



30 Days Revive Your
Spirit/30 Días

Revive Tu Espíritu

PRAYER
&
FASTING/
ORACIÓN
Y
AYUNO

*You will seek me and find me when you
seek me with all your heart.*

Jeremiah 29:13

FEBRUARY 18/18 DE FEBRERO

Scriptures for Prayer and
Fasting

30 days in Lent Epworth
UMC 2024

30 days of

PRAYER AND
FASTING with
PURPOSE

We are launching 30 days of fasting
and prayer in Lent

Monday Feb. 19 - Friday March 29
Podcasts will follow these themes

We will fast as a church M-F for the 6
weeks of Lent

Saturday and Sunday we will suspend
our fast. We suspend because Sunday
is typically never a day of fast as it is a
resurrection celebration weekly.

EPWORTH PODCAST offers a daily devotion on the scripture of the day:

youtube.com/@EPWORTHPRODUCTIONS click: PODCASTS

YOU are invited to CHOOSE your fast:

- Selective Fast** (fasting from specific foods like in the Daniel Fast, Sugar Fast, or meat fasting)
- Daily Fast** (no food, only water or juice from sunup to sundown)
- Soul Fast** (Here you choose to fast from an activity or object such as fasting from social media, from spending, from eating out, from TV, from negative thought, from an activity or dynamic that pulls you away from God)

We are inviting people to be in prayer and fasting for:

1. Necessary Endings in their life
2. New Beginnings in their life
3. Clarity to hear God and see God moving in their life and in the church and in this community
4. Spiritual breakthrough and renewal for their life
5. Spiritual breakthrough and renewal for Epworth

The Origin and Purpose of Lent

Lent, derived from the Old English word “lencten,” meaning “spring,” has its origins in the early Christian church. While the exact timeline of when Lent was established is debated, it is clear that by the fourth century, the concept of a 40-day period of preparation before Easter was well-established. This period was initially observed as a time of fasting and preparation for new converts before their baptism on Easter.

The duration of Lent, 40 days, holds deep biblical significance. It recalls the 40 days and nights that Jesus spent fasting and praying in the wilderness before beginning his public ministry ([Matthew 4:1-11](#)). Just as Jesus overcame temptation during this time, Lent provides a symbolic opportunity for Christians to reflect on their own spiritual journey, confront their weaknesses, and draw closer to God.

The purpose of Lent extends beyond merely imitating Jesus’ 40 days in the wilderness. It’s a season for believers to engage in self-examination, repentance, and spiritual growth. The 40-day period serves as a period of reflection, fasting, and penance, allowing individuals to identify and detach from the distractions and attachments that distance them from God. Lent also signifies the journey from darkness to light, from sin to redemption, and from death to resurrection. It prepares Christians to fully embrace the transformative message of Easter – Christ’s death and resurrection – by focusing on their own need for salvation and renewal.

In essence, Lent is an intentional season of recentering one’s relationship with God. Through practices like fasting, prayer, almsgiving, and meditation on scripture, believers seek a deeper understanding of their spiritual condition and their dependence on God’s grace.

	WEEK 1: How to fast?
Monday February 19	Joel 2:12-13 “Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.
Tuesday February 20	Matthew 6:16-18 “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”
Wednesday February 21	Psalms 35:13 “But I, when they were sick— I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest.”
Thursday February 22	Isaiah 58:6-7 “Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?”
Friday February 23	Psalms 139:23-24 “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!”

	Week 2: Who fasted? Why did they Fast? What happened when they fasted?
Monday February 26	Esther 4:16 “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”
Tuesday February 27	Daniel 10:3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled. Now on the twenty-fourth day of the first month, as I was by the side of the great river, that is, the Tigris, I lifted my eyes and looked, and behold, a certain man clothed in linen, whose waist was girded with gold of Uphaz! His body was like beryl, his face like the appearance of lightning, his eyes like torches of fire, his arms and feet like burnished bronze in color, and the sound of his words like the voice of a multitude.
Wednesday February 28	Matthew 4:1-11 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry. 3 The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” 4 Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” 5 Then the devil took him to the holy city and had him stand on the highest point of the temple. 6 “If you are the Son of God,” he said, “throw yourself down. For it is written: “‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’” 7 Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” 8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 “All this I will give you,” he said, “if you will bow down and worship me.” 10 Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” 11 Then the devil left him, and angels came and attended him.
Thursday February 29	Nehemiah 1:4 So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.
Friday March 1	Exodus 34:28-30 So he was there with the Lord forty days and forty nights; he neither ate bread nor drank water. And He wrote on the tablets the words of the covenant, the Ten Commandments. Now it was so, when Moses came down from Mount Sinai (and the two tablets of the Testimony were in Moses’ hand when he came down from the mountain), that Moses did not know that the skin of his face shone while he talked with Him. So, when Aaron and all the children of Israel saw Moses, behold, the skin of his face shone, and they were afraid to come near him.

WEEK 3: The Heart Condition when we fast	
Monday March 4	2 Chronicles 7: 13-14 13If I close the sky so there is no rain, or if I command the locust to devour the land, or if I send a plague among My people, 14and if My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, forgive their sin, and heal their land. 15Now My eyes will be open and My ears attentive to the prayers offered in this place
Tuesday March 5	Psalm 51:10-12 10 Create in me a clean heart, O God, and put a new and right spirit within me. 11 Do not cast me away from your presence, and do not take your holy spirit from me. 12 Restore to me the joy of your salvation, and sustain in me a willing spirit.
Wednesday March 6	Luke 5:31-32 “And Jesus answered them, ‘Those who are well have no need of a physician, but those who are sick. I have not come to call the righteous but sinners to repentance.’”
Thursday March 7	1 John 1:9 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”
Friday March 8	Psalm 32:5 “I acknowledged my sin to you, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the Lord,’ and you forgave the iniquity of my sin.”

WEEK 4: Fasting in the New Testament Who fasted? Why did they fast? What happened when they fasted?	
Monday March 11	Luke 2:36-38 Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age and had lived with a husband seven years from her virginity; and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fasting and prayers night and day. And coming in that instant she gave thanks to the Lord and spoke of Him to all those who looked for redemption in Jerusalem.
Tuesday March 12	Acts 13:2-4 As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” Then, having fasted and prayed, and laid hands on them, they sent them away. So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus.
Wednesday March 13	Matthew 17:20-21 So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”
Thursday March 14	Matthew 9:14-15 Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.”
Friday March 15	Acts 14:23 So when they had appointed elders in every church and prayed with fasting, they commended them to the Lord in whom they had believed.

	WEEK 5: Moving towards Breakthrough
Monday March 18	Matthew 4:1-2 “Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.” And the devil said to Him, “If You are the Son of God, command this stone to become bread.” Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.
Tuesday March 19	Romans 12:2 “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”
Wednesday March 20	Isaiah 40:31 “But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”
Thursday March 21	Matthew 21:6-9 “The disciples went and did as Jesus had instructed them. They brought the donkey and the colt and placed their cloaks on them for Jesus to sit on. A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted, ‘Hosanna to the Son of David!’ ‘Blessed is he who comes in the name of the Lord!’ ‘Hosanna in the highest heaven!’”
Friday March 22	Matthew 21:12-13 “And Jesus entered the temple and drove out all who sold and bought in the temple, and he overturned the tables of the money-changers and the seats of those who sold pigeons. He said to them, ‘It is written, ‘My house shall be called a house of prayer,’ but you make it a den of robbers’”

	WEEK 6: HOLY WEEK
Monday March 25	Matthew 24:42-44 ““Therefore keep watch, because you do not know on what day your Lord will come. But understand this: If the owner of the house had known at what time of night the thief was coming, he would have kept watch and would not have let his house be broken into. So you also must be ready, because the Son of Man will come at an hour when you do not expect him””
Tuesday March 26	Luke 22:2-6 “...the chief priests and the teachers of the law were looking for some way to get rid of Jesus, for they were afraid of the people. Then Satan entered Judas, called Iscariot, one of the Twelve. And Judas went to the chief priests and the officers of the temple guard and discussed with them how he might betray Jesus. They were delighted and agreed to give him money. He consented, and watched for an opportunity to hand Jesus over to them when no crowd was present
Wednesday March 27	Mark 14:22-26 “While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, ‘Take it; this is my body.’ Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it. ‘This is my blood of the covenant, which is poured out for many,’ he said to them. ‘Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God.’ When they had sung a hymn, they went out to the Mount of Olives”.
Thursday March 28	John 13: 1-17 It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end. 2 The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. 3 Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; 4 so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5 After that, he poured water into a basin and began to wash his disciples’ feet, drying them with the towel that was wrapped around him. 6 He came to Simon Peter, who said to him, “Lord, are you going to wash my feet?” 7 Jesus replied, “You do not realize now what I am doing, but later you will understand.” “No,” said Peter, “you shall never wash my feet.” Jesus answered, “Unless I wash you, you have no part with me.” 9 “Then, Lord,” Simon Peter replied, “not just my feet but my hands and my head as well!” 10 Jesus answered, “Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you.” 11 For he knew who was going to betray him, and that was why he said not every one was clean. 12 When he had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. 13 “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. 14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. 15 I have set you an example that you should do as I have done for you. 16 Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. 17 Now that you know these things, you will be blessed if you do them.
Friday March 29	Mark 15:25-26, 37-39 “It was nine in the morning when they crucified him. The written notice of the charge against him read: the king of the jews ... With a loud cry, Jesus breathed his last. The curtain of the temple was torn in two from top to bottom. And when the centurion, who stood there in front of Jesus, saw how he died, he said, ‘Surely this man was the Son of God!’”

A Prayer for Lent

Dear God, As we enter into this season of Lent, we come before you with open hearts and minds, ready to reflect on our lives and draw closer to you. Help us to remember the sacrifice of your son Jesus Christ and to seek forgiveness for our sins. Grant us the strength and courage to fast and make sacrifices that will bring us closer to you. Help us to let go of our attachments to material things and focus instead on the spiritual gifts you offer. Guide us in our prayers and reflections, that we may come to a deeper understanding of your love and grace. Help us to renew our commitment to following your will, working for justice, and serving with humility and compassion. Amen