



SHILOH BAPTIST CHURCH LENTEN GUIDE 2019-

Progressive Fast:

"Whatever you eat or drink, or whatever you may do, do all for the honor and glory of God."
1 Corinthians 10:31

Everything we eat is food for our soul. By controlling what you eat, you demonstrate that you will control your life for God's purpose.

1. Eat Mindfully, being aware of the food and your body
2. Eat for the purpose of nourishing your body; treat your body as a temple
3. Eat only fresh, clean, light foods, avoiding foods that are processed or canned
4. Eat only what you need, without overeating or binging on food
5. Eat for the purpose of bettering yourself spiritually

Stage 1- Wednesday March 6th - Friday, March 15th:

Eliminate ALL pork, sweets (cookies, candies desserts), fried foods, fast foods, breads and ALL dairy (milk, cheese, ice cream). Strive to drink at least 64 ounces (eight large glasses) of water daily unless otherwise advised by your physician. Other drinks include herbal teas, protein smoothies and reduced sugar beverages AFTER athletic workouts (Gatorade G2, Vitamin Water Zero, Powerade).

Stage 2- Saturday, March 16th - Monday, March 24th:

In addition to Stage 1, limit all meals to what is commonly known as the "Daniel Fast" (see below). Vegetables, fruits, nuts and liquids are allowed.

Stage 3- Tuesday, March 25th - Thursday, April 3rd:

In addition to Stages 1&2, consume only 1 hot meal per day. Raw vegetables, fruits, nuts are allowed.

Stage 4- Friday, April 4th - Sunday, April 14th:

For those that are physically mentally and spiritually directed this stage is liquid only. Vitamins and supplements are allowed.

How To Structure Your Meals:

- 9-inch plate for portion control
 - 50% vegetables, non-starchy
 - 25% proteins (meat, fish, beans)
 - 25% whole grains
 - one serving low sugar fruit
 - water, herbal ice teas without added sugar
- ❖ ***Church-Wide Fasting and Prayer Week: Sunday, April 14, 2019***, after 8:00 p.m.; ending Saturday, April 20 2019, at 8:00 p.m. Refrain from eating any processed snacks (A Guide for Nutritious Snacking will be included) for a period of 7 days.
- ❖ ***24-Hour Prayer Network Event (Stay tuned).***

What is Lent?

Lent has its origin in the 4th century AD in the Catholic Church. Lent is a season on the Christian calendar that spans 40 weekdays beginning on Ash Wednesday and concluding on Resurrection Sunday. It is distinguished as a time of prayer and preparation prior to the Resurrection. Lent connotes that there can be no complete appreciation or celebration of Resurrection without acknowledging the process of discipline, sacrifice and faith that Christ exhibited during crucifixion. The number 40 is connected with many biblical events, but most aptly with the 40 days Jesus spent in the wilderness facing temptations that sought to persuade him to abandon his mission and calling. Christians today use this period of Lent as a time for introspection, self-examination, self-denial and repentance. Many Christian churches engage in prayer, fasting and penance, contemplating the need for God's grace. Lent is a journey of preparation that allows believers to celebrate God's marvelous redemption at Resurrection and to recommit to living a victorious life. It's the perfect opportunity for G.R.O.W.T.H.

March 2019