

Supplement Your Fast!

- Spend more time with family
- Spend more time in prayer
- Examine your heart each evening
- Travel in silence and use it as a time for reflection
- Give money you save from spending on things to Kingdom work
- Get plugged in to small groups for personal development

Get support during the fast!

Join Pastors Kyle & Stephanie on
Wednesdays @ 12 noon for

CHECK-IN

A time of testimony, teaching, and
talk!

Facebook Live

Call-in on Zoom @ 301 715 8592

Meeting ID: 937 2376 8276

Be Encouraged!



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Fasting Guide

"Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning." Joel 2:12

Getting stronger, growing deeper, & going higher

What is Lent?

"Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection."

What is Fasting?

Fasting isn't just about giving up food, nor about losing weight! Fasting is when believers decide to sacrificially deny themselves of something for the sake of personal, spiritual development, and self-discipline. We fast as a family and as a Church because we believe that shared experiences bring shared outcomes. When we are reminded that we would like to indulge in the thing from which we are fasting, we should pray, spend time meditating on God, and be strengthened by the understanding that Christ fasted for 40 days and we can too.

Are you seeking God for direction in your life? For healing? For breakthrough? Whatever you need, you can bring it to the Lord in prayer through fasting and find wisdom, peace, and strength.

When will we fast?

We will be fasting for all of Lent, Ash Wednesday, February 17, 2021 through April 1, 2021 (the Thursday before Good Friday).

Lent allows for a pause from fasting on Sundays

How are we fasting?

It's so simple! The Church will have a collective fast for us to do together! In addition to that each person will choose a fasting option that works best for them. There are suggestions below, or you can create a personal fast based on your personal lifestyle, sacrificial abilities, and leading of the Holy Spirit! We will commit to fasting for the entirety of the Lent season.

Corporate Fast:

- Wednesdays - 6 am - 12 noon
Fasting from all food (*as medical conditions and physician instructions permit*)
- Drinking water only as a beverage for the entire 40 days of Lent
- Wednesdays 12 noon Lenten Check-in (broadcasted on all WTC media platforms)

Personal Fast:

- *Food Fasting Ideas*
 - ⇒ Fast one meal a day
 - ⇒ No Sweets
 - ⇒ Only eating fruits and vegetables
 - ⇒ Daniel Fast (vegetarian food only).
 - ⇒ Details are at www.ultimatedanielfast.com along with recipes and tips!
- *Media Fasting Ideas*
 - ⇒ No secular Music
 - ⇒ Limiting all non-work related screen time to one hour a day
 - ⇒ Only use media (music, tv, social media etc) for spiritual purposes and development
- *Design a fast*

Ask yourself these questions as a guide to figure out how to fast!

 - ⇒ *What habits do I engage in that are destructive to my spiritual health?*
 - ⇒ *To what material things am I too attached?*
 - ⇒ *What areas in my life are unbalanced?*
 - ⇒ *To what do I devote too much or not enough time?*

So we fasted and petitioned our God about this, and he answered our prayer. (Ezra 8:23)

2021 LENT PRAYER & DEVOTION GUIDE

February 17th (Ash Wednesday)

Focus: Forgive Them

Scripture: Luke 23:34

Prayer: Lord, help me to be quick to forgive others. **Reflection:** Are you holding a grudge against someone? Forgive!

Thursday, February 18th

Focus: Lord Forgive Me

Scripture: Psalm 25:18

Prayer: Lord, I want to hide, but I cannot hide from you. Hear as I confess all my mistakes and tell you all my troubles. Grant me healing and peace in situations. **Reflection:** What sin will you take to God today?

Friday, February 19th

Focus: Forgiveness to the Fullest

Scripture: Jer. 31:34

Prayer: O God, the sins of the past haunt me. In Jesus' name, remember them no more. Show me grace in my present and future. Hold me close to the cross. **Reflection:** Write about the comfort, you have in knowing that your sins are remembered no more.

Saturday, February 20th

Focus: Model of Forgiveness

Scripture: Matt. 6:12

Prayer: Jesus, you taught me to forgive as I have been forgiven. Give me strength to forgive those who have hurt me.

Reflection: Who must I forgive today?

Sunday, February 21st

Focus: Whoever Believes In Me

Scripture: John 11:25

Prayer: Lord, I thank you for life in the light of the resurrection.

Reflection: Take time today to reflect on the resurrection and glory of our Lord.

Monday, February 22nd

Focus: A Promise of Salvation

Scripture: Luke 23:43

Prayer: Lord, give me eyes to see "lost causes" today. Show me the way of compassion and use me to bring your mercy to someone far from you. Teach me your ways of forgiveness so that I can teach others.

Reflection: Write a prayer for a person close to your heart who seems to be a "lost cause".

Tuesday, February 23rd

Focus: A Hard Time Waiting

Scripture: Genesis 49:18

Prayer: O God, I am impatient. Forgive my insistence on wanting things now. Help me as I wait on you. **Reflection:** Why is it hard for you to wait on the Lord? How will you wait on him today?

Wednesday, February 24th

Focus: The Joy of Your Salvation

Scripture: Psalm 51:12

Prayer: Heavenly Father, source of all joy, impart your joy to me today. Overwhelm any sadness or boredom in me and restore the joy of salvation. **Reflection:** Have you taken salvation for granted?

Thursday, February 25th

Focus: Christ Wins. God Rules.

Scripture: Rev. 7:10

Prayer: Lamb of God, give me strength to endure the challenges of life and to hope for what is to come in eternity.

Reflection: Write a few ways you can praise him today, as you will one day in heaven.

Friday, February 26th

Focus: My eyes have seen.

Scripture: Luke 2:30

Prayer: Lord, give me the eyes of Simon. Teach me to hang on to every word of your promise and be faithful unto my life's end.

Reflection: Reflect on the times when salvation feels like a distant mystery. How does Jesus bring you back to the truth?

Saturday, February 27th

Focus: Only Jesus

Scripture: Acts 4:12

Prayer: Lord, your name is above all names, inspire my tongue to declare the name of Jesus.

Reflection: Reflect on how you lift his name this week.

Sunday, February 28th

Focus: Raised to Newness of Life

Scripture: Rom. 6:4

Prayer: Lord, we praise you for an old life buried and a new life begun.

Reflection: Focus and reflect on Rom. 6:4 and if you have not done so memorize it.

Monday, March 1st

Focus: Crying Out to the Father

Scripture: Matt. 27:46

Prayer: God of the forsaken, I lay all my burdens at your feet. I appeal to your mercy. Take them and restore me.

Reflection: Write about a time when you felt forsaken by God. How did you find comfort in the cross?

Tuesday, March 2nd

Focus: God promises to hear.

Scripture: Psalm 22:1

Prayer: Lord, do not hold my groaning, my questions against me. Sometimes you seem so far away. Come near, by the grace of Jesus Christ.

Reflection: Write the name of someone you know is struggling today. How can you bring hope to that person through God's promises?

Wednesday, March 3rd

Focus: Severity of Forsaking

Scripture: Isa. 55:7

Prayer: Gracious God of the prodigals, I return to you. Enfold me in the arms of your compassion. Forgive me, in Jesus' name.

Reflection: Am I willing to forsake everything that contradicts the Lord's intention for me?

Thursday, March 4th

Focus: God's promised presence

Scripture: Deut. 31:6

Prayer: O God, you never leave me. Assure me of your presence in every moment of this day.

Reflection: With honesty, list your anxieties, hurts, and fears. After each one, write the words of Deut. 31:6.

Friday, March 5th

Focus: Die to Self

Scripture: Matt. 10:39

Prayer: Jesus, its hard to change. Sin holds me tight. Fill me with your coverage and strength as I grow more like you. Show me what you want me to change in my daily life, and then help me. **Reflection:** Write out the meaning of Matt. 10:39 in your own words

2021 LENT PRAYER & DEVOTION GUIDE

Saturday, March 6th

Focus: God Seeks the Lost

Scripture: Luke 19:10

Prayer: God of the runaway, forgive my fugitive ways. Draw me-and all who wander-back home to you. **Reflection:** Write the name of person who is running from God and pray for that person today.

Sunday, March 7th

Focus: Witnessed the Supernatural

Scripture: 1 Cor. 15:3-5

Prayer: Lord, thank you for allowing us to witness the supernatural and for dying for our sins, buried, and being raised on the third day. **Reflection:** As you focus on these resurrection verses, thank God for witnesses to the resurrection.

Monday, March 8th

Focus: Jesus had Compassion

Scripture: John 19:26-27

Prayer: Lord of love, I appeal to your compassion. Graciously care for me and those I love. **Reflection:** Think about your immediate family and your family of believers. Write about how God has blessed you through these relationships.

Tuesday, March 9th

Focus: God is Magnified

Scripture: Luke 1:46-47

Prayer: Lord of little ones, I am weak, but you are strong. Even in my smallness, be made big. Guide me as I glorify you. **Reflection:** Write down your uncertainties and vulnerabilities. Remember that God is working through your flawed life to bring more believers into his Kingdom.

Wednesday, March 10th

Focus: A Father in the Best Sense

Scripture: Psalm 103:13

Prayer: Heavenly Father, you are unlike any other. Care for me and all those who long for a paternal heart and hand. Show us your gentle strength and tender mercy.

Reflection: List the best attributes of a father. Meditate on how God fulfills these for you.

Thursday, March 11th

Focus: Blessed Suffering

Scripture: Matt. 5:3

Prayer: Dear Savior, bless the poor in spirit, the weak, and the humble. May I also be found in such company, for there is your Kingdom. When I do not know where to turn, show me the cross and the way. **Reflection:** Read the Beatitudes in Matt. 5 and write down three ways they apply to your life.

Friday, March 12th

Focus: God's Boundless Compassion

Scripture: Rom. 9:15

Prayer: Dear God, your compassion is beyond my understanding. You sacrificed your own Son, Jesus, not according to my stipulations but according to your great mercy.

Reflection: Who is God calling you to show compassion, and how will you do it?

Saturday, March 13th

Focus: Recipients of God's Compassion

Scripture: Col. 3:12

Prayer: God, you have given me a new wardrobe. Fit me with compassion and teach me to live my life according to the uniform you have given. When I fail, Jesus, forgive me and set my heart on the right path. **Reflection:** What compassionate words or actions will be part of your wardrobe this week?

Sunday, March 14th

Focus: Share in His Sufferings

Scripture: Phil. 3:8-11

Prayer: Lord Jesus, in the middle of the somber season of Lent, let us not become weary. As we believe in you, we also share in your sufferings and in your glory. Remind us to take your hand daily until the Day of Resurrection. **Reflection:** Ask the Lord for deepened hope in the Day of Resurrection.

Monday, March 15th

Focus: Pain of Our Humanity

Scripture: John 19:28

Prayer: Lord, you know my hurts and sorrows, dearest Savior. I need what you give. I thirst for you. Come, Jesus, come and heal me. **Reflection:** Reflect on all your deepest needs. Remember that Jesus is the "living water" that meets them all. (John 4:10).

Tuesday, March 16th

Focus: Unleashing Our Distress

Scripture: Psalm 18:6

Prayer: God of the tearful, I cry to you. I am not ashamed to do so. See my distress and hear my prayer. Reassure me with the Savior's love. **Reflection:** What distresses do you see today? How might Jesus be leading you through these troubled waters?

Wednesday, March 17th

Focus: Distress Became Victory

Scripture: Jonah 2:2

Prayer: O God, who answers when your people call, hear my prayer. Come. Act. Respond. Only by the name of Jesus do I dare to ask such a thing. **Reflection:** If you normally pray silently, write your prayer down and say it out loud today as a reminder that God hears and answers.

Thursday, March 18th

Focus: Christ Overrules all Distress

Scripture: Rom. 8:35

Prayer: Victorious Savior, grant me holy bravery in the face of tribulation. Nothing will separate me from your love. **Reflection:** What areas of your life threaten to take you away from Jesus? How does Jesus pull you back with his love?

Friday, March 19th

Focus: Jesus Endured Distress for Us

Scripture: Phil. 2:7

Prayer: Jesus Christ, you made yourself nothing for me. I am speechless and can only say, "Thank you, Lord." Pour your love into me and show me ways to empty myself to serve others likewise. **Reflection:** Make a list of the things Jesus experienced as a human, "in the likeness of men." How do these things strengthen your faith?

Saturday, March 20th

Focus: God cares for those in Distress

Scripture: Matt. 5:6

Prayer: Jesus, you fed more than 5,000 people at once (Luke 9). So, satisfy me. Where I am empty and in need, fill me with your good gifts. I cry out to you. **Reflection:** Write about a hardship that has led you to greater reliance on God. Praise him for quenching your thirst!

Sunday, March 21st

Focus: Resurrection Power of Jesus Christ

Scripture: 1 Pt. 1:3

Prayer: Lord, thank you for allowing us to be born again to a living hope through the resurrection of Jesus Christ. Our faith is not brittle or dead but is animated by your resurrection power. **Reflection:** Memorize this verse. Then pray a prayer of springtime joy. Thank God for life you see all around you.

2021 LENT PRAYER & DEVOTION GUIDE

Monday, March 22nd

Focus: God is Worthy of Our Trust

Scripture: Luke 23:46

Prayer: Heavenly Father, I release the grip I have on my earthly treasures. I want to open my hands to commit my whole life to you. Forgive me, God, for those areas where I find it difficult to let go. **Reflection:** List the most valuable things in your life. Commit them one by one into God's hands today.

Tuesday, March 23rd

Focus: Fear Not

Scripture: Psalm 56:3

Prayer: O God, take this list of fears and overrule them. Speak in the face of my anxiety, "Fear Not!" Calm my heart.

Reflection: Write down your fears, big and small, and then cast them all on the Lord.

Wednesday, March 24th

Focus: Our Rock and Redeemer

Scripture: Prov. 3:5

Prayer: Lord, cut down all my false crutches. Show me how to stand without them. Build up my faith as I stand on you, my Rock. Let me lean only on Jesus' forgiveness and your Word. **Reflection:** What crutches have you been trusting recently? How might God be leading you to stand without them?

Thursday, March 25th

Focus: Steadfast Love

Scripture: Psalm 13:5

Prayer: Love Divine, you have proven yourself to me in your sacrifice. Teach me to love like you, even when it is not convenient or easy. **Reflection:** As you read 1 Corinthians 13 today, write down each criterion for love that is listed. How has your Savior loved you in these ways?

Friday, March 26th

Focus: Work of Substitution

Scripture: Rom. 4:5

Prayer: Precious Savior, my good deeds can never measure up to the cross. Teach me to trust not my own efforts but your work alone.

Reflection: Ask yourself: Am I working to be justified or because I am justified?

Saturday, March 27th

Focus: Faith sees what the eyes cannot

Scripture: 2 Cor. 5:7

Prayer: God, you are the object of my faith. Help me to trust you when I can't see you, to walk when I see no path forward. Guide me by your Holy Spirit. **Reflection:** By faith, how might you see defeat differently?

Sunday, March 28th

Focus: Jesus came to save the Dead

Scripture: Luke 24:5-6

Prayer: Lord, you have risen from the dead and stands today as our Lord and King. Thank you for this remarkable fact that distinguishes our faith from any other. You came to save the dead, that we too, might be raised to a new life. **Reflection:** Focus on the resurrection verses. If you have not done so already, memorize them.

Monday, March 29th

Focus: Jesus Saving Work was completed

Scripture: John 19:30

Prayer: Jesus, bring an end to all that is rotten in me. Then, each day, bring about a new beginning in my life. Give me strength to turn away from temptation and walk in your ways.

Reflection: Consider you secret sins, sins that need to be finished. Then claim Jesus' victory as your own, embracing the forgiveness and the fresh start that are yours, new every morning.

Tuesday, March 30th

Focus: Jesus Triumphed as a Warrior

Scripture: Col. 2:15

Prayer: King of kings, the world is filled with authorities that try to claim your throne. Unseat them. Triumph over all who challenge your headship. You are my King, and I will bring you glory.

Reflection: Consider the daily implications: how is his victory your gain?

Wednesday, March 31st

Focus: The Victory that Devours Death

Scripture: 1 Cor. 15:54-55

Prayer: Lord of life, bring comfort to those who grieve. Still our troubled hearts with the joy of your Easter victory.

Reflection: Recall the funerals you have attended for those who are in Christ. Speak this verse as you remember them and their faith.

Thursday, April 1st

Focus: Jesus is Reigning

Scripture: Rev. 21:6

Prayer: Jesus Christ, you reign and rule. You trample the old, evil order to bring about your glory. Give me the words to bring your Kingdom to the world.

Reflection: Write about this. What does it mean that a King would die for you?

Friday, April 2nd

Focus: Footsteps of Jesus (Good Friday)

Scripture: 2 Cor. 2:14

Prayer: Christ the Victor, lead me through life in victorious confidence. Lift my weary head to march with joy and strength that all may know your victory.

Reflection: How will you praise God for his mighty victory in Jesus?

Saturday, April 3rd

Focus: Victory will be Full and Final

Scripture: Rev. 22:20

Prayer: Lord Jesus, come quickly. When my prayers fail and I have no other words, I call to you, "Come, Lord Jesus." In the midst of my struggles here on earth, comfort me.

Reflection: Consider the incredible joy you will have on the Last Day. Write about it.

Sunday, April 4th

Focus: Christ is Risen! Alleluia!

Scripture: Job 19:25

Prayer: My risen Savior, I am in awe of your love for me. Your love took you to the cross and out of the grave. Teach me to live always in your victory.

Reflection: How will you live out "It Is Finished" in the days ahead?

Daily Challenge Guide



WALK
his ways

a children's lent experience

Dear Friends,

Welcome to Lent! It's a 40 day journey (not counting Sundays!) to focus on God and prepare to remember and celebrate Jesus dying on the cross and rising from the grave to save each of us. Many people decide to "give up" things for Lent to help them remember that Jesus gave his life for us, but you can also "take on" doing good things, just like Jesus did.

If you are up for "taking on" Lent, then use this guide to complete a challenge each day (except Sundays) beginning February 17 and ending April 3. Put stickers or draw shapes on the chart on the next page to keep track of each challenge you complete.

Come on! TAKE ON Lent, join in, and WALK HIS WAYS!

Each day of the week the challenge has a different theme:



A home and family challenge



A school or daycare challenge



An environment challenge



A neighborhood challenge



A global or world challenge



A devotional (God!) challenge

challenge chart

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6



Week 1



challenge 1

**Go to Ash
Wednesday
worship at church**



**Do an extra chore
(sweep, set the
table, pick up toys...)**



challenge 2

**Sit by someone at lunch
who is lonely or sad**



challenge 3



challenge 4

**Smile at
a stranger**



**Learn to say
something new
in a foreign
language**



challenge 5



challenge 6

**Turn out
the lights**

Week 2

**Donate old toys &
clothes to charity**

**Say something
NICE behind
someone's back**



challenge 7



challenge 10



Challenge 8

**Teach an adult how to do
something new**

**Write a
prayer**



challenge 11



**Read a story or
watch a movie
about a
different
culture**



challenge 9



challenge 12

**Do
something
nice for
your
neighbor**

Week 3

**Find out what
“Fair Trade” is
all about.**



challenge 13



challenge 14

**Eat dinner
together and share
“highs” and “lows” of
the day.**

**Do something to show your
teacher they
are appreciated!**



challenge 15

**Find coins to bring
to church for Sunday
School offering**



challenge 16



**Walk or ride
your bike
instead of
going in the car**



challenge 17



challenge 18

Sing a song about God

Week 4

**Let someone
else go
before you**



challenge 19



challenge 20

**Use cloth napkins and
towels
instead of paper**



challenge 21

**Eat ethnic food
and find out about
the
country
it's from**



**Play a game
as a family**



challenge 22



challenge 23

**Spend five
quiet minutes
thinking about
God**



challenge 24

**Visit people
in a nursing
home**

Week 5

**Find out about
where your
clothes are made**



challenge 25



**Don't spend any
time in front
Of a
screen**



challenge 28

**Pick up trash
at a park**



challenge 26

**Use a reusable
bag for lunch or
shopping**



challenge 29



**Say thank you to
God for three
things**



challenge 30

**Bring a treat to
someone at
school**



challenge 27



Week 6



challenge 31

Tell your family members why you love them

Say you are sorry to someone



challenge 32



challenge 33

Learn about refugees and sleep in a tent



Write a letter thanking someone for helping you



challenge 34

Turn off water while you brush teeth



challenge 35



challenge 36

Read a story to a younger child

Week 7 Holy Week

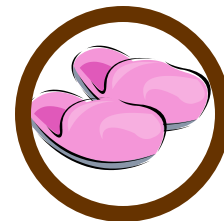


challenge 37

**Plant Easter
flowers**



**Make a cross
to display in
your house**



challenge 39



**Decorate Easter eggs
with Christian
symbols**



challenge 40



challenge 38

Polish someone's shoes

Holy Week Facts

Holy Week is when Christians remember the last days of Jesus' life. It begins on the sixth Sunday of Lent with Palm Sunday and ends the night before Easter with Holy Saturday.

Palm Sunday

Palm Sunday marks Jesus' triumphal entry into Jerusalem. Jesus, riding on a donkey, was cheered by the crowds, who waved palm branches and placed them in his path, crying 'Hosanna to the Son of David!' ('Hosanna' is a cry of praise meaning 'Please save' in Hebrew). But only a few

days later, the same crowds would call for



Jesus to be crucified.

Read the story in Matthew 21:1-16

Maundy Thursday

Maundy Thursday marks Jesus' Last Supper with his disciples. 'Maundy' comes from 'mandatum', which is Latin for 'command', because at this meal Jesus washed the disciples' feet and told them that they should love one another. As they celebrated the meal together, Jesus gave thanks, broke the unleavened bread and shared it with his disciples. He then took the cup of wine, blessed it and shared it. We do the same things at communion to remember Jesus.



Read the story in John 13:1-15 or Mark 14:12-26

Good Friday

Good Friday marks the event of Jesus' death on the cross. It is called 'good' because Christians believe that Jesus showed God's love by dying on the cross.



Read the story in John 18 and 19.

Holy Saturday

This remembers the day when Jesus lay in the tomb. It is a day to reflect on Jesus' death and to prepare for the marking of his resurrection on Easter Sunday.

Celebrate Easter Sunday!

This marks Jesus' resurrection from the dead. It is a day of celebration and joy! Have an Easter egg hunt. Eggs are a symbol of new life! Greet others saying, "Alleluia! Christ is Risen!"



