

# 40 DAY FAST JOURNAL

*Pray. Fast. Repent.*

February 18, 2026 – April 4, 2026

# SEASON of LENT



CORNERSTONE  
Missionary Baptist Church

REV. DR. STEPHEN GREENE HOWARD, SENIOR MINISTER

1095 Allen Road | Greenville NC 27834

PHONE: (252) 752-4156 | FAX: (252) 752-4405

[WWW.MYCMBCNC.ORG](http://WWW.MYCMBCNC.ORG)



**LEVEL**  **UP**

**STRETCH: IT'S WITHIN YOUR REACH!**

**CORNERSTONE**

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February 18, 2026

Beloveth,

Grace, mercy, and peace be unto you!

As we embark on this spiritual journey, it is my ardent prayer and hope that each of you be lifted higher during these difficult and challenging times. It is a joy to partner and journey with you in this endeavor for forty days.

May these forty days bring deliverance from the giants in our lives, realizing that Giants do Fall.

Our Lord and Master assured us of great power if we spend time in fasting and praying, it is my conviction that as we attempt a closer walk with God, the Lord will grant us Grace and Strength in the time of need.

I have confidence in you and what God is able to do through all of you. Stretch; it's within your reach!

Remember that you are in my prayers constantly.

Because of Calvary,

*Stephen Greene Howard*

Rev. Dr. Stephen Greene Howard  
Senior Minister

If you do not already know of the power and importance of fasting, here are some key facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers “when you fast...,” not “if you fast...”
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, *“I humble myself through fasting.”*
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and God’s truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.

*“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land.” 2 Chronicles 7:14*

## **Preparation for Fasting**

## **A. Spiritual Preparation**

In preparation for this special time with God, I strongly urge you to examine your heart and detect any unconfessed sin. Scripture records that God always requires God's people to repent of their sins before God will hear their prayers. King David said:

*(Psalm 66:16-20) Come and hear, all of you who reverence the Lord, and I will tell you what the Lord did for me: For I cried to the Lord for help, with praises ready on my tongue. The Lord would not have listened if I had not confessed my sins. But God listened! God heard my prayer! God paid attention to it!*

*Blessed be God who didn't turn away when I was praying and didn't refuse me kindness and love.*

In your prayers, confess not only obvious sins but less obvious ones as well, the sins of omission as well as the sins of commission experiences. These may be experiences of leaving your first love for our Lord. Examples are worldly-mindedness, self-centeredness, spiritual indifference, and unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, or a poor relationship with your spouse, your children, your pastor, or other members of your church.

## **B. Physical Preparation**

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.

If you plan to fast for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have "that last big feast" before the fast. Cutting down on your meals a few days before

you begin to fast will signal to your mind, stomach, and appetite that less food is acceptable.

Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the initial stages of your fast.

### **C. How to Fast Safely**

As you begin to fast, you may hear from concerned loved ones and friends who urge you to protect your health, and they are right. You should protect your health. But I assure you that if done properly, fasting will prove to be not only a spiritual blessing, but a physical blessing as well.

Consult your doctor before you begin your fast. But be aware that many doctors have not been trained in this area and so their understanding is limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

### **Four Kinds of Fasting**

- 1. The Normal Fast-** Going without food for a definite period during which you ingest only liquids (water and or juice)
- 2. The Absolute Fast-** Allows no food or water at all and should be for a brief period.



- 3. The Partial Fast**-Omitting certain foods or adhering to a schedule that includes limited eating. It may consist of omitting one meal a day. Eating only fresh vegetables for several days is also a good partial fast. People who have hypoglycemia or other diseases might consider this kind of fast.
- 4. A Rotational Fast**-Eating or omitting certain families of foods for designated periods. For example, grains may be eaten only every fourth day. The various food families are rotated so that some food is available each day.

## **Seven Fasts for Journey**

### **1. The Disciple's Fast**

- ✦ Purpose: "To loose the bands of oppression"
- ✦ Key Verse: "This kind goeth not out but by prayer and fasting" (Matthew 17:21)

### **2. The Ezra Fast**

- ✦ Purpose: To "undo the burdens"
- ✦ Key Verse: "So we fasted and entreated our God for this, and He answered our prayer" (Ezra 8:23)

### **3. The Elijah Fast**

- ✦ Purpose: "To break every yoke"
- ✦ Key Verse: "He himself went a day's journey into the wilderness...He arose and ate and drank; and He went in the strength of that food forty days and forty nights" (1Kings 19:4, 8)

### **4. The Widow's Fast**

- ✦ Purpose: "To share our bread with the hungry"
- ✦ Key Verse: "The jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah" (1 Kings 17: 16)



## 5. The Daniel Fast

✦ Purpose: So “thine health shall spring forth”

✦ Key Verse: “Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank” (Daniel 1:8)

## 6. The Saint Paul Fast

✦ Purpose: To allow God’s “light to break forth like the morning sight, and neither ate nor drank”

✦ Key Verse: “And he, Saul or Paul, was three days without sight, and neither ate nor drank” (Acts 9:9)

## 7. The John the Baptist Fast

✦ Purpose: That “your righteousness shall go before you”

✦ Key Verse: “He shall be great in the sight of the Lord and shall drink neither wine nor strong drink” (Luke 1:15)

### *Prayer for Lent*

*Loving God,*

*As the season of Lent unfolds, you call us to return  
again and again,*

*As you invite us to reflect on your love made visible  
in the person of Jesus, align our lives more closely  
with you through prayer,  
fasting and generous giving.*

*Bless our desire to accompany Jesus’  
suffering here and now.*

*With Your grace, may we live Lent fully and move  
with transformed hearts into the abundant  
life of Easter morning.*

# **Suggested Fasting Guide**

**2026**

**The Cornerstone Missionary Baptist Church**

## **Fast for Spiritual Renewal**

*“Have mercy upon me oh God”*

*Psalm 51:1-2*

**February 18, 2026 – April 4, 2026**

### **FASTING**

**February 18, 2026, 6:00 p.m. - April 4, 2026, 6:00 p.m.**

#### **Weeks 1 & 2**

*Liquids only between 6:00 a.m. - 3:00 p.m.*

*Recommended Meals: Fruits & Vegetables*

#### **Week 3**

*Liquids only between 6:00 a.m. - 6:00 p.m.*

*Recommended Meals: Fruits, Vegetables, whole grains.*

#### **Week 4**

*Liquids only between 6:00 a.m. - 6:00 p.m.*

*Recommended Meals: Fruits, Vegetables, whole grains, nuts, and seeds*

#### **Week 5+**

*Liquids only between 6:00 a.m. - 6:00 p.m.*

*Recommended Meals: Fruits, Vegetables, Legumes, Tofu, Soy products, seasonings, salt, herbs, and spices.*

### **Morning Prayer**

*Monday, March 2, 2026, 6:30 a.m. - 7:30 a.m.*

*Rev. James Tyson via Zoom*

### **Good Friday Service - 7 Last Words from the Cross**

*Friday, April 3, 2026 @ 6:00 pm*

*Fruits, Vegetables, Whole Grains*

***Suggested Liquids: Water, Tea, Energy drinks, Fruit drinks or Juice***

If you are unable due to any reason, but still want to Fast, suggested times are from 6:00 a.m.-12:00 noon or 12:00 noon-6:00 p.m.

**PLEASE NOTE THAT THIS A SUGGESTED FASTING GUIDE**  
**PLEASE CONSULT YOUR PHYSICIAN BEFORE PARTICIPATING IN**  
**ANY TYPE OF FAST**

**ALLOW THE HOLY SPIRIT TO LEAD YOU THROUGH THIS FAST,**  
**REMEMBER YOUR MEDICAL CONDITIONS AND ADJUST**  
**YOURSELVES ACCORDINGLY**

**IF YOU CANNOT PARTICIPATE IN ANY TYPE OF FAST, PLEASE**  
**PARTICIPATE BY READING YOUR DAILY SCRIPTURES AND**  
**COMPLETING THE PRAYER GUIDE AND WORKSHEETS**

***God Bless...***

## **Developing an Intimate Relationship with God**

*The season of Lent is a period of 40 days, excluding Sundays, that begins on Ash Wednesday and ends on the Saturday before Easter Sunday.*

*Lent is a time of renewal and rebirth. During that time, the entire Body of Christ joins in remembrance and celebration of commitment to The Lord Jesus Christ.*

*This season, we will focus on developing a meaningful prayer life and fast for renewal and Bible Study. Using our prayer Journal, we will write our confessions and petitions. Acknowledging our thanks and listing persons that we will intercede for daily.*

**If you plan to fast – Please remember your physical limitations. Persons with physical disabilities should exercise caution before participating in a fast and should always seek the advice of their Physician. Persons who are diabetic, expectant mothers, and persons with other types of illnesses should not participate in any fast. Please seek the advice of your Physician or use your sound judgement before participating in any type of fast.**

**Pray and read your scriptures daily. Our Goal is to understand the true purpose of prayer as we seek to develop a consistent and effective daily prayer life and daily devotional life.**

**As we begin our 40 Day Fast for Spiritual Renewal, let us consider meditating and praying on these things:**

## Devotional Guide

### *Week 1 – Introspective Spiritual Examination*

*Ash Wednesday – February 18, 2026*

*Scripture: 2 Corinthians 7:14    Song: “Have Thine Own Way Lord” #125*

***Prayer Emphasis: Humility***

*Instructions: Liquids Only Beginning at 6:00 p.m.*

***\*\*Evening Prayer 6:00 p.m. - Associate Ministers\*\****

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Thursday, February 19, 2026*

*Scripture: Galatians 2:20    Song: “O Master, Let Me Walk With Thee” #405*

***Prayer Emphasis: Discipline***

*Instructions: End Fast at 6:00 p.m.*

*Fruits & Vegetables*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

*Friday, February 20, 2026*

*Scripture: Acts 5:29*

*Song: "Trust and Obey" #171*

***Prayer Emphasis: Obedience***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits & Vegetables*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Saturday, February 21, 2026*

*Scripture: 1 John 4:1*

*Song: "Lead On, Oh King" #397*

***Prayer Emphasis: Discernment***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits & Vegetables*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Monday, February 23, 2026*

*Scripture: 1 Corinthians 6:19*

*Song: "Something Within Me" #275*

***Prayer Emphasis: Health***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits & Vegetables*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Tuesday, February 24, 2026*

*Scripture: Proverbs 3:6; 11:15    Song: "All the Way My Savior Leads" #207*

***Prayer Emphasis: Direction***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits & Vegetables*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_



*Wednesday, February 25, 2026*

*Scripture: Isaiah 58:6-14    Song: "Guide Me, O Thou Great Jehovah" #234*

***Prayer Emphasis: Deliverance***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits & Vegetables*

***\*\*Evening Prayer 6:00 p.m. - Deacon Ministry\*\****

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Thursday, February 26, 2026*

*Scripture: Proverbs 3:7*

*Song: "Lead Me, Guide Me" #355*

***Prayer Emphasis: Wisdom***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits & Vegetables*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Friday, February 27, 2026*

*Scripture: Psalm 119:66*

*Song: "Send the Light" #410*

***Prayer Emphasis: Knowledge***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Saturday, February 28, 2026*

*Scripture: Matthew 17:20*

*Song: "My Faith Looks Up to Thee" #203*

***Prayer Emphasis: Faith***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits & Vegetables*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Monday, March 2, 2026*

*Scripture: Romans 12:1-2      Song: "All Hail the Power of Jesus Name" #517*

***Prayer Emphasis: Worship Attendance***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Tuesday, March 3, 2026*

*Scripture: Habakkuk 2:2-3      Song: "We've a Story to Tell" #409*

***Prayer Emphasis: Vision (casting, catching, and cultivating)***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Wednesday, March 4, 2026*

*Scripture: Mark 10:43-44; 1 Timothy 3:8-10    Song: "A Change to Keep" #190*

***Prayer Emphasis: Leadership***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

***\*\*Evening Prayer 6:00 p.m.: Deaconess Ministry\*\****

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Thursday, March 5, 2026*

*Scripture: Matthew 28:18-20    Song: "Hark! The Voice of Jesus' Calling" #396*

***Prayer Emphasis: Evangelism & Church Growth***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Friday, March 6, 2026*

*Scripture: Matthew 25:14-30*

*Song: "Take My Life" #338*

***Prayer Emphasis: Stewardship***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Saturday, March 7, 2026*

*Scripture: Psalm 37:4*

*Song: "Great is Thy Faithfulness" #153*

***\*\*Prayer Emphasis: Pastor & First Family\*\****

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Monday, March 9, 2026*

*Scripture: Psalm 37: 28*

*Song: "A Mighty Fortress is our God"*

***Prayer Emphasis: Protection***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Tuesday March 10, 2026*

*Scripture: Psalm 32:8*

*Song: "He Leadeth Me" #209*

***Prayer Emphasis: Guidance***

*Instructions: Liquids only 6:00 a.m. - 3:00 p.m.*

*Fruits, Vegetables, Whole Grains, & Lentils*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Wednesday, March 11, 2026*

*Scripture: Malachi 3:10-11*

*Song: "Something for Thee" #382*

***Prayer Emphasis: Giving***

*Instructions: Liquids only 6:00 a.m. - 5:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

***\*\*Evening Prayer 6:00 p.m. - Trustee Ministry\*\****

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Thursday, March 12, 2026*

*Scripture: 1 Peter 5:5-7*

*Song: "I Surrender All" #227*

***Prayer Emphasis: Submission***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains, & Lentils*

*Prayer Request* \_\_\_\_\_

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*Today, I deny myself* \_\_\_\_\_

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*Personal Testimony* \_\_\_\_\_

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*Friday, March 13, 2026*

*Scripture: John 17: 17-21*

*Song: "The Church is One Foundation" #377*

***Prayer Emphasis: Unity***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Saturday, March 14, 2026*

*Scripture: Leviticus 26:6*

*Song: "It is Well" #189*

***Prayer Emphasis: Peace***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Fish, & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Monday, March 16, 2026*

*Scripture: Psalm 8*

*Song: "How Great Thou Art" #25*

***Prayer Emphasis: Protection***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Tuesday, March 17, 2026*

*Scripture: 1 Corinthians 13:4-8*

*Song: "A Christian Home" #373*

***Prayer Emphasis: Families***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains, & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

Wednesday, March 18, 2026

Scripture: Isaiah 53: 4-5

Song: "Glory to His Name" #191

**Prayer Emphasis: Spiritual Healing**

Instructions: Liquids only 6:00 a.m. - 5:00 p.m.

Fruits, Vegetables, Whole Grains & Lentils

**\*\*Evening Prayer 6:00 p.m. – Finance & Budget Ministry\*\***

Prayer Request \_\_\_\_\_

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Today, I deny myself \_\_\_\_\_

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Personal Testimony \_\_\_\_\_

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Thursday, March 19, 2026

Scripture: Luke 23:34

Song: "At the Cross" #79

**Prayer Emphasis: Forgiveness**

Instructions: Liquids only 6:00 a.m. - 6:00 p.m.

Fruits, Vegetables, Whole Grains, & Lentils

Prayer Request \_\_\_\_\_

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Today, I deny myself \_\_\_\_\_

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Personal Testimony \_\_\_\_\_

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*Friday, March 20, 2026*

*Scripture: Philippians 2:13*

*Song: "The Old Rugged Cross" #96*

***Prayer Emphasis: The Unsaved***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Saturday, March 21, 2026*

*Scripture: John 19:26-27*

*Song: "He Will Remember Me" #93*

***Prayer Emphasis: Responsibility to Belong***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains, & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Monday, March 23, 2026*

*Scripture: Matthew 27: 46*

*Song: "Must Jesus Bear the Cross Alone" #85*

***Prayer Emphasis: Why***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Tuesday, March 24, 2026*

*Scripture: John 19:28*

*Song: "When I Survey the Wondrous Cross" #80*

***Prayer Emphasis: Desire to be Fulfilled***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains, & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

Wednesday, March 25, 2026

Scripture: John 19:30

Song: "Am I a Soldier of the Cross" #388

**Prayer Emphasis: Finalizing God's Assignment**

Instructions: Liquids only 6:00 a.m. - 5:00 p.m.

Fruits, Vegetables, Whole Grains & Lentils

**\*\*Evening Prayer 6:00 p.m. – Men's Ministry\*\***

Prayer Request \_\_\_\_\_

Today I deny myself \_\_\_\_\_

Personal Testimony \_\_\_\_\_

Thursday, March 26, 2026

Scripture: Luke 23:46

Song: "At Calvary" # 90

**Prayer Emphasis: Relationship with God**

Instructions: Liquids only 6:00 a.m. - 6:00 p.m.

Fruits, Vegetables, Whole Grains, & Lentils

Prayer Request \_\_\_\_\_

Today, I deny myself \_\_\_\_\_

Personal Testimony \_\_\_\_\_

*Friday, March 27, 2026*

*Scripture: John 15: 13-14*

*Song: "I Gave My Life for Thee # 82*

***Prayer Emphasis: Service***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Saturday, March 28, 2026*

*Scripture: 1 Corinthians 15: 57-58*

*Song: "Victory in Jesus" #511*

***Prayer Emphasis: Victory***

***\*\*Instructions: Rest and Fresh Fruits\*\****

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_



*Monday, March 30, 2026*

*Scripture: Matthew 5:23-24    Song: "Is Your all on the Altar" #183*

***Prayer Emphasis: Reconciliation***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Tuesday, March 31, 2026*

*Scripture: John 19:28    Song: "Oh How I Love Jesus" #10*

***Prayer Emphasis: Love***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains, & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

*Wednesday, April 1, 2026*

*Scripture: John 13:34-35*

*Song: "Breathe on Me" #388*

***Prayer Emphasis: Healing***

*Instructions: Liquids only 6:00 a.m. - 5:00 p.m.*

*Fruits, Vegetables, Whole Grains & Lentils, Poultry & Rice*

***\*\*Evening Prayer 6:00 p.m. - Women's Ministry – in the Sanctuary\*\****

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

***Thursday, April 2, 2026 – Maundy Thursday***

*Scripture: 1 Corinthians 11:23-26*

*Song: "At Calvary" #90*

***Prayer Emphasis: Spiritual Sacrifices***

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains, & Lentils*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

**Friday, April 3, 2026 – Good Friday**

*Scripture: Hebrews 10:16-25*

*Song: “I Gave My Life for Thee” #82*

**Prayer Emphasis: Covenant Relationship**

*Instructions: Liquids only 6:00 a.m. - 6:00 p.m.*

*Fruits, Vegetables, Whole Grains*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

**Saturday, April 4, 2026**

*Scripture: 1 Peter 4:1-8*

*Song: “Victory in Jesus” #511*

**Prayer Emphasis: Remembering Christ Suffering**

*Instructions: Rest and Fresh Fruits*

*Prayer Request* \_\_\_\_\_

*Today, I deny myself* \_\_\_\_\_

*Personal Testimony* \_\_\_\_\_

# **Church in Prayer During Lent**

**February 18 – April 4, 2026**

## **Church-Wide Zoom Prayer**

**Wednesday, February 18, 2026 - Evening Prayer 6:00 p.m.**  
*Associate Ministers*

**Wednesday, February 25, 2026 - Evening Prayer 6:00 p.m.**  
*Deacon Ministry*

**Wednesday, March 4, 2026 - Evening Prayer 6:00 p.m.**  
*Deaconess Ministry*

**Wednesday, March 11, 2026 - Evening Prayer 6:00 p.m.**  
*Trustee Ministry*

**Wednesday, March 18, 2026 - Evening Prayer 6:00 p.m.**  
*Finance & Budget Ministry*

**Wednesday, March 25, 2026 - Evening prayer 6:00 p.m.**  
*Men's Ministry*

**Wednesday, April 1, 2026 - Evening Prayer 6:00 p.m.**  
*Women's Ministry-in the sanctuary*

## Prayer of St. Francis

*Lord, make me an instrument of your peace;  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.*

*O Divine Master,  
grant that I may not so much seek to be consoled as to  
console;  
to be understood, as to understand;  
to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal Life.  
Amen.*

# NOTES

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# NOTES

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**CORNERSTONE**  
Missionary Baptist Church

# The Future *Is Now!*

**"Surely He took up our pain and bore our suffering,  
yet we considered Him punished by God, stricken  
by Him, and afflicted."  
Isaiah 53:4**



**@MYCMBNC**