

## **MEMPHIS METRO CHURCH FAST: March 25 at 6pm through Sunday, April 5**

### **The Philosophy of the Fast: Three Days at a Time**

- Days 1-3: The Discipline of the Body (Breaking Comfort) — 2-3 meals per day
  - Days 4-6: The Discipline of the Will (Breaking Distraction) — 2-3 meals per day
  - Days 7-10: The Discipline of the Heart (Breaking Through to Joy) — 1 meal per day
- 

### **The Daily Framework**

Days 1-6:

- Meals: 2-3 meals per day. Each meal consists of fruits, vegetables, and one serving of plant-based protein (beans, lentils, chickpeas, tofu, edamame, nuts, or seeds). No meat, no dairy, no processed foods, no added sugars, no leavened bread (following Daniel Fast principles).
- Practice: Before each meal, read the assigned Scripture. Eat mindfully, giving thanks. After the final meal of the day, pray the prayer and confess the statement of faith.

Days 7-10:

- Meals: One meal per day, eaten in the evening. This meal consists of fruits, vegetables, and one serving of plant-based protein. Continue the Daniel Fast guidelines.
  - Practice: Before eating, read the Scripture. During the meal, meditate on the theme. After the meal, pray and confess the statement of faith.
- 

### **Days 1-3: The Discipline of the Body**

Theme: Breaking Comfort and Dependence on Physical Sustenance

*Focus: Recognizing that our cravings often control us. We deny the body to feed the spirit.*

\*Meals: 2-3 per day\*

---

### **Day 1: The Choice of Nourishment**

- Scripture: Daniel 1:12-15 — *"Please test your servants for ten days, and let them give us vegetables to eat and water to drink. Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants." So he consented with them in this matter, and tested them ten days. And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies."*
  - Confession: "I do not live by bread alone, but by every word that proceeds from the mouth of God. My body is a temple, and I choose to honor God with it today. I receive His provision with gratitude."
  - Prayer: *Lord, thank You for the food that sustains me. Today, I receive these meals as gifts from Your hand. Train my body to look to You as the true source of life. May every bite remind me of Your faithfulness. Amen.*
- 

### **Day 2: The Silence of the Cravings**

- Scripture: Matthew 4:2-4 — *"And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, 'If You are the Son of God, command that these stones become bread.' But He answered and said, 'It is written, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God."'"*
  - Confession: "Just as Jesus overcame temptation in the wilderness, I have the power through Him to say no to the cravings of the flesh. I am not a slave to my appetite. Christ in me gives me strength."
  - Prayer: *Father, when I feel the pull of habit or the whisper of indulgence, let it be a bell that calls me to prayer. Turn my physical hunger into a deeper spiritual hunger for You. Let this fast reshape my desires to match Yours. Amen.*
- 

### **Day 3: Contentment in Simplicity**

- Scripture: Philippians 4:11-13 — *"Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me."*
  - Confession: "I can do all things through Christ who strengthens me. I do not need excess to be happy; I need only Jesus. Today, I find my contentment in Him alone, whether at a full table or a simple one."
  - Prayer: *Jesus, teach me contentment. Whether I have much or little, let my heart remain anchored in You. Strip away the excess in my life until all that is left is what is true and necessary: Your love and Your presence. Amen.*
- 

## **Days 4-6: The Discipline of the Will**

Theme: Breaking Distraction and Mastering the Mind

*Focus: The initial physical struggle fades, but now the mind creates excuses. We focus on aligning our will with God's will.*

\*Meals: 2-3 per day\*

---

### **Day 4: The Single Eye**

- Scripture: Matthew 6:22-23 — *"The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!"*
  - Confession: "I set my mind on things above, not on earthly things. I will not be distracted by the world's noise. My focus is singular: Jesus Christ. My eye is fixed on His kingdom."
  - Prayer: *Lord, my mind wanders. It chases worry, entertainment, and escape. Gather my scattered thoughts today. Help me to be present with You in this moment. Let my meals be times of remembrance, not mere consumption. Amen.*
-

## Day 5: The Denial of Self

- Scripture: Luke 9:23 — *"Then He said to them all, 'If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.'"*
  - Confession: "I deny myself, take up my cross, and follow Jesus. My plans, my timing, and my desires are surrendered to His will. I am no longer my own; I am bought with a price."
  - Prayer: *Holy Spirit, shine a light on the parts of my will that are still fighting for control. I want to say 'yes' to You so completely that 'no' to myself becomes natural. Reveal the hidden corners of my heart that still seek comfort over obedience. Amen.*
- 

## Day 6: The Power of "No"

- Scripture: Titus 2:11-12 — *"For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age."*
  - Confession: "God's grace is sufficient for me. It not only saves me, it trains me. Today, I have the power to say no to worldly passions and live a self-controlled life. Grace empowers my obedience."
  - Prayer: *Father, thank You that this fast is not about my own willpower, but about Your grace working in me. Empower my 'no' to be firm, so my 'yes' to You can be wholehearted. Let the discipline of these days prepare me for the intimacy of the days ahead. Amen.*
- 

## Days 7-10: The Discipline of the Heart

Theme: Breaking Through to Joy and Expectation

*Focus: As we transition to one meal a day and near the celebration of the Resurrection, we shift from discipline to intimacy, from sorrow to joy.*

*Meals: 1 per day*

---

## Day 7: The Bread of Angels

- Scripture: Psalm 78:24-25 — *"Had rained down manna on them to eat, and given them of the bread of heaven. Men ate angels' food; He sent them food to the full."*
  - Confession: "Though I eat simply today, my soul feasts on the Bread of Life. Jesus is my portion. I am satisfied in Him. He gives me food to the full—not just for my body, but for my spirit."
  - Prayer: *Lord, as I reduce my meals, increase my hunger for You. You are the true bread from heaven. Feed my soul until I overflow with joy. Let this hunger remind me that I am sustained not by what I consume, but by who You are. Amen.*
- 

### **Day 8: The Nearness of God**

- Scripture: Isaiah 58:6-9 — *"Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am.'"*
  - Confession: "My fast is not just for me. It is to loose the chains of injustice and to draw near to God. And as I draw near to Him, He draws near to me. My sacrifice prepares the way for His presence."
  - Prayer: *Father, let this fast produce in me a harvest of righteousness. Make my heart sensitive to the needs of others and my ears sensitive to Your voice. I want to know You are near. Break in me anything that separates me from Your presence. Amen.*
- 

### **Day 9: Preparation for Glory (Silent Saturday)**

- Scripture: John 16:20-22 — *"Most assuredly, I say to you that you will weep and lament, but the world will rejoice; and you will be sorrowful, but your sorrow will be turned into joy. A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been*

*born into the world. Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you."*

- Confession: "I am waiting with expectation. The tomb is not the end of the story. Sorrow may last for the night, but joy comes in the morning. My preparation is almost complete; my redemption draws near."
  - Prayer: *Jesus, tomorrow we celebrate that You are alive. Let the hope of the resurrection fill the waiting of today. Turn my preparation into praise. Even in the silence, I trust that You are working. Amen.*
- 

### **Day 10: EASTER SUNDAY – The Feast of the Lamb**

- Scripture: Luke 24:1-6 — *"Now on the first day of the week, very early in the morning, they, and certain other women with them, came to the tomb bringing the spices which they had prepared. But they found the stone rolled away from the tomb. Then they went in and did not find the body of the Lord Jesus. And it happened, as they were greatly perplexed about this, that behold, two men stood by them in shining garments. Then, as they were afraid and bowed their faces to the earth, they said to them, 'Why do you seek the living among the dead? He is not here, but is risen!'"*
  - Confession: "HE IS RISEN! (He is risen indeed!) My fasting is complete, not because the calendar says so, but because the Bridegroom is here. My salvation is not in what I gave up, but in what He gave up—His very life. Death is defeated. Love has won."
  - Prayer: *Hallelujah! Christ is Risen! Today, I feast not just on food, but on the reality of Your victory. Death is dead. The tomb is empty. Thank You for walking this journey with me. Use this disciplined body, will, and heart to serve Your kingdom until I see You face to face. I feast today as one who has been brought from death to life. Amen.*
- 

### **Summary of the Revised Structure**

<b>Days</b>	<b>Meals</b>	<b>Theme</b>	<b>Focus</b>
1-3	2-3 meals/day	Discipline of the Body	Breaking comfort; establishing gratitude

4-6	2-3 meals/day	Discipline of the Will	Breaking distraction; mastering the mind
7-9	1 meal/day	Discipline of the Heart	Breaking through to intimacy
10	Feast	Resurrection Celebration	Joy and fulfillment in Christ

---

### **Guidelines for the Congregation**

- Protein Serving: One serving equals approximately 3-4 ounces (about the size of a deck of cards) or ½ cup of cooked beans/lentils.
- Hydration: Drink plenty of water throughout the day, especially during Days 7-10 when meals are reduced.
- The "Hunger Pangs": Encourage viewing hunger as a prompt to pray. During Days 7-10, this becomes particularly powerful.
- Breaking the Fast: On Easter Sunday, enjoy the feast with gratitude. Consider breaking the fast with a shared meal or church gathering, giving thanks as a community.
- Medical Consideration: Those with medical conditions, pregnant women, and nursing mothers should consult a physician before beginning any fasting plan. The progression allows for adaptation as needed.