

McKendree-Simms-Brookland United Methodist Church

JOURNEY THROUGH 40 DAYS OF LENT

Feb 14th - March 30th

EVERY MONDAY - SATURDAY
EVERY SUNDAY - DAY OF JUBILEE



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IT'S TIME TO

STUDY GOD'S WORD

2024 Bible Study Calendar

WEDNESDAY FEB 14 ASH WEDNESDAY KICK OFF

(WED) FEB 21 - MARCH 27 LENTEN STUDY

(WED) APRIL 17 - MAY 15 LECTIONARY STUDY

(WED) JUNE 5 - JUNE 26 PENTECOST STUDY

(WED) SEPT 4 - SEPT 25 LECTIONARY STUDY

(WED) OCT 16 - NOV 13 GRATITUDE STUDY

(WED) DEC 4 - DEC 18 ADVENT STUDY

WEDNESDAY DEC 25 CHRISTMAS WORSHIP SERVICE

STARTING AT 7 PM

MCKENDREE - SIMMS - BROOKLAND UMC

JOURNEY THROUGH 40 DAYS OF LENT

What is Lent?

LENT IS A 40-DAY PERIOD OF REFLECTION, REPENTANCE, AND RENEWAL LEADING UP TO EASTER. MANY CHRISTIANS OBSERVE LENT THROUGH THE PRACTICES OF PRAYER, FASTING, AND ALMSGIVING. MCKENDREE-SIMMS-BROOKLAND WILL CORPORATELY OBSERVE LENT, BY SPENDING TIME IN PRAYER, OBSERVING THE DANIEL FAST, AND ALMSGIVING.

JOURNEY THROUGH 40 DAYS OF LENT

**When should we pray
each day?**

**THE CORPORATE TIMES FOR
PRAYER ARE:
DAILY AT NOON AND 8:00 PM**

**PRAY FOR YOURSELF, YOUR
FAMILY, OUR CHURCH, OUR
WORLD, AND OR THE LORD'S
PRAYER**

“Our Father, who art in heaven, hallowed
be thy name. Thy kingdom come, thy will
be done on earth as it is in heaven.

Give us this day our daily bread. And
forgive us our trespasses, as we forgive
those who trespass against us. And lead us
not into temptation, but deliver us from
evil. For thine is the kingdom, and the
power, and the glory, forever.” Amen.

JOURNEY THROUGH 40 DAYS OF LENT

What is almsgiving?

ALMSGIVING IS AN ACT OF
JUSTICE AND COMPASSION
FOR EXAMPLE, THINK ABOUT THE
GOOD SAMARITAN, WHO WENT
THE EXTRA MILE TO HELP THE
BEATEN MAN ON THE JERICH
ROAD. HE ACTED WITH
COMPASSION AND SO CAN YOU!!

JOURNEY THROUGH 40 DAYS OF LENT

What is fasting?

“Humans shall not live by bread alone, but by every word that proceeds from the mouth of God.” -Matthew 4:4

FASTING IS REFRAINING FROM ALL OR CERTAIN FOOD(S) AND DRINK(S) FOR A DESIGNATED TIME. JESUS FASTED FOR 40 DAYS AND 40 NIGHTS IN THE WILDERNESS. IT IS BELIEVED THAT WE DRAW CLOSER TO GOD BY RESTRICTING OUR DIETS TO DEPEND ON GOD'S HEAVENLY NOURISHMENT.

JOURNEY THROUGH 40 DAYS OF LENT

What is the Daniel fast?

3 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 10:3

THE DANIEL FAST IS A
VEGAN DIET THAT REQUIRES
FOOD FROM THE EARTH.

JOURNEY THROUGH 40 DAYS OF LENT

What are acceptable foods?



- ALL FRUIT – FRESH, FROZEN, DRIED, JUICED, OR CANNED.
- ALL VEGETABLES – FRESH, FROZEN, DRIED, JUICED, OR CANNED.
- ALL WHOLE GRAINS – AMARANTH, BARLEY, BROWN RICE, OATS, QUINOA, MILLET, AND WHOLE WHEAT.
- ALL NUTS & SEEDS – ALMONDS, CASHEWS, MACADAMIA NUTS, PEANUTS, PECANS, PINE NUTS, WALNUTS, PUMPKIN SEEDS, SESAME SEEDS, AND SUNFLOWER SEEDS; UNSWEETENED ALMOND MILK. NUT BUTTERS ARE ALSO INCLUDED.

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What are acceptable foods?



- ALL LEGUMES – CANNED OR DRIED; BLACK BEANS, BLACK EYED PEAS, CANNELLINI BEANS, GARBANZO 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– DISTILLED WATER, FILTERED WATER, AND SPRING WATER.
- OTHER – UNSWEETENED ALMOND MILK, COCONUT MILK, RICE MILK, OR SOY MILK; HERBS, SPICES, SALT, PEPPER, UNSWEETENED COCONUT FLAKES, SEASONINGS, BRAGG’S LIQUID AMINOS, SOY PRODUCTS, AND TOFU.

JOURNEY THROUGH 40 DAYS OF LENT

**What are acceptable
alternative fasting options?**



- PLEASE CONSULT WITH YOUR DOCTOR OR MEDICAL PROFESSIONAL(S) BEFORE COMMITTING TO THE FAST
- EAT ALL THE ACCEPTABLE FOOD OPTIONS AND ADD BAKED FISH OR BAKED CHICKEN TO YOUR DIET.
- INCORPORATE WHOLE WHEAT BREAD.

JOURNEY THROUGH 40 DAYS OF LENT



What foods to avoid?



- AVOID -ALL MEAT & ANIMAL PRODUCTS – BACON, BEEF, BUFFALO, EGGS, FISH, LAMB, POULTRY, AND PORK.
- AVOID -ALL DAIRY PRODUCTS – BUTTER, CHEESE, CREAM, MILK, AND YOGURT.
- AVOID -ALL SWEETENERS – AGAVE NECTAR, ARTIFICIAL SWEETENERS, BROWN RICE SYRUP, CANE JUICE, HONEY, MOLASSES, RAW SUGAR, SYRUPS, STEVIA, AND SUGAR.

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What foods to avoid?



- AVOID -ALL REFINED & PROCESSED FOOD PRODUCTS – ARTIFICIAL FLAVORINGS, CHEMICALS, FOOD ADDITIVES, PRESERVATIVES, WHITE FLOUR, AND WHITE RICE.
- AVOID-ALL DEEP-FRIED FOODS – CORN CHIPS, FRENCH FRIES, AND POTATO CHIPS.
- AVOID -ALL SOLID FATS – LARD, MARGARINE, AND SHORTENING.
- AVOID – ALCOHOL, CARBONATED DRINKS, COFFEE, ENERGY DRINKS, HERBAL TEA, AND TEA

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Children and Youth Fasting Ideas



- GIVE UP A FAVORITE TOY OR GAME
- FAST FROM SOCIAL MEDIA
- GIVE UP A FAVORITE SNACK
- DRINK ONLY WATER AT SCHOOL
- GIVE UP A FAVORITE CHAIR AT HOME OR SEAT AT SCHOOL
- GO WITHOUT HEADPHONES/AIR PODS FOR A DAY
- PLAY YOUR FAVORITE GAME, FOCUSING ON HELPING OTHERS INSTEAD OF WINNING
- ALLOW OTHERS TO PASS IN FRONT OF YOU IN THE LUNCH LINE