

A SEASON OF FASTING AND PRAYING

ASH WEDNESDAY, FEBRUARY 26 TO PALM SUNDAY, APRIL 5

"SO HE SAID TO THEM,
"THIS KIND CAN COME OUT BY
NOTHING BUT PRAYER AND FASTING."

MARK 9:29

WALKER
MEMORIAL
BAPTIST CHURCH

A PRAYERFUL CONGREGATION
WALKING IN THE SPIRIT & BRINGING SOULS TO CHRIST
[HTTP://WWW.WMBCDC.ORG](http://www.wmbcdc.org)

Walker Memorial Baptist Church
2020 13th Street, NW
Washington D.C. 20009
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Reverend Ademuyiwa T. Bamiduro
Senior Pastor

Lenten Journey 2020

Ash Wednesday, February 26th – Palm Sunday, April 5th



Welcome to Walker Memorial Baptist Church Lenten Journey 2020. Lent is a season traditionally observed during the forty-day period leading to Easter. These forty days represent the time Jesus spent in the wilderness after his baptism and before beginning his public ministry. According to the Gospels of Matthew and Luke, during these forty days, and in preparation for his public ministry, Jesus fasted while enduring and overcoming the temptations of Satan.

Thus, for Christians, Lent is a time for fasting, praying, and repentance in preparation for and anticipation of Easter. It is a time for deep personal examination and self-reflection, with an emphasis on focusing one's heart and mind on Jesus Christ. Through the Lenten journey, we demonstrate our commitment to strengthen our relationship with God.

This year, our congregation has focused on living with a restored vision, and to become more aware of what God wants us to see. To that end, during this season of fasting and praying, we will continue to concentrate on restored vision, particularly in the areas of discipleship, while trusting God to help us individually and collectively to address the following: (1) Am I being disciplined? (2) Who am I disciplining? (3) Is it working? and (4) How can my discipleship be better? Thus, as we participate in Lent, let us fast—abstaining food, pleasures, practices, and behaviors, to name a few—with the hope of strengthening our relationship with God, experiencing breakthroughs in various areas of our lives, improving our witnessing and discipleship, and furthering our commitment to a Christian lifestyle.

Enclosed, please find our fasting chart and prayer calendar. *Please note that this is a progressive fast, and that each week builds upon the previous week.* We will also pray every morning of our fast at 6:30 a.m., focusing on a different topic each day. We welcome you to fast and pray with us during this Lenten Season. *If you have a physical condition or health concerns, please do not compromise your safety. Please consult your doctor prior to beginning the fast.*

We also invite you to join us along with our partner congregations for corporate worship on every Thursday night at 7 p.m. during Lent. The location of the weekly worship is enclosed. Feel free to also check our website (www.wmbcdc.org) or social media pages for weekly updates. It is our prayer that through this fast you seek and get closer to the Lord and that the manifestation of your closeness honors God while blessing you and those around you.

In Christ,

Reverend Ademuyiwa T. Bamiduro
Senior Pastor

Walker Memorial Baptist Church, Washington, D.C.
2020 LENTEN 40 DAY FAST

WEEK	Start Date	Eliminate	Add	Meditation
1	Feb. 26 – 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 Memorize 1 new scripture this week
2	Mar. 4 – Wed <i>Continue to also fast items from the previous week</i>	Eliminate: Pork, all fried foods and white rice; more than 2 hours of TV per day	Plus: Prayer twice a day; Prayer with a partner twice a week	Plus: Write 1 time God answered a prayer Memorize 1 new scripture this week
3	Mar. 11 – Wed <i>Continue to also fast items from the previous two weeks</i>	Eliminate: Junk food; soda and alcohol / Violent & profane entertainment	Plus: Eat more fruits and vegetables; Fresh air activity (sit by water; walk in park, etc.)	Plus: Write 1 way your life has improved as a Christian Memorize 1 new scripture this week
4	Mar. 18 – Wed <i>Continue to also fast items from the previous three weeks</i>	Eliminate: Refined (white) flour, no bread unless whole wheat and grains / An unforgiving spirit	Plus: Share the good news of Christ is someone new; Invite 1 person (churched or un-churched) to WMBC (or your church)	Plus: Write a favorite scripture and why; or find a scripture and explain how it impacts your life Memorize 1 new scripture this week
5	Mar. 25 – Wed <i>Continue to also fast items from the previous four weeks</i>	Eliminate: Turkey, Chicken, Coffee, tea, chocolate, all sugars. (Herbal tea, natural juices and honey are fine) / Complaining & fault finding (with self and others)	Plus: At least 4 glasses of water a day and 15 minutes of reading the Scriptures	Plus: Write the name of 1 person you want to see saved / return to church / and invite them Memorize 1 new scripture this week
6	Apr. 1 – Wed <i>Continue to also fast items from the previous five weeks</i>	Eliminate: 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)	Plus: Make a list of your concerns – find Scriptures that address each concern Reciting Scripture out loud	Plus: Write out 1 way you can be more involved at WMBC (or at your church) and how you plan to execute your involvement Memorize 1 new scripture this week
End: Apr. 5 (Palm Sunday) (inclusive)				

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 conditions, 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 restored vision, particularly in the area of discipleship and our individual and collective efforts to grow in Christ.

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. 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 our body. It also helps us remove harmful wastes and toxins from our 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 breakthrough; (7) establish a position of spiritual strength and dominion; and (8) freedom from bondage, spiritual or otherwise.

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

WMBC – 2020 Lenten Fast Calendar
Prayer Call every day through Lent; Focus on topic for the day;
Call number – 712-775-7031 Code 710977#

February 2020						
◀ Jan 2020						Mar 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents Day	18	19	20	21	22
23	24	25	26 Ash Wednesday Topic: Fasting Joel 2:12-13 Acts 13:3-4	27 Topic: Peace John 16:33 John 14:27	28 Topic: Patience Colossians 3:12 Ephesians 4:2	29 Topic: Compassion Psalm 145:9 Isaiah 30:18

March 2020						
◀ Feb 2020						Apr 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Topic: Grace and Mercy Hebrews 4:16 2 Corinthians 12:8-9	2 Topic: Prayer and Prayer Life 1 Thessalonians 5:16-18 Ephesians 6:18	3 Topic: Humility Proverbs 29:23 Philippians 2:3	4 Topic: Testimony 1 John 5:6-11 Acts 1:8	5 Topic: Joy John 15:10-12 Romans 15:13	6 Topic: Kindness Titus 3:4-5 2 Corinthians 6:6	7 Topic: Faith Hebrews 11:1-6 Matthew 21:21-22
8 Daylight Saving Begins Topic: Commitment 1 Kings 8:61 Colossians 3:23	9 Topic: Obedience and Accountability Jeremiah 7:23 2 John 1:6	10 Topic: Sacrifice Romans 12:1 Ephesians 5:1	11 Topic: Service Mark 10:45 John 12:26	12 Topic: Wisdom and Clarity Psalm 111:10 James 1:5	13 Topic: Forgiveness Ephesians 4:32 Colossians 3:13	14 Topic: Faithfulness Galatians 5:22 1 Corinthians 4:2
15 Topic: Gentleness Philippians 4:5 1 Timothy 6:11	16 Topic: Self-Control 2 Peter 1:5-7 2 Timothy 1:7	17 Saint Patrick's Day Topic: Praise and Thankfulness Psalm 100:4 1 Chronicles 16:34	18 Topic: Attitude Romans 15:5 Romans 12:2	19 Topic: Trusting God Matthew 6:25 Proverbs 3:5-6	20 Topic: Financial Responsibility 1 Timothy 6:17-19 1 Peter 5:2-3	21 Topic: Family Acts 10:2 Acts 16:31-34
22 Topic: Marriages Genesis 2:24 Ecclesiastes 4:9-12	23 Topic: Children Proverbs 22:6 Ephesians 6:1-4	24 Topic: Relationships Hebrews 10:24-25 Matthew 7:12	25 Topic: Discernment Philippians 1:9-10 Proverbs 18:15	26 Topic: Leadership Galatians 6:9 Romans 8:28	27 Topic: Health and Strength 1 Corinthians 6:19-20 1 Timothy 4:8	28 Topic: Spiritual Growth Colossians 1:9-10 2 Peter 3:18
29 Topic: Love 1 Corinthians 16:14 1 John 4:7	30 Topic: The Church, Congregation, and Community 1 Peter 2:9-10 Hebrews 10:24-25	31 Topic: Goodness Romans 15:14 Matthew 5:15-16				

April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Topic: Evangelism Mark 16:15 1 Peter 3:15	2 Topic: Courage Joshua 1:9 Isaiah 41:10-13	3 Topic: Gifts from God James 1:17 1 Corinthians 12:4-11	4 Topic: Friendliness John 15:13 Proverbs 27:9
5 Palm Sunday Topic: Discipleship Luke 9:23 John 13:34-35	6	7	8	9 Holy Thursday	10 Good Friday	11
12 Easter	13	14	15 Tax Day (Taxes Due)	16	17	18
19	20	21	22 Administrative Professionals	23	24 Arbor Day	25
26	27	28	29	30		

OMEGA LENTEN REVIVAL

FEB. 27 WALKER MEMORIAL BAPTIST CHURCH
2020 13th Street NW Washington, DC 20009
Preacher: Rev. Joseph K. Williams
7 P M

MAR. 05 SECOND BAPTIST CHURCH
816 3rd St., NW Washington, DC 20009
Preacher: Bishop Enoch Perry
7 P M

MAR. 12 SHILOH BAPTIST CHURCH, VA
1401 Jamieson Avenue, Alexandria, VA, 22314
Preacher: Pastor Courtney Miller
7 P M

MAR. 19 NORBECK COMMUNITY CHURCH
2631 Norbeck Road, Silver Spring, MD 20906
Preacher: Pastor Taft Quichey Heatley
7 P M

MAR. 26 MT. MORIAH BAPTIST CHURCH
1636 East Capitol St NE, Washington, DC 20003
Preacher: Dr. James Terrell
7 P M

APR. 2 JERUSALEM COGIC CHURCH
111 Geneva Avenue, Silver Spring, MD 20910
Preacher: Dr. Lucis M. Dalton
7 P M

APR. 09 PENNSYLVANIA AVENUE BAPTIST CHURCH
3000 Pennsylvania Ave SE, Washington, DC 20020
Preacher: Pastor Ademuyiwa Bamiduro
7 P M

WALKER MEMORIAL
2020 13th Street NW Washington, DC 20009
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SUNDAY SCHOOL: 9:00 AM | SUNDAY WORSHIP: 10:30 AM
WEDNESDAY BIBLE STUDY: 12 NOON / 7 PM
DAILY MORNING PRAYER: 6:30 AM
Number: **712-775-7031**; Call Code: **710977#**
To Join the Fast: visit www.wmbcdc.org