

Walker Memorial Baptist Church  
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 Senior Pastor

## Lenten Journey 2024

Ash Wednesday, February 14th – Palm Sunday, March 24th



Welcome to Walker Memorial Baptist Church Lenten Journey 2024. Much has transpired between last year and now. We continue to see God's work in our midst. With God, we have partnered as pastor and people for a decade. We have been diligent and committed in carrying forth our vision and mission: A Prayerful Congregation, Walking In The Spirit, And Bringing Souls To Christ. And we have made an impact in our community and world. This is no small feat. We thank God!

As we now approach this year's Lenten season, our focus remains on Christ. Christ's life, death, and resurrection is our hope and model for daily Christian living. Our Christian journey requires us to see God not only in the big and miraculous, but also in the small, mundane, and frequent occurrences in life. In every aspect, our aim and goal is to be more like Christ. Fasting and praying advances our hunger for God and strengthens us to work through obstacles that may frustrate reaching our Christian aim.

Fasting is intentional abstaining from eating and other pleasures with the intent of sacrifice, putting God first, and getting closer to God. And during this season of Lent—traditionally a forty-day period between Ash Wednesday and leading to Easter—we will embark upon our congregation-wide fast. This year, our corporate fast will focus on **Aligning With Christ** for achieving our Church's vision and mission. Therefore, through fasting during the next six weeks, our aim is to seek God for clear instruction on (1) how our church should carry out our vision and mission to be a prayerful congregation, walking in the Spirit, and bringing souls to Christ; and (2) each believer's role and responsibility to help our church strive towards and achieve our God-given vision and mission. Along with our fast, there will be an 8-week Small Group session on the topic, **Aligning With Christ**. During the weekly small group sessions, we will break down and discuss our vision and mission in the context of Jesus's Ministry and the first Church.

Our fasting chart this year is on page 4. We should pray and follow (and perhaps go beyond) our fasting requirements. As in years past, *please note that this is a progressive fast, and each week builds upon the previous week. Also note that fasting is not meant to compromise your safety. Therefore, if you have health concerns, please consult your doctor prior to beginning the fast.* As we go this journey together, I want to invite you to join us for the following:

- Daily Morning Prayer Service @ 6:30 am | Call Number 267-807-960 | Code: 710977#
- **Aligning With Christ** | 8-Week Small Group Series | Wednesdays @ 7 pm via Zoom | starting on February 7, 2024; register @ [www.wmbcdc.org](http://www.wmbcdc.org)
- Sunday Worship at 10:30 am | In person & Online | @walkerbaptistdc – YouTube, FB

In Christ,

Reverend Ademuyiwa T. Bamiduro  
 Senior Pastor

## A Season of Fasting and Praying: Helpful Points

### Who Can Fast?

Anyone who has a desire to partner with us as we go through this journey of faith to get closer to God. **However, if you have an illness or medical condition, please seek the advice of a physician before participating in any fast.** Your physician can guide you on the nutritional implications of fasting while on medication.

### Why I Should Fast?

The purpose of fasting is to strengthen you spiritually, mentally, and physically. The goal is to draw nearer to God through spending more time with Him—free from distractions, through worship, prayer and reading God's Word. We fast also to feed our spirit so that we can deny our flesh. We want God to reveal Himself and speak to us like never before. The goals of the Walker Memorial Baptist Church Corporate Fast are to strengthen the unity within the body of Christ, to seek God's face and hear His voice regarding time management, what each believer can do for God, how each believer can advance His Kingdom, and how each believer can be more engaged in local ministry.

### Practical Tips Before/During The Fast:

- Pray and seek God's face. Before you begin, ask God to help you prepare and to be fully committed to the fast, following the enclosed fasting chart on page 4. Fasting is a daily journey. Take your time and watch God reveal Himself to you as you commit yourself to HIM! Your flesh will war against your desire to control it.
- Drink plenty of water. Water sustains our body. It assists in moving helpful nutrients throughout the body. It also helps us remove harmful wastes and toxins from the body.
- During your fast expect your body to eliminate toxins. This will cause varying levels of discomfort such as headaches and irritability. These are symptoms of withdrawal from sugars, caffeine, etc. You will experience hunger pains. When this happens, pray, read God's Word, drink water, and explore activities to take your mind off of your discomfort. Activities like talking to an accountability partner, reading a book, meditating, finishing a project, or resting may ease your discomfort.
- The enemy knows that you are on a spiritual journey. However, do not be discouraged for we wrestle not against flesh and blood, but against rulers in dark places. Keep the following items with you at all times, as they will prove helpful in your time of need: the Bible, water, vitamins, fresh fruit and snack size nuts.
- Avoid chewing gum or candy. Chewing gum tricks your stomach into thinking you are consuming food. The purpose of the fast is sacrifice, and it is helpful to refrain from tricking your body.

### Some Benefits of Fasting:

(1) Hear from God and understand His will for your life; (2) invite the Lord to create in you a clean heart and renew a right spirit; (3) a closer walk with God and commitment to following all of His ways; (4) freedom from everyday sins: pride, jealousy, resentment, unforgiveness, gluttony, hate, gossiping, etc.; (5) guidance/clarity with present monumental difficulties; (6) experience a break through; (7) establish a position of spiritual strength and dominion; and (8) freedom from bondage, spiritual or otherwise.

## Walker Memorial Baptist Church, Washington, D.C. 2024 LENTEN 40 DAY FAST

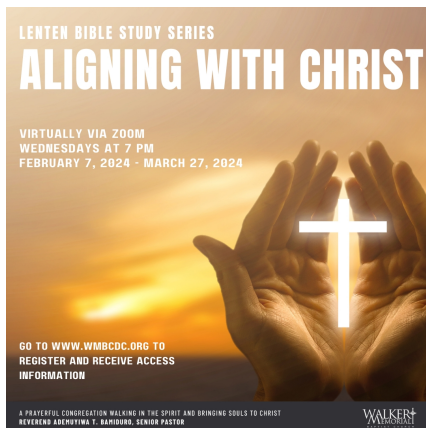
WEEK	Start Date	Eliminate	Add	Meditation
1	Feb. 14 – Wed	All Beef / Speaking ill of others (gossip & negativity) Cursing; sarcasm	Quiet time with the Lord for 15 minutes  Drink more water	Use a praise journal to write 1 thing for which you give Praise  <b>Memorize 1 new scripture this week</b>
2	Feb. 21 – Wed  <i>Continue to also fast items from the previous week</i>	<b>Eliminate:</b> Pork, all fried foods and white rice; more than 2 hours of TV per day	<b>Plus:</b> Prayer twice a day; Prayer with a partner twice a week	<b>Plus:</b> Write 1 time God answered a prayer  <b>Memorize 1 new scripture this week</b>
3	Feb. 28 – Wed  <i>Continue to also fast items from the previous two weeks</i>	<b>Eliminate:</b> Junk food; soda and alcohol / Violent & profane entertainment	<b>Plus:</b> Eat more fruits and vegetables; Fresh air activity (sit by water; walk in park, etc.)	<b>Plus:</b> Write 1 way your life has improved as a Christian  <b>Memorize 1 new scripture this week</b>
4	Mar. 6 – Wed  <i>Continue to also fast items from the previous three weeks</i>	<b>Eliminate:</b> Refined (white) flour, no bread unless whole wheat and grains / An unforgiving spirit	<b>Plus:</b> Share the good news of Christ with someone new; Invite 1 person (churched or un-churched) to WMBC (or your church)	<b>Plus:</b> Write a favorite scripture and why; or find a scripture and explain how it impacts your life  <b>Memorize 1 new scripture this week</b>
5	Mar. 13 – Wed  <i>Continue to also fast items from the previous four weeks</i>	<b>Eliminate:</b> Turkey, Chicken, Coffee, tea, chocolate, all sugars. (Herbal tea, natural juices and honey are fine)/ Complaining & fault finding (with self and others)	<b>Plus:</b> At least 4 glasses of water a day and 15 minutes of reading the Scriptures	<b>Plus:</b> Write the name of 1 person you want to see saved / return to church / and invite them  <b>Memorize 1 new scripture this week</b>
6	Mar. 20 – Wed  <i>Continue to also fast items from the previous five weeks</i>	<b>Eliminate:</b> Everything except vegetables, potatoes, fruits, legumes, fish, water and juices / No TV, excessive internet & social media; texting, phone calls etc. (Only what is required for work or school)	<b>Plus:</b> Make a list of your concerns – find Scriptures that address each concern Reciting Scripture out loud	<b>Plus:</b> Write out 1 way you can be more involved at WMBC (or at your church) and how you plan to execute your involvement  <b>Memorize 1 new scripture this week</b>
End: Mar. 24 (Palm Sunday) (inclusive)   Below <b>Green</b> denotes Wednesdays / <b>Yellow</b> denotes Sundays				

1	Feb. 14	9	Feb. 22	17	Mar. 1	25	Mar. 9	33	Mar. 17
2	Feb. 15	10	Feb. 23	18	Mar. 2	26	Mar. 10	34	Mar. 18
3	Feb. 16	11	Feb. 24	19	Mar. 3	27	Mar. 11	35	Mar. 19
4	Feb. 17	12	Feb. 25	20	Mar. 4	28	Mar. 12	36	Mar. 20
5	Feb. 18	13	Feb. 26	21	Mar. 5	29	Mar. 13	37	Mar. 21
6	Feb. 19	14	Feb. 27	22	Mar. 6	30	Mar. 14	38	Mar. 22
7	Feb. 20	15	Feb. 28	23	Mar. 7	31	Mar. 15	39	Mar. 23
8	Feb. 21	16	Feb. 29	24	Mar. 8	32	Mar. 16	40	Mar. 24

## Upcoming Events



<b><u>Sundays</u></b> Morning Worship @ 10:30 a.m In-person and online	<b><u>Wednesdays</u></b> 8-Week Lent Small Group @ 7 p.m. Starting February 7, 2024
<b><u>Daily Morning Prayer @ 6:30 a.m.</u></b> Number: <b>267-807-9601</b> ; Call Code: <b>710977#</b>	



**To Join the Fast:** visit [www.wmbcdc.org](http://www.wmbcdc.org)