

The 40 Days Prayer and Fasting Guide

The Mid-West Area will embark upon 40 Days of prayer and fasting, **March 5, 2025 – April 13, 2025**. This year we offer two fasting options for the Lenten season.

Option 1: 12 hours of juice, water, and broth from 6am to 6pm daily. At the end of the fast consider eating fish or chicken, no sweets, bread, or fried food. *(This should be a meager meal).*

Option 2: The Daniel Fast: No meat, no sweets, no bread, and no sugar drinks throughout the entire day. During this fast you may take in fruits, vegetables, nuts and whole grains.

Guidelines for a Daniel Fast: Suggested Foods to Eat

Whole Grains: Brown Rice, Oats, Barley, Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, etc. Fruits, Vegetables, Seeds, Nuts, Sprouts, Liquids: Water, 100% All-Natural Fruit Juices, and 100% All Natural Vegetable Juices.

Suggested Foods to Avoid

Meat, poultry, fish, all dairy products, white rice, fried foods, caffeine, carbonated beverages, foods containing preservatives or additives, refined sugar substitutes, white flour and all products using it, margarine, shortening, high fat products.

Conference Prayer Leaders & Calling Information

Calls will be Monday - Friday

Mondays - Kentucky & Missouri

Tuesdays - Young Adults of the Midwest

Wednesdays -Tennessee

Thursdays – Indiana

Fridays – Michigan & Trinidad/Tobago

DIAL 605-313-5379 - ACCESS CODE 6017298#

Morning Prayer - 6am Central Time / 7am Eastern Standard Time

Evening Prayer – 8pm Central Time / 9pm Eastern Standard Time

Please MUTE your phones when not speaking. Rates apply if caller does not have unlimited call plan.

The Midwest Episcopal District *African Methodist Episcopal Zion Church*

40 Days of Fasting & Prayer

Committed to our Mission



**Wednesday
March 5, 2025**

**Sunday
April 13, 2025**

*However, this kind does not go out
except by prayer and fasting.*

Matthew 17:21 NKJV

*Rev. Marcia J. Cole-Morton,
Mid-West Prayer Coordinator*

*Rev. L. Lynn Mitchell
Missionary Supervisor*

*Rev. Dr. Daran H. Mitchell
Presiding Bishop*

Day 1 – March 5	Dangerous Prayers	Proverbs 15:8
Day 2 – Mar 6	Quality Time in Secret Place	Psalm 91:1
Day 3 – Mar 7	Deliverance from Distractions	Colossians 3:2
Day 4 – Mar 8	Intimacy in Prayer	John 15:5
Day 5 – Mar 9	Draw Nearer to God	James 4:8
Day 6 – Mar 10	Prayer Saturated Church	Acts 2:42
Day 7 – Mar 11	Spiritual Warfare	James 4:7
Day 8 – Mar 12	Deliverance from Anti-Christ Spirits	1 John 4:1-6
Day 9 – Mar 13	Total Surrender	Romans 12:1
Day 10 - Mar 14	Trust God	Proverbs 3:5-6
Day 11 – Mar 15	Healing	James 5:14-15
Day 12 – Mar 16	Mental Illness	Psalm 46:1
Day 13 – Mar 17	Children	Proverbs 22:6
Day 14 – Mar 18	Youth	Ecclesiastes 12:1
Day 15 – Mar 19	Young Adults	Hebrews 11:6
Day 16 – Mar 20	Parents and Guardians	Isaiah 40:31
Day 17 – Mar 21	Bishop Daran H. Mitchell	1 Thessalonians 5:12-1
Day 18 – Mar 22	Missionary Supervisor Rev. Lynn Mitchell	Ephesians 1:17-18
Day 19 – Mar 23	Presiding Elders	Isaiah 6:8
Day 20 – Mar 24	Pastors	2 Timothy 4:2

Day 21 – Mar 25	Clergy	Numbers 6 24-26
Day 22 – Mar 26	Laity	1 Peter 2:9-10
Day 23 – Mar 27	Missionaries	Galatians 6:9-10
Day 24 – Mar 28	Christian Education	Psalm 111:10
Day 25 – Mar 29	Lay Council	2 Chronicles 7:13-14
Day 26 – Mar 30	Deaconess	Romans 12:2
Day 27 – Mar 31	Ushers	1 Corinthians 15:58
Day 28 – April 1	Music Ministry	Psalm 95:1
Day 29 - April 2	Evangelism/Church Growth and Develop	Psalm 96:3
Day 30 - April 3	Political/Racism /Violence of Any Kind	1 Timothy 2:1-4
Day 31 - April 4	These Yet Not United States	Psalm 37:1-11
Day 32 - April 5	President 47, VP J. D. Vance	Hebrews 12:2
Day 33 - April 6	Kentucky and Missouri Conferences	Ephesians 6:16
Day 34 - April 7	Tennessee and Indiana Conferences	1 Peter 3:15-17
Day 35 - April 8	Michigan and Trinidad & Tobago	1 John 5:1
Day 36 - April 9	Revival and Harvest	Ephesians 2:8-9
Day 37 - April 10	Resources for Ministries	Philippians 4:19
Day 38 - April 11	Up Coming Conferences	Romans 8:28
Day 39 - April 12	Committed Leaders for Next Generation	Psalm 145:4
Day 40 - April 13	Holy Spirit Over Midwest	John 14:26