



Lenten Season 2025

Lenten Season Missive to The Upper Room Apostolic Cathedral from Apostle Darren Farmer, Sr.

Beloved Saints of The Upper Room Apostolic Cathedral,

Blessings to you my Father's children!

As we step into this sacred season of Lent, a time historically dedicated to reflection, repentance, and fasting, I am led to share a divine directive that I believe will shift atmospheres and release supernatural restoration in our lives. Traditionally, Lent is marked by abstaining from certain foods as a symbol of sacrifice, mirroring Christ's 40 days of fasting in the wilderness. Yet, as I sought the Lord concerning our collective sacrifice, He impressed upon my heart a deeper call — a fast from **negativity**.

A Call to “No Negativity”

Negativity, both spoken and internalized, is not just a spiritual hindrance but a proven contributor to physical and mental distress. Studies show that chronic negativity fuels stress, which weakens the immune system, elevates the risk of disease, and fractures mental well-being. Beyond science, Scripture warns us of the power of the tongue and the consequences of a doubtful heart (Proverbs 18:21, James 3:10).

Negativity distances us from God's presence, clouds our spiritual discernment, and disrupts our fellowship with Him. But imagine what could happen if, for 40 days, we intentionally chose life-giving words, hopeful thoughts, and unwavering faith in God's promises?

Apostle Darren Farmer, Sr. | Founder & Senior Pastor

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The 40-Day Detox: A Soul Cleanse

I invite you to walk with me through our **40-Day Devotional and Guide**. Each week, we will focus on key areas of restoration, love, evangelism, healing, unity, and victory. But at the core of it all is this singular commitment: **No Negativity**.

For the next 40 days:

- Speak blessings, not complaints.
- Choose hope over fear.
- Release forgiveness instead of harboring bitterness.
- Prophecy restoration, even in the face of lack.

Watch as God begins to detox your soul and atmosphere from all manners of sickness, worry, and stress. Feel the weight of burdens lift as praise replaces pessimism, and faith drowns out fear. As you sacrifice negativity, you make room for divine peace, healing, and renewed strength.

A Season of Supernatural Shift

I declare that by the end of this Lenten season, testimonies will overflow. Minds will be renewed, bodies healed, relationships restored, and the glory of God will rest upon The Upper Room Apostolic Cathedral like never before.

Let this be our collective cry: **“No Negativity!”** Let us guard our hearts, filter our words, and fix our eyes on Jesus — the Author and Finisher of our faith.

In expectation of miracles,

Apostle Darren Farmer, Sr. *Senior Pastor, The Upper Room Apostolic Cathedral*

Lenten Devotional Guide for The Upper Room Apostolic Cathedral 2025

Theme: Restoration, Evangelism, and Spiritual Impact

Weekly Focus & Prayer Points:

Week 1| March 5, 2025- March 12, 2025: Consecration and Surrender

- Scripture: Romans 12:1-2
- Reflection: Offer your body as a living sacrifice. Seek God's will through prayer and fasting.
- Prayer Point: Ask God to purify hearts and minds, preparing the congregation for a deeper move of His Spirit.

Week 2| March 13, 2025- March 19, 2025: Love and Compassion

- Scripture: John 13:34-35
- Reflection: Love one another as Christ loves us. Show kindness and forgiveness.
- Prayer Point: Intercede for the lost and hurting, asking God to use the church as a beacon of hope.

Week 3| March 20, 2025- March 26, 2025: Bold Evangelism

- Scripture: Matthew 28:19-20
- Reflection: Embrace the Great Commission. Be intentional about sharing the gospel.
- Prayer Point: Pray for divine encounters and the courage to witness boldly.

Week 4| March 27, 2025- April 2, 2025: Restoration and Healing

- Scripture: Joel 2:25-26
- Reflection: Trust God's promise to restore what was lost. Believe for miracles and deliverance.
- Prayer Point: Decree restoration over families, health, and finances.

Week 5| April 3, 2025- April 9, 2025: Unity and Fellowship

- Scripture: Acts 2:42-47
- Reflection: Foster deep connections within the church body. Strengthen fellowship and accountability.
- Prayer Point: Pray for unity and a spirit of humility, breaking down barriers within the community.

Week 6| April 10, 2025- April 17, 2025: Victory and Praise

- Scripture: 1 Corinthians 15:57
- Reflection: Celebrate Christ's victory over sin and death. Rejoice in the power of the resurrection.
- Prayer Point: Declare victory over every situation and give thanks for God's faithfulness.

Daily Sacrifice & Declaration:

- Sacrifice: Let go of negativity, choose words that uplift and inspire.
- Declaration: "I am a vessel of God's love, a voice of restoration, and a light to the world."

