

## **“The Trust God Challenge”**

Below are three suggested ways to participate in our corporate fast. Fasting teaches us the discipline it takes to sacrifice even the smallest thing for God. Choose the fast that is right for you and trust God to enable you to be faithful.

### **The No Snack Fast**

#### **DATE MEALS**

**Feb. 17<sup>th</sup>, 6 pm –March 31<sup>st</sup>, 6 pm**

Three meals per day. **NO SNACKS BETWEEN MEALS.** Water only between meals. **No meal after 7pm.**

### **The Vegetarian Fast**

#### **DATE and MEALS**

**Feb 17<sup>th</sup> 6pm-March 31<sup>st</sup> 6pm**

**Vegetables and Fruit Monday-Saturday.**

**Vegetables and fruit & Fish on Sundays**

**Egg & Cheese products are permitted.**

**All meats eliminated.**

### **The Partial Fast**

#### **DATE MEALS**

**Feb 17<sup>th</sup> 6pm-Feb 28<sup>th</sup> 6pm**

**Fish or Chicken (choose one). No**

**Fried foods, vegetables and fruit.**

**Mar 1<sup>st</sup> 6pm to Mar 24<sup>th</sup> 6pm Vegetables only.** Cheese and egg products are permitted.

**March 24<sup>th</sup> 6pm–March 31<sup>st</sup> 6pm**

**Juices-Vegetable& Fruit, Soups Not chunky), tea and natural drinks-**

**Natural sweeteners- Agave, honey etc.**

**All Participants Should Sacrifice as follows:**

**Feb 17<sup>th</sup> 6pm-March 31<sup>st</sup> 6pm. ALL MEMBERS are asked to fast from**

**Caffeine, Sugar/Artificial Sweeteners, Red meat and fat meats**

**Fried foods, Alcohol and Cigarettes**

If Your Health Permits, join us each Wednesday in MID-WEEK – CONSECRATION:

**EACH WEDNESDAY, “WATER-ONLY-FAST” 6am to 6pm**

Our corporate fast is structured to be appropriate for healthy participants.

Please remember that persons who are diabetic, on medication and/or recovering from surgery **MUST** consult their physician.

**Youth should not participate in the “liquids only” portion of the fast.**

**The best rule for fasting is the rule of good old God-given common sense, so if in doubt, ask a health professional.**

**Phillips Metropolitan C.M.E. Church  
“The Trust God Challenge”**

**Corporate Fast**

**FEBRUARY 17<sup>TH</sup> 6PM THROUGH March 31<sup>ST</sup> 6PM**

In Romans 4:3, we find these words “What does the Scripture say? Abraham believed God, and it was credited to him as righteousness.” During this Lenten Season, I am inviting believers to trust God to move miraculously within the Body of Christ for the next 40 days. I call it “The Trust God Challenge.” When God spoke to Abraham, he challenged him to “trust me” or “stay home.” Today I feel God offering the same challenge. “Trust me for the miraculous,” or “settle for the ordinary.”

The Trust God Challenge:

We will Trust God that the Entire Body will engage in the Corporate Fast.

- ∞ Through fasting our vanity and pride gives way to humility
- ∞ Congregation unity is forged through communal discipline and sacrifice

We will Trust God that the Entire Body will engage in Corporate Prayer.

- ∞ God has called the church to be a house of prayer
- ∞ God always moves when the church prays

We will Trust God that the Entire Body will engage in Personal Witness

- ∞ We are called to be fishers of people and commissioned to witness
- ∞ Witnessing works and I trust God for 100 souls be led to Christ in Phillips CME.

The Trust God Challenge Corporate Prayer Plan

We trust God to move us from groups that pray to a church that prays.

Each Tuesday at 6pm we invite the entire church to participate in corporate prayer. All groups within the church will observe this hour of prayer.

Each Sunday morning from 10:00am-10:15am the church will engage in corporate prayer, all other activities are suspended for this period.

All leaders will select a Prayer Partner other than their spouse and choose a prayer time.

The membership will follow the church leadership in selecting Prayer Partners.

The Trust God Challenge Corporate Prayer will support our efforts to fast and witness.

The Trust God Challenge for Friendship Evangelism

I have invited you to fast and pray for a reason, that the Lord might add to the body as He pleases. I have heard it said that the church is not growing. The truth is that the church is not witnessing, because when the church has an active witness, growth always happens. God challenged Abraham to “look at the stars” and believe that his descendents could outnumber those stars. I challenge the church today to trust God as did Abraham. Look at the stars and Trust God that when the church witnesses, those who come to Christ will outnumber the stars. Look at the stars and understand the reason we are fasting and praying.

Please observe and follow the Trust God Friendship Evangelism Calendar below:

## **The Trust God Challenge: Praying and Fasting to win souls through Witnessing**

Prayer and Study at 6am, 12noon and 6pm.

Plan a time to share the Gospel or follow-up your witness.

Light exercise each day such as a 30-minute prayer walk.

Limit the intake of TV to as small an amount as possible.

Wednesdays beginning in February, we fast from 6am to 6pm (Water Only).

Spend family and individual time with Daily Devotional Guide.

### **Phillips Metropolitan C.M.E. Church Trust God Commitment Pledge**

I will seek God's guidance during **Fasting**, and CONSECRATE my body through a period of self denial and humility.

I will pray about taking a step above my present level of giving and seek God's guidance in becoming a more generous giver.

I will commit to evangelizing at least one person to Christ by March 15<sup>th</sup>. I will set aside time to share the Gospel with at least one person each week during this time of consecration.

I commit to intercessory prayer and/or 10am Corporate Prayer. I will set aside a weekly time of prayer with my **Devotional Partner and my family**.

My Devotional Partner is \_\_\_\_\_

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