

WEDNESDAY

ADVENT STUDY

STARTING AT 7 PM

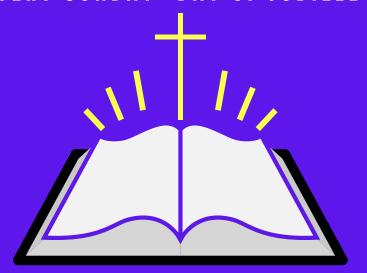
MCKENDREE - SIMMS - BROOKLAND UMC

CHRISTMAS WORSHIP SERVICE

JOURNEY THROUGH 40 DAYS OF LENT

Feb 14th - March 30th

EVERY MONDAY - SATURDAY EVERY SUNDAY- DAY OF JUBILEE



www.msbumc.org

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.

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.

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 JERICHO ROAD. HE ACTED WITH COMPASSION AND SO CAN YOU!!

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.

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.

What are acceptable foods?



- <u>ALL FRUIT</u> 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.

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.

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.

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.

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

JOURNEY THROUGH 40 DAYS OF LENT 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