



URMBC
BUILDING THE KINGDOM
FOR THE BODY OF CHRIST

Let's Go Fishing!

***Then He said to them, "Follow Me,
and I will make you fishers of men."***

Matthew 4:19

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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. We now serve two churches: our traditional “In Person” Church services and now our “Online” Church services and fellowships. It's been 10 years since starting this journey as your Pastor and I have grown tremendously because of this awesome experience. Yet, there is so much more to be accomplished. I realize that we have had transitions happen within our ministry both naturally and spiritually. I am fueled by the move of the Holy Spirit to re-engage with those who may have thought we have forgotten about them while embracing the great commission that remains before us to reach the lost. We want our spirits to be filled while we continue *Building the Kingdom for the Body Christ! In order to do this effectively*, I pray that you and your family are prepared to join us in this connection of fellowship, prayer, fasting, spiritual giving and oneness.

The theme for this year ‘**Let’s Go Fishing!**’ **Matthew 4:17-20** (*with emphasis on verse 19*).

17 “From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.”¹⁸ And Jesus, walking by the Sea of Galilee, saw two brothers, Simon called Peter, and Andrew his brother, casting a net into the sea; for they were fishermen. **19 Then He said to them, “Follow Me, and I will make you fishers of men.”** ²⁰ They immediately left *their* nets and followed Him.”

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 Wednesday March 2, 2022. I am excited about this year’s journey, what God is doing and what He has in store for the life of our ministry! So, “Get Hooked! & Let’s Go Fishing!”

Sincerely,

Carlton L. Aiken Sr., Senior Pastor

WHY 40 DAYS?

- Whenever God wanted to prepare someone for His purposes, He took 40 days.
- Noah's life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.
- David was transformed by Goliath's 40-day challenge.
- Elijah was transformed when God gave him 40 days of strength from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness.
- The disciples were transformed by 40 days with Jesus after his resurrection.

It's with the same spirit of our living God that we as a family anticipate the move of God to take place during and after our 40 day spiritual Journey!

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

HOW CAN I BE INVOLVED? We encourage you to commit to...

1. Read the assigned scripture and prayer directive and personally pray each day.
2. Join at least one prayer gathering each week during the 40 days. A 30-minute prayer gathering will be offered twice daily: 6am and 6pm via our conference prayer line.
3. Ask the Lord how He might call you to fast during these 40 days. Saying “no” to something good in order to say “yes” to something greater (See the “Fasting Basics” guide at the end of this document for the many ways you can fast).
4. Walk in obedience to what Jesus tells you during these 40 days. We look forward to what the Lord has for all of us, and what He will do in our lives, our church, our city, and our nation.

Daily Prayer Guide

HOW TO USE THIS DAILY PRAYER GUIDE: This Daily Prayer Guide has been created to help you join in the 40 Days of Prayer & Fasting with guided daily themes and Scriptures to ground and inspire your prayers. This is intended to be a guide not a burden, as soon as you sense the Holy Spirit direct you in additional ways, follow the prompting of the Lord in prayer. This year our Leaders and church family members will lead prayer on a designated day during the 40 days. Please continue to keep each facilitator in prayer as this may be the first time for some praying corporately in this capacity. **See Daily Themes Sheet Attached*

HOW SHOULD I PRAY? This “season” of prayer and fasting covers 40 days, and it might be helpful to have some structure – like a “scaffolding” – to hang your prayers on as you go. We suggest that, each day as you come to prayer, you may want to follow a simple, **4-Step process inspired by Jeremiah 6:16 based on the words “Stand, Look, Ask, and Walk: This is what the Lord says:**

*“**Stand** at the crossroads and **look**; **ask** for the ancient paths, **ask** where the good way is, and **walk** in it, and you will find rest for your souls” (Jeremiah 6:16).*

Remember as you pray to stand, look, ask, and walk – these are our guide words throughout this prayer adventure.

1. **STAND** – Take 30 seconds of silence or worship to become aware of the presence of Jesus.
2. **LOOK** – Pray the prayer, “Come, Holy Spirit” and read the daily Scripture.
3. **ASK** – Pray the Prayer Prompts for each day with confidence.
4. **WALK** – Respond to God, be led by the Holy Spirit, embrace the change, walk in Love and say “Thank You, Holy Spirit” for guiding your time.

3 AREAS OF PRAYER This Guide will lead you through welcoming the Holy Spirit as you partner with God in prayer in 3 areas:

- Your personal life
- Your church and community
- Our city, state and country

URMBC Fasting, Prayer, Worship and Study Schedule

***We will fast on Monday through Saturday and will be off (No Fasting) on Sunday**

**See Daily Themes Sheet Attached*

Corporate Prayer

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

Daily 6 AM-6 PM

**Scripture Focus Schedule is attached*

Where: Conference Line

Worship Service

Sunday 10AM

Where: Zoom, Facebook Live, Conference Line, Youtube

Bible Study

Bible Study Hour: Every Tuesday 7PM-8PM

Where: Zoom, Facebook Live, Conference Line, Youtube

Holy Thursday Communion- April 14, 2022 @7pm

Contact/Connect:

Zoom: Dial-in 898-036-0365 Passcode: urmhc01

Conference Line: 605-313-4185

Facebook: urmhc@facebook

Youtube: URMBC Ministries@ youtube

Website: urmhc.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 don't 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

In Person @URMBC

**Please indicate in the comment section, "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, Processed 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.*