

40 DAY FAST JOURNAL

Pray. Fast. Repent.

February 18, 2026 - April 4, 2026

SEASON of LENT



CORNERSTONE
Missionary Baptist Church

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LEVEL UP

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

CORNERSTONE

TABLE OF CONTENTS

Message from Pastor.....	3
The Importance of Fasting.....	4
Preparation for Fasting.....	5-6
Four Kinds of Fasting.....	7
7 Seven Biblical Fast.....	8-9
Fasting Guide 2026.....	10-11
Developing an Intimate Relationship with God.....	12
Devotional Guide	13-32
February 18, 2026 – April 4, 2026	
The Church in Prayer During Lent	
Ministries Responsibilities	33
Prayer of St. Francis.....	34
Personal Notes.....	35-38



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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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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 _____

Today, I deny myself _____

Personal Testimony _____

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

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.*

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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

