

Fasting 2022

As your pastors we would love for every member to participate in this seven- day journey of fasting and prayer. To fast is to abstain from all or some types of food with a spiritual goal in mind. You may also include other activities such as television in order to reach your spiritual goal. Greater God-consciousness and a holy lifestyle is our objective.

As we take on this challenge there are some things we need to consider.

Many of us have health challenges. As a precautionary measure check with your doctor before you begin your first fast.

Types of fasting:

Regular – refraining from eating all food. Drinking water and juice only.

Partial – Omitting a specific meal or meals from your diet or refraining from certain types of food, example: vegetables only (Daniel 1:18).

Fasting tips:

1. Determine which type of fast works for you then ask God to help you keep the 7-day commitment.
2. Avoid chewing gum. It activates the digestive process.
3. Days 2-4 are the most challenging. Hang in there!
4. When drinking juice avoid sweetened and acidic juices such as orange or tomato.
5. Avoid rigorous exercise such as going to the gym.
6. Expect some temporary physical, mental and perhaps emotional discomfort. Headaches, sleeplessness, and irritability often accompany a fast.
7. You may experience some weight loss but it will return quickly once the fast is broken
8. Inform people close to you as needed that you are fasting so that others will not be offended and in a way that attention is not brought on you.
9. End the fast slowly with soft foods to help your body adjust to the change

Our spiritual goals are to be a unified, healthy, praying church revived by God's power!!!!

Love, Pastors George and Shirley

Fasting and Prayer during Lent 2022

Please join Coke Memorial in prayer and fasting Beginning Ash Wednesday, every Wednesday from March 2nd – April 13th for one meal a day during Lent.

PRAYING AND FASTING FOR POWER IN 2022

"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." Acts 1:8

Daily Prayer and Fasting Schedule from January 3rd – January 9th

January 3rd - PRAY for:

- Bishop Fairley and Cabinet
- President Biden and Cabinet
- Governor Beshear and Cabinet
- Mayor Fischer and Cabinet
- For elimination of the COVID 19 virus

January 4th – PRAY:

- That every Coke member will be part of a vital Small Group, Bible Study class or ministry
- For the Louisville Fire Department
- For racial reconciliation and healing

January 5th – PRAY:

- That every member will glorify God with their time, talent, & treasure
- For the Louisville Water Company

January 6th – PRAY:

- That Coke will consistently raise up leaders who are operating in their spiritual gifts
- For Air pollution Control
- For Community Forestry

January 7th - PRAY:

- That all members will carry the Good News everywhere we go
- For the Police Department
- For Emergency Medical Services Personnel

January 8th - PRAY:

- That we will serve our community by meeting the needs of people that we influence
- Hospitals and their staff

January 9th - PRAY:

- For revival in our families, churches, city, nation, and our world
- For Smoketown Wellness Center & Dr. Charlotte Stites, Dr. Julia Mitchell