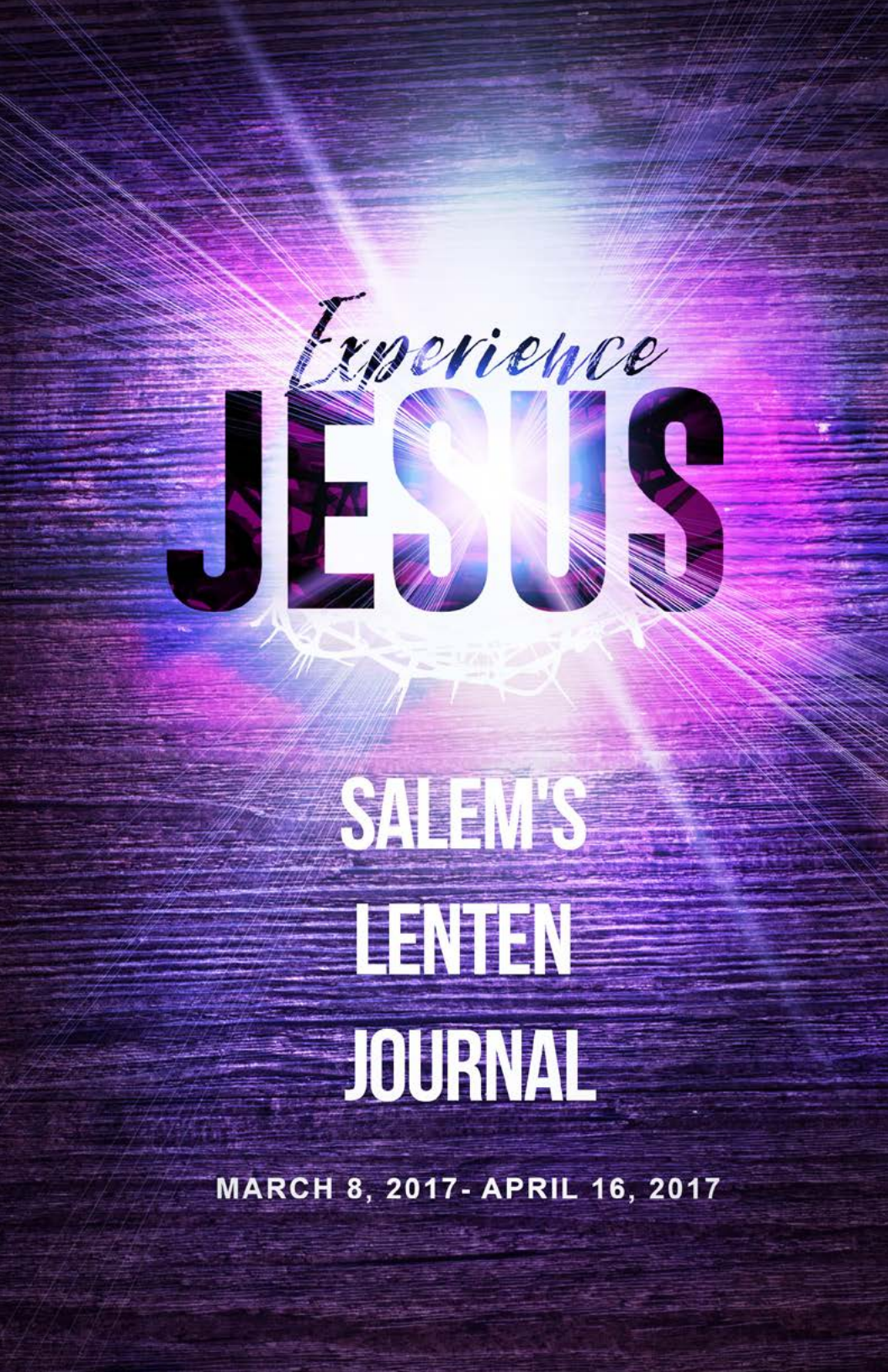
Experience
JESUS
SALEM'S
LENTEN
JOURNAL
MARCH 8, 2017- APRIL 16, 2017

AND I SET MY FACE UNTO THE LORD GOD, TO SEEK BY PRAYER AND SUPPLICATIONS, WITH FASTING, AND SACKCLOTH, AND ASHES:

DANIEL 9:3

KING JAMES VERSION (KJV)

Dear Salem,

Fasting is one of the most powerful of all Christian disciplines. It's through fasting and prayer that the amazing power of God can be released within our lives ushering in change and transformation. Matthew 17:21 informs us that certain types of powers only come through fasting and praying. For the next 40 days, as a church family, we will deny ourselves in our quest to grow closer to God and attain the power needed to fulfill His Will in and for our lives. Within the pages of this journal you'll discover daily Bible verses to guide your prayers and the focus of your journal entries over the next 40 days. My hope is that through our unified time of fasting and praying we not only grow closer to God, but also closer as a church family.

We will experience Jesus from March 8th – April 16th through

- Eliminating Meat, Sweets, and Bread from our diets

- Praying at the beginning of each hour throughout the day

- Journaling our prayers each day along with reading the scripture for the day

Serving His Purpose,

Pastor James T. Meeks

WHY FAST

Your goal in fasting is to develop a closer relationship with God by voluntarily denying your flesh. Fasting is a time of consecration from the things of the world to the things of God.

PRAYER AND STUDY

Your goal in fasting is to develop a closer relationship with God by voluntarily denying your flesh. Fasting is a time of consecration from the things of the world to the things of God. First, fasting allows you to improve your communication with God through prayer and as your communication improves your relationship with God is strengthened. Thus, to effectively communicate with God you must have a strong prayer life. It is critical to increase your prayer time during a fast.

A second and powerful way to develop a closer relationship with God is to study the scriptures. The scripture is the very Word of God. To know God, you have to know HIS Word. In addition to prayer, during a fast, you should increase your time of studying His Word. When the fast is over, you should be spiritually renewed and strengthened because you have controlled your flesh and intensified your commitment to God through prayer and study.

BIBLICAL MODEL

In the book of Daniel, chapters 2 and 10, Daniel describes two examples of his personal fasting and the dramatic results it produced. Daniel was found to be equally as fit and strong as those who ate regularly during the time he fasted. Isaiah described God's chosen fast in Isaiah 58. Jesus fasted in the wilderness (Matthew 4, etc.) and spoke of the necessity of fasting for believers. It was a normal part of early church life. Fasting is one way we respond to the admonition throughout the Scriptures to die to our self-will and not to accommodate the desires of the flesh.

MOST COMMON BIBLICAL REASONS FOR FASTING

1.To strengthen our ability to turn our attention to the Lord. Daniel 9:1-3 provides an example of how to engage God through prayer and supplication.

2. When facing a great challenge or obstacle. Simply stated, when you don't know what to do, seek God. (In 2 Chronicles 20:1:4; similarly in Ezra 8:21-23).

3. To be receptive to direction and wisdom from God. Consider your role in listening for God's direction. When you want Him to reveal something in your life - big or small - you must first place yourself in a posture to hear from Him.

4. To bring our flesh under submission and to combat temptation and spiritual opposition. Christians are constantly under attack. We are only able to withstand these temptations and entanglements by prayer and fasting. (Mark 9:29, Matthew 4:1-3).

MARCH 8, 2017

DAY 1

SCRIPTURE

DEUTERONOMY 31:6

DAY 2

MARCH 9, 2017

SCRIPTURE

PSALM 35:13

DAY 3

SCRIPTURE

MARCH 10, 2017

MATTHEW 6:18

DAY 4

SCRIPTURE

MARCH 11, 2017

PSALM 22:19

DAY 5

SCRIPTURE

MARCH 12, 2017

EZRA 8:23

DAY 6

SCRIPTURE

MARCH 13, 2017

JEREMIAH 36:9

DAY 7

SCRIPTURE

MARCH 14, 2017

PSALM 46:1

DAY 8

SCRIPTURE

MARCH 15, 2017

DANIEL 9:3

DAY 9

SCRIPTURE

MARCH 16, 2017

MATTHEW 6:17

MARCH 17, 2017

DAY 10

SCRIPTURE

PSALM 20:6

DAY 11

SCRIPTURE

MARCH 18, 2017

JOEL 2:15

MARCH 19, 2017

DAY 12

SCRIPTURE

JONAH 3:5

MARCH 20, 2017

DAY 13

SCRIPTURE

PSALM 21:13

MARCH 21, 2017

DAY 14

SCRIPTURE

ZECHARIAH 8:16

MARCH 22, 2017

DAY 15

SCRIPTURE

MATTHEW 6:16

MARCH 23, 2017

DAY 16

SCRIPTURE

MATTHEW 17:21

MARCH 24, 2017

DAY 17

SCRIPTURE

PSALM 37:39

MARCH 25, 2017

DAY 18

SCRIPTURE

JOSHUA 10:25

MARCH 26, 2017

DAY 19

SCRIPTURE

PSALM 27:1

MARCH 27, 2017

DAY 20

SCRIPTURE

EXODUS 15:2

MARCH 28, 2017

DAY 21

SCRIPTURE

II SAMUEL 22:33

MARCH 29, 2017

DAY 22

SCRIPTURE

I CHRONICLES 16:11

MARCH 30, 2017

DAY 23

SCRIPTURE

PSALM 18:2

MARCH 31, 2017

DAY 24

SCRIPTURE

I CHRONICLES 16:28

APRIL 1, 2017

DAY 25

SCRIPTURE

I CHRONICLES 29:12

APRIL 2, 2017

DAY 26

SCRIPTURE

NEHEMIAH 1:4

APRIL 3, 2017

DAY 27

SCRIPTURE

PSALM 18:1

APRIL 4, 2017

DAY 28

SCRIPTURE

DEUTERONOMY 31:7

APRIL 5, 2017

DAY 29

SCRIPTURE

PSALM 28:8

APRIL 6, 2017

DAY 30

SCRIPTURE

PSALM 29:11

APRIL 7, 2017

DAY 31

SCRIPTURE

EZRA 8:21

APRIL 8, 2017

DAY 32

SCRIPTURE

ACTS 14:23

APRIL 9, 2017

DAY 33

SCRIPTURE

PSALM 62:7

APRIL 10, 2017

DAY 34

SCRIPTURE

PSALM 71:16

APRIL 11, 2017

DAY 35

SCRIPTURE

PSALM 84:5

APRIL 12, 2017

DAY 36

SCRIPTURE

PSALM 96:7

APRIL 13, 2017

DAY 37

SCRIPTURE

PSALM 34:1

APRIL 14, 2017

DAY 38

SCRIPTURE

PSALM 29:2

APRIL 15, 2017

DAY 39

SCRIPTURE

PSALM 103:1-5

APRIL 16, 2017

DAY 40

SCRIPTURE

PSALM 124:1-2

12 THEREFORE ALSO NOW, SAITH THE LORD,
TURN YE EVEN TO ME WITH ALL YOUR HEART,
AND WITH FASTING, AND WITH WEEPING,
AND WITH MOURNING:

13 AND REND YOUR HEART, AND NOT YOUR
GARMENTS, AND TURN UNTO THE LORD YOUR
GOD: FOR HE IS GRACIOUS AND MERCIFUL,
SLOW TO ANGER, AND OF GREAT KINDNESS,
AND REPENTETH HIM OF THE EVIL.

14 WHO KNOWETH IF HE WILL RETURN AND
REPENT, AND LEAVE A BLESSING BEHIND HIM;
EVEN A MEAT OFFERING AND A DRINK OFFERING
UNTO THE LORD YOUR GOD?

15 BLOW THE TRUMPET IN ZION, SANCTIFY
A FAST, CALL A SOLEMN ASSEMBLY:

JOEL 2:12-15

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