be God-fearing and leaders in their homes as sons, husbands, and fathers (Acts 10:2)
9	Pray for our children and grandchildren for they are a blessing from God (Psalm 127:3-5)
10	Pray that our children learn the meaning of obedience and as parents give us patience, love and understanding (Colossians 3:20-25)
11	Pray for our elders and honor them as God has instructed us to do (Exodus 20:12)
12	Pray that we honor and take care of our relatives in our homes, even those that are not in our homes (1 Timothy 5:8)
13	Pray that we Love one another (1 Corinthians 13:4-7)
14	Let the Love of God be present in our families and God reigns in our homes for He is the Head and our covering (Job 6:14)

Lord, God, thank You for family relatives, it was in the beginning that You created the first Family, husband, and wife and they walked with You in the cool of the day and they talked with You. Let us pray for relatives this week, the strength of family, our marriages, our children, grandchildren, parents, all of our relatives that they grow closer to You and come to know You more and more as their personal Savior, Healer, and Deliver.

Lord, I pray that relationships that have been broken will be mended, what was damaged will be repaired, what was destroyed will be rebuilt, what was dry and deserted will blossom anew, what was stale will be refreshed, what was weak will be made stronger and what was lost will be found sweeter. In Jesus Name Amen.

NOTES

Week 3: March 13 – March 19, 2023

Acquaintances

A person whom you know but do not know well and who is therefore not exactly a friend. The root of acquaintance is the Old French word *acointier*, a verb meaning “make known.” Being the acquaintance of a person or topic means that you know something about it. An acquaintance is less intimate than a friend; for example, like a person you know their name and possibly see often but know no intimate details about them.

In The Name of Jesus, I command ears, eyes, and hearts to be opened. Let us not be so consumed with ourselves that we miss the opportunity to serve acquaintances who we come in contact with on a daily basis. The love of God that has so freely been given to us, let us freely give to all those who we come in contact with

NOTES

This week please pray earnestly and fervently for Acquaintances.

DAY	A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples if you have love for one another (John 13:34-35)
15	
16	Love in Action, Love must be sincere. Hate what is evil; cling to what is good. - Be devoted to one another in love. Honor one another above yourselves (Romans 12:9-10)
17	'Do not seek revenge or bear a grudge against anyone among your people but love your neighbor as yourself. I am the LORD. (Leviticus 19:18) , ESV: You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the LORD (Leviticus 19:18)
18	Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.[a] 31 The second is this: 'Love your neighbor as yourself.[b] There is no commandment greater than these.' (Mark 12:30-31)
19	Shew yourself friendly, A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother (Proverbs 18:24)
20	As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love (Ephesians 4:1-2 NIV)
21	But as touching brotherly love ye need not that I write unto you: for ye yourselves are taught of God to love one another (1 Thessalonians 4:9)

Week 5: March 27 – April 1, 2023

Co-workers

A person with whom one works, typically someone in a similar role or at a similar level within an organization.

Father,

I come to you today asking for Your strength and blessings upon our co-workers. Grant them peaceful homes, healthy relationships and times of rest and re-nourishment. Thank You for reminding us that we are all God's co-workers in the Gospel of Christ. Remind us that we are sent to build up the Kingdom of God. I pray for the well-being of our co-workers, I pray that You guide our hearts and the hearts of those that we work with. In Jesus name, Amen.

NOTES

This week please pray earnestly and fervently for Co-workers.

<p>DAY</p> <p>29</p>	<p>We are Co-workers of God! ~ For we are labourers together with God: ye are God's husbandry, ye are God's building (1 Corinthians 3:9)</p>
<p>30</p>	<p>Co-workers think of each other in a Christ centered way. ~ But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all (1 John 1:7)</p>
<p>31</p>	<p>Co-workers faith in God shines through the peace that operates from within and the confidence in Christ. ~ Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven (Matthew 5:16)</p>
<p>32</p>	<p>Co-workers practice self-denial for the sake of God's kingdom. ~ And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me (Luke 9:23)</p>
<p>33</p>	<p>Co-workers encourage others to take on the characteristics of Christ. ~ And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you (Ephesians 4:32)</p>
<p>34</p>	<p>Co-workers build others up and not tear down. ~ Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers (Ephesians 4:29)</p>

Week 6: April 2 – April 8, 2023

Passion Week

Holy Week is the week leading up to Easter; it always starts on Palm Sunday, the Sunday before Easter. “Palm Sunday is the Sunday before Easter that begins the Holy Week. It is the day that we remember and celebrate the day Jesus entered Jerusalem as Savior and King. As Jesus rode a donkey into the town of Jerusalem a large crowd gathered and laid palm branches and their cloaks across the road, giving Jesus royal treatment. The hundreds of people shouted ‘Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest heaven!’”

-Excerpted from **5 Things about Palm Sunday that Remind Us Christ is King** by Debbie McDaniel

DAY	
35	Help us to be more like you and share your Resurrection (Matthew 21:1-11, Psalm 118:1-2, Psalm 118:19-29)
36	Help us discern what’s best for us (Matthew 21: 10-17, John 12:1-8)
37	Help us with our unbelief (Matthew 26: 36-46, Hebrews 5: 7-9)
38	Give us strength to walk faithfully with you, Lord (Matthew 26: 27-56, 1 Corinthians 1:18)
39	Strengthen our hands and our will for love and service (John 13: 1-17, 34-35)
40	Teach us to call your Name as Jesus did on the cross (John 18-19 Isaiah 52:13-15 Isaiah 53 Hebrews 10:16-25 Psalm 22)
41	Teach us to hope always in you and in the resurrection, the making of all things new (Matthew 17:1-6 Lamentations 3:1-9 Lamentations 3:19-24)

Prepare Your Heart

- 1. Read the Easter story**
Matthew 26:28, Mark 14:16, Luke 22:24, and John 18:20.
- 2. Listen to Worship Music**
No Greater Love GWMA Mass Choir.
- 3. Read books** that will deepen your spiritual life and your understanding of what God has done.
- 4. Find a quiet place** to reflect. Set aside a special place for you/your family’s devotional times.
- 5. Pray** the following Scriptures each day of Holy Week.

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