

Fasting Schedule

Feb. 17th-21st

Personal Spiritual Growth/Capital Campaign

Romans 12:2; Philippians 3:12-14; Jeremiah 33:3; Philippians 4:12-13

Feb. 22nd-27th

Lost Souls/Success of Capital Campaign

Ezekiel 22:30; Psalm 51; Matthew 9:38; I Timothy 2:1; 2 Timothy 2:26, Psalm 91

Mar. 1st-6th

Sick & Shut-In /Success of Capital Campaign

Isaiah 53:4,5; I Corinthians 6:19,20; 3 John 2; Psalm 107:20; I Peter 2:24

Mar. 8th-13th

Families, Marriages, Children, Singles

Success of Capital Campaign

Isaiah 54:13; I Corinthians 6:17-20; Ephesians 5:22-33; Ephesians 6:1-3

Mar.15th-20th

Personal & Church Finances, Stewardship

Success of Capital Campaign

Malachi 3:8-12; Luke 6:38; 2 Corinthians 9:8; Philippians 4:19

Mar. 22nd– 27th& Mar. 29th-31st

CGUMC Ministry, Pastor, Leadership, Capital Campaign, Church's Vision, Liberation Project

Acts 4:29-30; Philippians 4:19; 2 Timothy 1:13-14; Isaiah 54:17; Isaiah 61:6; Ephesians 6: 19-20

Apr. 1st-3rd

Demonstrating Christ's Love/Church's Vision

Matthew 5:44-47; John 13:34-35; Philippians 1:9-11; I John 2:5; Romans 12:14-21

Reminders

- **No** fasting on **Sundays**
- It's the **Quality** of the fast not the **Quantity!**
- **Read** your bible daily!
- **Pray** throughout the day!

Holy Week Schedule 2010

Ash Wednesday Service

Wednesday February 17th
12noon & 7pm

Good Friday Service

Friday April 2nd
12noon

Resurrection Sunday Services

Sunday April 4th
8am & 10 am

Covenant Glen

2010 Holy Fast

February 18th-April 3rd

Covenant Glen Church
Dr. Robert E. Childress, Senior Pastor
401 Present Street
Missouri City, Texas 77489
www.covenantglen.org
281-499-8788

Why Should We Fast?

There is no better way to “sift” the spirit from the flesh, or strengthen and empower our spirit than to deny the flesh through fasting.

Fasting opens our spiritual eyes, allows us to purify our spirits, and free it to soar unto God so that he may counsel, shape, and change us in unprecedented ways! God’s voice is clearer during our fast.

The Power of Fasting

Fasting builds faith as evidenced in Matthew 17:14-21. The disciples of Jesus are unable to rebuke a demon from a young boy brought before them. After Jesus drives the demon out from the boy, he then explains to His Disciples if they want their faith at such a level as to cast out demons, they must fast and pray.

Also, Jesus intended for us to fast, for he states in Matthew 6:16-18...that **“when”** we fast we are to do so unto the Lord. He did not say **“if”** we fast....

Fasting Tips from the Pastor



1. Before fasting, please consult your physician.
2. Sacrifice foods that will not affect your health.
3. Abstaining from sex

and from the media are appropriate and necessary during your fasting times.

4. If you are medically unable to fast engage someone else to fast with you. Allow them to make the food sacrifice and you do the praying.

Again, if you have special health needs consult with your physician before fasting.

There are several different kinds of fasts, however, we are suggesting using any of the following:

1. **A Full Fast** – Consuming no foods, liquids only.

How Should I Fast?

2. **A Daniel Fast** – A partial fast (for example fruits and vegetables only)

3. **Full Corporate Fast** – During Holy Week the entire church will enter into a full fast Thursday-Saturday consisting of liquids only.

4. **Fasting Times**

Example: One may elect to eat only between the hours of 6:00 a.m. to 6:00 p.m.

- or -

One may elect to eat only between the hours of 6:00 p.m. to 6:00 a.m.

-or -

Those on medications that must be taken with foods may elect to fast from 6:00 a.m. to 12:00 Noon each day.