

# 2024 Prayer & Fasting

**Begins: Wednesday, February 21st at 12:01am**

**Ends: March 31st (RESURRECTION SUNDAY)@ 12 noon**

## Fast Purpose:

Corporately journeying together for 40 days of prayer and fasting with bible study and fellowship to experience God purpose, will and way.

### Foods to Abstain from:

- All Fried Foods
- Sweets (i.e. cookies, candy, cakes, sugar, gum, mints, etc.)
- All Junk Foods, Soft Drinks (Sodas), & Caffeine

### Activities to Abstain From:

- Secular TV programs
- Unnecessary shopping
- Unnecessary social media time
- Filling your days with pleasure filled activities to pass the time

### Things To Do:

- Give ourselves daily to prayer and bible study as we fast. Read scriptures and meditate on them (reading them in different translations may be helpful). Pause, listen to hear from God!
- Daily journal to write down what you hear.
- Turn off the TV, radio, computer, etc. and spend family time in prayer, bible study, bible reading and communication (read together and discuss what you've read).
- Eat fruit, poultry, fish, beans, vegetables and all other items that are healthy.
- 12 hour Absolute Fast (WATER ONLY) Each Wednesday from 12:01am until 12:00 noon.

*Moreover, when you fast, do not be like the hypocrites with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

Matthew 6:16-18 NKJV



EXPERIENCING

GOD

DEUTERONOMY 4:29

REVELATION | INSPIRATION  
CONSECRATION | MANIFESTATION

2024 Prayer and Fasting Information

**MT. HEBRON CHURCH MINISTRIES**

2531 BERKLEY AVENUE; MOBILE, AL 36617

251.457.9900 | WWW.MTHEBRONCM.ORG

*Pastors Joe and Linda Johnson*

## Daily Scripture Reading

### (Experiencing God as Father, Son and Holy Spirit)

#### Experiencing God The Father:

1. Creator of Heaven and Earth Genesis 14:19
2. Forgiving God Nehemiah 9:17
3. Almighty God Genesis 17:1
4. King of Glory Psalm 24:7-10
5. Lord my Rock Psalm 28:1
6. Lord will Provide Genesis 22:14
7. Most High God Genesis 14:18-22
8. My Helper Psalm 118:7; Hebrews 13:6
9. My Hiding Place Psalm 32:7
10. My Refuge In Time of Trouble Psalm 59:16
11. My Strong Deliverer Psalm 140:7
12. Him Who is able to keep You From Falling Jude 24
13. Our Dwelling Place Psalm 90:1
14. Faithful God Deuteronomy 32:4

#### Experiencing God The Son:

15. The Word (Logos) John 1:1
16. Bread of Life John 6:48
17. Chief Cornerstone Ephesians 2:20
18. Prince of Peace Isaiah 9:6
19. Light of The World John 8:12
20. Lord and Savior Jesus Christ 2 Peter 3:18
21. The Good Shephard John 10:11
22. The Truth and The Way John 14:6

## Daily Scripture Reading

### Context Rules!

*Do not ever read just one Scripture, Remember to read the surrounding verses to get the Context! (Context-shows us the meaning of a passage in it's place.)*

23. Mediator of a New Covenant Hebrews 9:15; 12:24
24. Wonderful Counselor Isaiah 9:6
25. Anointed One Act 4:26; Psalm 2:2
26. Alpha and Omega Revelation 1:8
27. The Beginning and The End Revelation 21:6

#### Experiencing God The Holy Spirit:

28. Promised Holy Spirit Acts 2:33
29. Another Counselor John 14:16 & 26
30. Spirit of Life Romans 8:2
31. Spirit of Adoption Romans 8:15
32. Spirit of Truth John 14:17; 1 John 4:6
33. Spirit of Wisdom and Understanding Isaiah 11:2
34. Spirit of Power, Love and a Sound Mind 2 Timothy 1:7
35. Spirit of Faith 2 Corinthian 4:13
36. Spirit of Holiness Romans 1:4
37. Spirit of Christ 1 Peter 1:11
38. Spirit of Knowledge and The Fear of the Lord Isaiah 11:2
39. The Spirit Searches All Things, Yes The Deep Things of God.  
1 Corinthians 2:10b
40. For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Spirit. Romans 14:17