

UPPER ROOM MISSIONARY BAPTIST CHURCH

# *The Year of Fulfillment*

JOSHUA 21:43-45



**URMBC**  
BUILDING THE KINGDOM  
FOR THE BODY OF CHRIST

## **A Guide to our 40-Day Spiritual Journey February 21, 2021-April 1, 2021**



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## Greetings Upper Room!

Each year, we embark upon a spiritual connection through prayer, study, worship, sacrificial giving and fasting. Since the start of the Covid-19 pandemic, our ministry and worship experiences have taken on different forms. God has planted visions regarding the future of our church during this time. As we prepare for reentry into our church building, we want our spirits to be filled while we continue *Building the Kingdom for the Body Christ!* I pray that you and your family are prepared to join us in this connection of oneness, fellowship, prayer, fasting, spiritual giving and oneness.

The theme for this year '**The Year of Fulfillment' Joshua 21:43-45** (*with emphasis on verse 45*). *"So the Lord gave to Israel all the land of which He had sworn to give to their fathers, and they took possession of it and dwelt in it. The Lord gave them rest all around, according to all that He had sworn to their fathers. And not a man of all their enemies stood against them; the Lord delivered all their enemies into their hand. Not a word failed of any good thing which the Lord had spoken to the house of Israel. All came to pass"*

I encourage everyone to be diligent in sticking to the fast, the prayer times, the study periods and the format in which we will follow. Through this shared experience we will witness individually and collectively how God will move in our lives. We will also be blessed by how many of us will be delivered from things we had not realized kept us paralyzed, crippled, broken, ashamed, and with the feeling of hopelessness. We are victorious in Jesus so, we can rejoice as we journey together.

This information packet is intended to prepare you for our 40-day Spiritual Journey which will begin Sunday February 21, 2021. I am excited about this year's journey, what God is doing and what He has in store for the life of our ministry!

Sincerely,

**Pastor Carlton L. Aiken, Sr. Senior Pastor**

**Hungering for Christ** One of the meanings of Christian fasting is that we are expressing our hunger for the Lord Jesus to come back and to take up his kingship in this world. What sets Christian fasting apart as unique — new wine that can't fit into the old wineskins — is that Christ has already come. The Bridegroom, the King, has already been here. We have seen him and known him. We love him, because we have tasted of his presence. We have already tasted the presence of the kingship of Jesus.

**Expressing Our Neediness** One passage that gets at the meaning of what fasting is for Christians. In Acts 13:1–3, of how fasting became instrumental in the laying hold of God for the shaping of world-changing ministry:

Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” Then after fasting and praying they laid their hands on them and sent them off.

So, the leaders of the church were fasting, it seems, in order to express to God their own need and longing and desire with their bodies for God's guidance in missionary breakthroughs. And God responded with an answer that totally transformed the world, because the mission of Barnabas and Saul (or Paul) was one of the most important missionary endeavors in the history of the world. The advancement of the gospel broke into the western Roman Empire, and nothing in the world has ever been the same since that breakthrough.

### **When you Fast and Pray**

- Expect to get to know God better
- Fasting is waiting – Lamentations 3:25-27
- Fasting is drawing near – Jeremiah 29:11-13
- Expect strength in your inner character
- Find power to leave sinful habits (2 Corinthians 7:1)
- Find power to stay focused in prayer
- Find yourself desiring God's presence
- Expect your prayers to go to a higher level

## **URMBC Prayer, Worship and Study Schedule**

*\*See Daily Themes Sheet Attached*

### **Corporate Prayer**

*\*Ministers and Leaders are required to participate every day. The Body as a whole are encouraged to join every Sunday and every Tuesday.*

### **Daily 6 AM-6 PM**

*\*Scripture Focus Schedule is attached*

Where: Conference Line

### **Bible Study**

*Bible Study Hour: Every Tuesday 7PM-8PM*

Where: Zoom, Facebook Live, Conference Line, Youtube

### **Individual Meditation and Prayer**

Everyone is required to set aside times in your day to dedicate at least 1 hour to uninterrupted meditation and prayer. Here is what is suggested to include in your daily prayer:

- Pray everyday for your family and household
- Pray everyday for someone that you know needs to develop a relationship with the Lord.
- Pray every day for someone with whom you need to build/rebuild a relationship with
- Pray for our church family
- Pray for your personal relationship with God and for Him to lead your direction
- Pray for God to remove something from your life that permits you from having a stronger relationship with Him.

<b>Fasting</b>	<b>Date</b>	<b>Theme for the Day</b>	<b>Scripture for the Day</b>
Day 1 Sunday	2/21/21	Response to the Holy Spirit	(Acts 4:31 NKJV)
Day 2 Monday	2/22/21	Revival of Love in Family	(Psalms 103:17-18 & Joshua 24:15)
Day 3 Tuesday	2/23/21	Church Volunteers	(Eph. 4:15-16 & (Col. 3:23-24)
Day 4 Wednesday	2/24/21	True "Koinonia" Fellowship	(Hebrews 10:24-25)
Day 5 Thursday	2/25/21	The Lost in our Community	Joel 3:14 ; Rom. 10:13 & 2 Chron 7:14
Day 6 Friday	2/26/21	Passion For God	(Mark 12:30 & Philippians 1:27
Day 7 Saturday	2/27/21	Church Outreach	Luke 14:23 & Matt 25:37-40
Day 8 Sunday	2/28/21	Church Inreach/Attendee	2 Cor. 9:10-1; 3 John 2 & Phil. 4:19
Day 9 Monday	3/1/21	God's Healing Power	Acts 10:30 Mark 1:40-42 & Jam 5:14-15
Day 10 Tuesday	3/2/21	Divine Encounters of God's Favor	Romans 8:27-28 & Philippians 4:6-7
Day 11 Wednesday	3/3/21	Increase of God's Wisdom	Eph. 1:15-18 & Mark 11:24
Day 12 Thursday	3/4/21	Experience the Beauty of His Holiness	Psalm 66:1-4
Day 13 Friday	3/5/21	Men of our Church	Jude 1:20, Titus 2:2, Gal 6:3, Eph 4:15
Day 14 Saturday	3/6/21	Women of Our church	Phil 4:3 & Titus 2:4-5, Prov. 31:10
Day 15 Sunday	3/7/21	Sensitivity to being led by the Spirit	Rom. 8:14-17 & Psalm 46:10
Day 16 Monday	3/8/21	Sustained devotion & Prayer Life	Rom. 8:26-27
Day 17 Tuesday	3/9/21	Families and Marriages	Phil. 4:6-7 & mark 4:39
Day 18 Wednesday	3/10/21	Breakthroughs in our Church family	Acts 16:25-26 & Hosea 10:12
Day 19 Thursday	3/11/21	Singles & Right Standing Relationships	1 John 1:3 & Psalm 68:6
Day 20 Friday	3/12/21	School Students & Young Leaders & Teachers	1 Tim. 4:12, Is. 40:29-30 & Jer. 29:11
Day 21 Saturday	3/13/21	Spiritual Protection	2 Cor. 10:3-5 & Eph. 6:14-18
Day 22 Sunday	3/14/21	Ministries of URMBC	2 Cor. 1:11 1 Thess. 5:12-13
Day 23 Monday	3/15/21	Young Believers Academy	2 Tim. 3:14-15 Matt. 18:2-6
Day 24 Tuesday	3/16/21	Kingdom Inheritance	Eph 1:3-6 Eph 1:17-19
Day 25 Wednesday	3/17/21	Unity in The Body of Christ	1 Cor. 1:10 Col 3:12-15
Day 26 Thursday	3/18/21	Home & Foreign Missions	Col 4:2-4, Eph 6:19, 2 Thess 3:1, 1 Pet. 4:12-14
Day 27 Friday	3/19/21	Rightful Position of Spiritual Authority for Believers	Luke 11:19-20 Col 1:13-14, Acts 4:31
Day 28 Saturday	3/20/21	Christian Education	Heb. 10:24-25, Eph 4:15-16, Acts 5:42
Day 29 Sunday	3/21/21	Vision & Purpose	Joel 2:28-29 Habakkuk 2:2-3
Day 30 Monday	3/22/21	Improved Service to the Lord	2 Cor. 4:5, Col 3:17, Phil 2:1-30, Lu 22:27
Day 31 Tuesday	3/23/21	Opened Doors of Opportunity for Ministry	Matt 7:7, Rev 3:8, Col 4:3, Acts 5:19

Day 32	Wednesday	3/24/21	Ministry of Evangelism Mark:16:15-16, Rom 10:13-14, Matt 9:37-38, 1 Pet. 3:15, Rom. 1:16
Day 33	Thursday	3/25/21	Seniors of URMBC Job 12:12, Psalms 92:12-15, Lev 19:32, Joel 2:28
Day 34	Friday	3/26/21	Fruits of the Spirit Gal 5:22-23 NLV & Message
Day 35	Saturday	3/27/21	Gifts of the Spirit 1 Cor. 12:4-11, 1 Cor. 14:1
Day 36	Sunday	3/28/21	Revival & Renewed Obedience to God Isaiah 57:15, Acts 16:25-26
Day 37	Monday	3/29/21	Increase in Finances 2 Cor. 9:6-11, Mal 3:10
Day 38	Tuesday	3/30/21	Prayer within the Body Eph 6:18-19, Psalms 107:28-30, John 14:13-14
Day 39	Wednesday	3/31/21	Pray for the Pastor & Family Rom 15:30-33, Eph 6:19-20, 2 Thess 3:1-2 Heb 13:17
Day 40	Thursday	4/1/21	Pray for New Family Members Eph 4:16, Phil 2:1-4, 3 John 1:5

## **Sunday School**

Sunday 9AM

Where: Zoom, Facebook Live, Conference Line, YouTube

## **Worship Service**

Sunday 10AM

Where: Zoom, Facebook Live, Conference Line, YouTube

## **Contact/Connect**

**Zoom:** Dial-in 898-036-0365 Passcode: urmabc01

**Conference Line:** 605-313-4185

**Facebook:** urmabc@facebook

**YouTube:** URMBC Ministries@youtube

**Website:** urmabc.org

## Sacrificial Giving

During our spiritual journey we will make a sacrificial financial gift offering to the church. This is representative of the things that we have collected over a period and have at times put these things before God. We are to acknowledge that without God, none of the things we possess would be possible and we give back to God which has given to us. Each person will give according to the measure or amount in which you chose to sacrifice. Here is the suggested, NOT mandatory, amount and guidelines in which we will follow in our giving. We pledge \$1.00 for the following possessions:

For every door in your home contribute = \$1.00

For every telephone (landline or cell/smart phone) in your home contribute = \$1.00

For every window in your home contribute = \$1.00

For each automobile you own contribute = \$1.00

For every tape player/recorder, record player, CD player, or DVD player, Digital Device, Fire stick etc... in your home contribute = \$1.00

For every TV, I-Pad, Tablet, Cable box, Satellite Dish, Laptop, and Computer contribute = \$1.00

This is a sacrificial offering and it's encouraged that you give according to how God has prospered you. Set this offering aside daily and bring it to the church on any of the services that are observed in the week leading up to Resurrection/Easter Sunday. You are not required to put the final dollar amount or your name on the envelope that is submitted. It is preferred that you "Do Not"! This is a sacrificial offering and the nature of the anonymous giving is to maintain the integrity of your offering and sacrifice you have given back to God. You know if you are giving in honesty and there is no need to ask anyone else of the amount being given in respect to each individual sacrifice. In other words count your own windows and doors and do not go counting someone else's!

### You may submit your sacrificial giving in several ways:

Via Cashapp \$URMBCMinistries

Via Venmo @URMBC-Ministry

Via Website urmbc.org

Via Mail URMBC 7236 Ogontz Avenue Philadelphia, PA 19138

*\*Please indicate in the comments "40 Day Journey"*



**The Daniel Fast** is based on the prophet Daniel's fasting experiences as recorded in the Bible. The fast is a biblically based partial fast. According to Daniel 1, the results were: (v. 17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12) One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat.

**There are 3 components to the Daniel Fast: EAT**

**Only** Fruit Vegetables, Nuts Legumes or Whole Grains

**DRINK** Only Water

**NOT PERMITTED** Milk, Eggs, breads, Meat, Deep Fried Foods or Dairy Products

### **Preparing Yourself for the Daniel Fast**

If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

How to Begin Spiritually:

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible. Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).

Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

## Alternative Fasts

For medical reasons, some people may not find it possible to participate in the Daniel Fast. Another way into the fast is to engage in a *partial fast*. A partial fast can involve food and drink, or certain habits. Here are some possibilities for a partial fast:

- Fasting from *foods associated with “feasting”*: chocolate, desserts, coffee/caffeine, alcohol, etc.
- Fasting from *media or entertainment*: cell phone, TV, streaming video, radio, music, email, computers, video games, etc.
- Fasting from *habits and comforts*: shopping, looking in the mirror, makeup, elevators, parking in a spot close to the store, finding the shortest checkout line, reading online, following sports, etc.

*\*As with any changes to your diet, consult with your family physician to assure that it is healthy for you to join us for the fast.*