



# Healthy Living

## The Sacrifice

*Scriptures taken from:  
New Living Translation Version  
New International Version*

ROMANS: 12:1

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.



# 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 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.

# From The Heart of The Pastor

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. We 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 of your life. As a church, we will be corporately fasting for the ministry of Mount Hope Baptist Church, the community, the region, and the world. We will begin our season of fasting and praying on Ash Wednesday, February 14, 2024, and conclude our season of fasting and praying on Saturday, March 30, 2024. The first five days (February 14-18, 2024) 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, and spirits and strengthen us for this season of 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 still focusing on relational evangelism as well as healthy living. 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 sisters, keep your eyes on Christ and believe in God's power, as we walk in unity focused on achieving God's purpose.



**Sincerely,**

**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 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, 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 provided a model for us to follow (Matt. 6:9-13). There were also times when Jesus removed Himself from the crowd to commune with the Father (Mark 1:35). 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.

## Tips For A Successful 40 Day Fast

### Prepare Your Heart

As we move in God's direction, we must 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; and 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.

### Gradually End Your Fast

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 foods.

### 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.

➤	<b>Meatless Monday</b>
➤	<b>Tubeless Tuesday</b> Limit or no television, social media, computers. iPad, etc
➤	<b>Work Out Wednesday</b> Move
➤	<b>Thoughtful Thursday</b> Pay it forward, do something nice/thoughtful for someone
➤	<b>Fried-less Friday</b> No fried foods
➤	<b>Shop-free Saturday</b> No unnecessary shopping
➤	<b>Sugar-free Sunday</b> Limit to no sugar, sugar substitutes 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.

### **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!

## **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).

# Daniel Fast / What to Eat

## Foods To Enjoy

**All vegetables (including potatoes):** fresh, frozen, or juiced.

**All fruits:** fresh, frozen, dried, or juiced.

**All whole grains:** amaranth, barley, brown rice, oats, quinoa, whole wheat pasta, whole wheat

**All nuts & seeds:** almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and unsweetened nut butter.

**All legumes:** dried or canned, black beans, black-eyed peas, cannellini beans, chickpeas, great northern beans, kidney beans, lentils, pinto beans, and split peas.

**All quality oils:** avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

**Beverages:** water only: distilled, filtered, and spring water.

**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

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**All meat & animal products:** bacon, beef, eggs, fish, lamb. Poultry, pork, and animal sausage casing

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**All plant-based meats:** impossible foods, beyond meat, etc.

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**All dairy products:** butter, cheese, cream, milk, and yogurt

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**All sweeteners:** agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar

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**All leavened bread & yeast:** baked goods and Ezekiel bread (if contains yeast and honey)

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**All deep-fried foods:** Assorted chips, French fries, onion rings, etc.

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**All solid fats:** lard, margarine, and shortening.

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**Beverages:** alcohol, carbonated drinks, coffee, energy drinks and herbal tea

## Daniel Fast / For Kids

### Things To Do Every Day

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#### 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.

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#### EAT ONE DANIEL FAST MEAL

Choose at least one meal a day at which you will only eat Daniel Fast foods. One option to consider when observing prayer and sacrifice; is to choose a Daniel Fast meal to enjoy together as a family.

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#### EAT PLENTY OF THESE

**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!!!**

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#### DON'T EAT/ DRINK THESE

Sugar	Meat	Milk	Eggs	Bread	Iodized Salt
Soda	Gum	Cookies	Mints	Juices	Energy Drinks
Crackers	Candy	White flour			



# Daniel Fast | Guide For Diabetics

The Daniel Fast is an extremely healthy way of eating, and many people with diabetes have 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 levels, 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, carbohydrates, fats, vitamins, and minerals for the least number of calories. Another option is to use a 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

**All vegetables:** Fresh, frozen, dried, or juiced. All fruits- fresh, frozen, dried, or juiced.

**All whole grains:** Amaranth, barley, brown rice, oats, quinoa, millet, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

**All nuts & seeds:** Almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, sunflower seeds, and unsweetened nut butter.

**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.

**All natural oils:** avocado, coconut, grapeseed, olive, peanut, sesame, and walnut beverages- water only (distilled, filtered, and spring water)

**Other:** Unsweetened almond milk, coconut milk, rice milk, or soymilk; 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 on pg. 10). For prepackaged foods check the ingredients list to ensure there are no added sugars, chemicals, or preservatives.



# Foods to Avoid

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**All meat & animal products**

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**All deep:** Fried foods

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**All dairy products:** Butter, cheese, cream, milk, and yogurt.

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**All solid fats:** Lard, margarine, and shortening.

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**All leavened bread & yeast:** Baked goods and Ezekiel bread (if it contains yeast and honey).

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**Beverages:** Alcohol, carbonated drinks, coffee, energy drinks, herbal tea.

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**All refined & and processed food products:** Artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

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**All sweeteners:** Agave nectar, artificial sweeteners, brown rice syrup, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.



# Daniel Fast | Guide for Diabetics

## Low GI foods (20-49)

### Breakfast Cereals:

All Bran, Fiber One, Oat Bran, Oatmeal (Not Instant)

### Grains:

Barley, Rye, Bulgur, Wild Rice, Wheat Tortilla, Wheat Pasta

### Nuts, Olives & Oils:

Almonds, Peanuts, Pecans, Sunflower Seeds, Hazelnuts, Oils, Walnuts, Oils that are liquid at room temperature

### Fruits and Fruit Juices:

(Limit 1-2 Fruits/day)

Apples, Apple Juice, Apricots, Blackberries, Blueberries, Cherries, Cranberries, Grapefruits, Grapefruit Juice, Peaches, Pears, Prunes, Plums, Raspberries, Tangerines, Strawberries, Tomato Juice

### Non-starchy Vegetables:

Asparagus, Artichoke, Avocado, Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Eggplant, Greens, Lettuce, Mushrooms, Peppers, Tomatoes, Okra, Onions, Spinach, Zucchini, Turnips, Summer Squash

### Beans & Legumes:

Black-Eyed Peas, Butter Beans, Chick Peas, Green Beans, Kidney Beans, Pinto Beans, Lentils, Lima Beans, Navy Beans, Snow Peas, Hummus

## Moderate GI foods (50-69)

### Breakfast Cereals:

Bran Buds, Just Right, Special K, Bran Chex, Mini Wheats, Overnight Oats

### Grains:

Barley, Rye, Bulgur, Wild Rice, Wheat Tortilla, Wheat pasta

### Nuts, Olives & Oils:

Almonds, Peanuts, Pecans, Sunflower Seeds, Hazelnuts, Olives, Walnuts, Oils that are liquid at room temperature

### Fruits and Fruit Juices:

(Limit 1-2 Fruits/day)

Apples, Apricots, Blueberries, Cranberries, Grapefruit Juice, Pears, Plums, Tangerines, Tomato Juice, Apple Juice, Blackberries, Cherries, Grapefruits, Peaches, Prunes, Raspberries, Strawberries.

### Non-Starchy Vegetables:

Asparagus, Artichoke, Avocado, Broccoli, Cabbage, Cauliflower, Celery, Cucumber, Eggplant, Greens, Lettuce, Mushrooms, Peppers, Tomatoes, Okra, Onions, Spinach, Summer Squash, Zucchini, Turnips

### Beans & Legumes:

Black-Eyed Peas, Butter Beans, Chick-Peas, Green Beans, Kidney Beans, Pinto Beans, Lentils, Lima Beans, Navy Beans, Snow Peas, Hummus

The glycemic index, or GI, measures 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). 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 greater impact than GI on blood sugar levels.

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

# Week 1

February 19- February 25

## Leaders and Leadership

An effective Christian leader must be a follower of God's Word, and they must also be a visionary – leadership requires a vision to guide change. The leader must have a healthy relationship with God and have a love for the church. The leader has to be a person of integrity and possess good social skills. The leader should know his/her calling. The Christian Servant Leader is a person who is Christ-centered in all aspects of life (a voluntary servant of Christ) and committed to serving the needs of others before their own. They demonstrate the courage to lead with power and love is an expression of serving. An additional attribute is consistently developing others into servant leaders and continually inviting feedback from those whom they want to serve in order to grow toward the ultimate servant leader, Jesus Christ. The servant leader themselves are growing leaders, led and grown by the Holy Spirit.

The servant leader must be a “learning servant” who wants to grow both as a leader and as a servant. Therefore, the servant leader invites feedback, especially from God through prayer, Bible reading, and communication with spiritual mentors – and from the people being served. One way to start a feedback process with the people being served is simply to ask them how the leader can best serve them. Ideally, the feedback will be an ongoing process, resulting in the servant leader serving more effectively according to the actual needs of the people. Good leadership skills require leaders to be willing to take advice. They see potential in the uniqueness of their followers. Leaders are passionate about lifting people up in the ministry. They realize the importance of getting everyone on board with the same vision so they work to achieve the same goal. Unity is a common goal both leaders and followers should strive for.

Lead me, guide me along the way, For if you lead me I cannot stray. Lord let me walk each day with Thee, Lead me, O Lord, lead me. Let's pray this week that God anoints our leaders with the skills, knowledge and patience to make righteous disciples of their followers.

Day 1	But among you it should be quite different. Whoever wants to be a leader among you must be your servant, and whoever wants to be first among you must become your slave (Matthew 20:26-27).
Day 2	Without wise leadership, a nation falls; there is safety in having many advisors (Proverbs 11:14).
Day 3	God has given each of us the ability to do certain things well. So if God has given you the ability to prophesy, speak out when you have faith that God is speaking through you (Romans 12:6).
Day 4	For God is not unjust. He will not forget how hard you have worked for him and how you have shown your love to him by caring for other believers (Hebrews 6:10).
Day 5	How good and how pleasant it is when God's people live together in unity (Psalms 133:1).
Day 6	Brothers and sisters, we urge you to warn those who are lazy. Encourage those who are timid. Take tender care of those who are weak. Be patient with everyone (1 Thessalonians 5:14).
Day 7	Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your interests but take an interest in others too (Philippians 2:3-4).

Notes



# Week 2

February 26 – March 03, 2024

## Prayer and Worship

Prayer is a vehicle for communicating with God and allowing Him to communicate with you. Worship is an action focused on glorifying God. When we worship God, we must worship Him in Spirit and in truth, we express our love for Him with all our heart, soul, mind and strength. Worship is where we come together, unified in the Body of Christ, to celebrate God and what He has done for us. We praise Him above everything else and put Him first in our hearts. We must be obedient. We must humble ourselves when we come to Him, then as we enter in His presence, He will begin speaking to us. Worshiping God means acknowledging and celebrating His power and perfection in gratitude. We must start our day with a praise, prayer and thanksgiving, letting God know that we are thankful for all He has done.

Prayer is a vital part of Christian living, the health of our daily relationships, our families, the impact of our work, our lives and our ability to lead. When we pray, we pray prayers of adoration, -- prayers that praises God's goodness and majesty and awesomeness. We pray prayers of confession, - prayers involving searching prayers of the heart, we confess, we bare our souls before God about our sins, shortcomings and wrongdoings. We pray prayers of thanksgiving, -- prayers that recognize the goodness of God and offer thanks for our lives, our health, our families. We move in gratitude for every big and small thing that we can think of! We pray prayers of supplication, -- prayers that humbly lift up requests before God for ourselves and on behalf of others. This week, please continue to worship the Lord with all your heart and pray consistently.

We know dear Father that with You all things work together and are for our good, because we love You and are called according to Your design and purpose. We resist the temptation to be anxious about anything but in every circumstance and in everything by prayer and petition with thanksgiving continue to make our wants known to You. Whatever we ask in prayer, we believe that it is granted to us, and we will receive it in Jesus- Name

Day 8	Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus (1 Thessalonians 5:16-18).
Day 9	With all my heart I will praise You, O Lord my God. I will give glory to Your name forever (Psalm 86:12).
Day 10	Worship the Lord with gladness. Come before Him singing with joy. Acknowledge that the Lord is God! He made us, and we are His. We are His people, the sheep of His pasture (Psalm 100:2-3).
Day 11	Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. (Philippians 4:6).
Day 12	Come, let us worship and bow down. Let us kneel before the Lord our maker, for He is our God. We are the people he watches over, the flock under his care. If only you would listen to his voice today! (Psalm 95:6-7).
Day 13	I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins too (Mark 11:24-25).
Day 14	Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened (Matthew 7:7-8).

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# Week 3

March 04 – March 10, 2024

## Discipleship and Fellowship

Fellowship is the shared participation within a community. The Greek word for fellowship is *koinonia*, which translates into English as sharing, fellowship, and communion. To have a healthy church, it is imperative for Believers to fellowship (have *koinonia*) one with another and for each individual Believer to have fellowship (have *koinonia*) with GOD.

Discipleship is the process of making someone become more like Christ; a dedicated follower of Jesus. Disciples are made, not born. In order to be a healthy leader, we must first learn to follow.

Father, Thank you for fellowship and discipleship. Thank You for the friends that are made through fellowship. Thank You for the learning (iron sharpening iron) the knowledge and wisdom that is gained through fellowship. Thank You for the sharing and caring, that we might give of ourselves more (that we may have all things in common that we need) that comes from fellowshiping. Thank You for all the encouragement through fellowshiping given, that we might all be lifted up. Thank You for love that comes through true fellowship of the Saints. And above all, we thank You for Jesus... it's because of Him that we have fellowship with You, and because You've done all these things for us and with us. Father, we thank You for discipleship... For all those that have taught us, poured into us, and have been Godly examples in our lives. Thank You for your patience in the forever learning process of being a disciple for Christ. Help us to have a desire to follow You and not the world, and to follow those You have put in our lives to lead us. Let us be mindful of those that You've called us to avail ourselves to and lead according to Your will. Let us recognize and know the importance of humbling ourselves to be good followers, that we may be great leaders.

Day 15

All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper) and to prayer. A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. And all the believers met together in one place and shared everything they had. They sold their property and possessions and shared the money with those in need (Acts 2:42-45).

Day 16

So, we are lying if we say we have fellowship with God but go on living in spiritual darkness: we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. We need to fellowship (meet and share time) with one another (1 John 1:6-7).

Day 17

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near (Hebrews 10:24-25).

Day 18

As iron sharpens iron, so a friend sharpens a friend. We need to give and receive encouragement (Proverbs 27:17).

Day 19

For I long to visit you so I can bring you some spiritual gift that will help you grow strong in the Lord. When we get together, I want to encourage you in your faith, but I also want to be encouraged by yours (Romans 1:11-12).

Day 20

Then he said to the crowd, "If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it (Luke 9:23-24).

Day 21

Jesus came and told his disciples, "I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. 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 28:18-20).

# Week 4

March 11 – March 17, 2024

## Emotional and Mental

Praying for our emotional and mental health is very much in keeping with the biblical principles of complete healing and wholeness of the mind, body and spirit. The mental anguish felt by Jesus was so great that it was illustrated by his sweat being like droplets of blood. Various examples are seen throughout the scriptures of individuals who struggled with mental distress, from David and Elijah to Jeremiah and Paul.

From great worshippers, who were perceived to have a heart after God, to major prophets and ultimately the author of the largest portion of the New Testament. They all had moments of feeling in total despair surrounding their circumstances. The good news is that there are keys in the word of God that will lead us to affirming our faith toward a better state of well-being.

We come boldly before your throne God, every day with thanksgiving and praise for your word. The living and powerful word of God is amazingly able to accomplish above and beyond all we can ask, think, or imagine. The Holy and living Word of God has promised to go out and accomplish what You have sent it to do concerning us oh Lord. It is with that promise we seek you God for healing of minds, hearts and emotions that weigh on your people. God thank you for the benefits and privilege to rest in you when we cast all of our cares on you, for You care all about our struggles. Lord, we ask for complete healing and deliverance from all illnesses of the mind and emotions of your people, in Jesus Name Amen.

Day 22	The Lord is close to the brokenhearted: he rescues those whose spirits are crushed (Psalm 34:18). For God, who said, "Let there be light in the darkness," has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ. We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. (2 Corinthians 4:6-9).
Day 23	Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand (Isaiah 41:10). Give all your worries and cares to God, for he cares about you (1 Peter 5:7).
Day 24	Above all else guard your heart, for everything you do flows from it (Proverbs 4:23) That is why we never give up. Though our bodies are dying, our spirits are being renewed every Day (2 Corinthians 4:16). God is our refuge and strength, always ready to help in times of trouble (Psalm 46:1).
Day 25	Do not be anxious about anything, but in every situation by prayer and petition with thanksgiving present your request to God. And the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus. (Philippians 4:6-7). Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you (Deuteronomy 31:8).
Day 26	But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint (Isaiah 40:31). Give your burdens to the LORD, and he will take care of you. He will not permit the Godly to slip and fall (Psalm 55:22).
Day 27	Because of the LORD's great love, we are not consumed, for his compassions never fail. They are new every morning; great is thy faithfulness. I say to myself, "The LORD is my portion; therefore, I will wait for him." The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD (Lamentations 3:22-26).
Day 28	You will keep him in perfect peace, whose mind is stayed on You, because he trust in you (Isaiah 26:3). O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your Help (Psalm 86:5). Let this mind be in you which was also in Christ Jesus (Philippians 2:5).

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# Week 5

March 18 – March 24, 2024

## Evangelism and Ministry

Evangelism is defined as the teaching of the Gospel of Jesus Christ with the purpose of letting people know about the love of God to all mankind through Jesus Christ. The duty of evangelism is to reach the lost and win souls to Jesus Christ that they may receive salvation through the love, belief, trust, and faith in God through Jesus Christ who died for all mankind.

Ministry is from the Greek word diakoneo, meaning "to serve" or douleuo, meaning "to serve as a slave." In the New Testament, ministry is seen as service to God and to other people in His name. Jesus provided the pattern for Christian ministry - He came, not to receive service, but to give it. Ministry is not a form of isolation; it's serving together to create positive relationships that strengthen our church community. As followers of Christ, we have been called to serve, that is what ministry is service. Jesus is our example to whom we are to follow. Jesus came not to be served but to serve and to show us how to serve.

Lord, I thank you for what you have done for me through your shed blood, that I can now show and teach others of the Good News of salvation to the lost. Our Lord and Savior let us serve others as you have served with love, compassion, and humility. Amen.

### Day 29

And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age ( Matthew 28:18-20).

### Day 30

Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do his work and build up the church, the body of Christ. This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ (Ephesians 4:11-13).

### Day 31

Therefore, since God in his mercy has given us this new way, we never give up. We reject all shameful deeds and underhanded methods. We don't try to trick anyone or distort the word of God. We tell the truth before God, and all who are honest know this. If the Good News we preach is hidden behind a veil, it is hidden only from people who are perishing. Satan, who is the God of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God. You see, we don't go around preaching about ourselves. We preach that Jesus Christ is Lord, and we ourselves are your servants for Jesus' sake. For God, who said, "Let there be light in the darkness," has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ (2Corinthians 4:1-6).

### Day 32

I solemnly urge you in the presence of God and Christ Jesus, who will someday judge the living and the dead when he comes to set up his Kingdom: Preach the word of God. Be prepared, whether the time is favorable or not. Patiently correct, rebuke, and encourage your people with good teaching. For a time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear. They will reject the truth and chase after myths. But you should keep a clear mind in every situation. Don't be afraid of suffering for the Lord. Work at telling others the Good News, and fully carry out the ministry God has given you, (2Timothy 4:1-5).

### Day 33

After all, who is Apollos? Who is Paul? We are only God's servants through whom you believed the Good News. Each of us did the work the Lord gave us. I planted the seed in your hearts, and Apollos watered it, but it was God who made it grow. It's not important who does the planting, or who does the watering. What's important is that God makes the seed grow. The one who plants and the one who waters work together with the same purpose. And both will be rewarded for their own hard work (1 Corinthians 3:5-8).

### Day 34

Remember your leaders who taught you the word of God. Think of all the good that has come from their lives and follow the example of their faith (Hebrews 13:7).

### Day 35

But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them? And how will anyone go and tell them without being sent? That is why the Scriptures say, "How beautiful are the feet of messengers who bring good news (Romans 10:14-15).

# Week 6

March 25 – March 30, 2024

Passion  
Week

Holy Week is the week leading up to 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.

## Prepare Your Heart

- Read the Easter story – Matthew 26:28, Mark 14:16, Luke 22:24, and John 18:20
- Listen to Worship Music (Recommend songs listed below).
- Read books that will deepen your spiritual life and your understanding of what God has done.
- Find a quiet place to reflect. Set aside a special place for you/your family's devotional times.
- Pray the following Scriptures each day of Holy Week.

Day 36	Help us to be more like you and share your Resurrection (Matthew 21:1–11, Psalm 118:1–2, Psalm 118:19–29).
Day 37	Help us discern what's best for us (Matthew 21: 10-17, John 12:1-8).
Day 38	Help us with our unbelief (Matthew 26: 36-46, Hebrews 5: 7-9).
Day 39	Give us strength to walk faithfully with you, Lord (Matthew 26: 27-56, 1Corinthians 1:18).
Day 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).
Day 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).

Notes

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## Recommended Worship Song List

- No Greater Love, GWMA Mass Choir
- The Best is Yet to Come – Donald Lawrence
- The Lord Is Blessing Me Right Now – Bishop Larry Trotter
- Never Would Have Made It – Marvin Sapp
- Draw Me Close to you/ Your Will Be Done- Marvin Winans
- Don't Cry, Kirk Franklin
- It's Working – William Murphy
- Trouble Don't Last Always – Rev Timothy Wright
- He's Able – Kirk Franklin

## Notes

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**Happy  
Resurrection  
Sunday!!**