

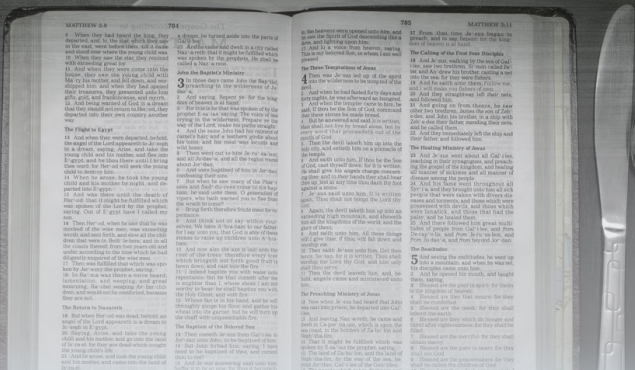
A SEASON OF FASTING & PRAYING

FEBRUARY 17 - MARCH 28, 2021

JOIN IN WITH US ON THIS JOURNEY OF SACRIFICE

REGISTER AT WWW.WMBCDC.ORG FOR THE 40 DAY LENTEN FAST

MARK 9:29 "SO HE SAID TO THEM, THIS KIND CAN COME OUT BY NOTHING BUT PRAYER AND FASTING."



**WALKER
MEMORIAL**
BAPTIST CHURCH

A PRAYERFUL CONGREGATION
WALKING IN THE SPIRIT & BRINGING SOULS TO CHRIST
WWW.WMBCDC.ORG @WALKERBAPTISTDC
REVEREND ADEMUYIWA T. BAMIDURO, PASTOR

Walker Memorial Baptist Church

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Reverend Ademuyiwa T. Bamiduro

Senior Pastor

Lenten Journey 2021

Ash Wednesday, February 17th – Palm Sunday, March 28th



Welcome to Walker Memorial Baptist Church Lenten Journey 2021. Recent times have brought about many challenges in our country, city, and community. The global impact of the deadly COVID-19 virus coupled with racism, health disparities, unemployment, food insecurity, family and relationship struggles, mental and emotional instability and a long list of other infirmities threaten to unnerv even the most faithful believers among us. However, God is near.

Indeed, in trying and unrelenting times, as Christians we are called to seek God for intervention. 2 Chronicles 7:13-14 recounts a conversation between God and King Solomon, where God tells Solomon that where pestilence and disease spread throughout the land, if God's people who are called by His name "humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land." Fasting is a way to seek God, while demonstrating humility and prayer, while turning from our wicked ways. To be sure, Jesus also confirmed that somethings will only change through fasting and praying.

Therefore, during this season of Lent—traditionally the forty-day period leading to Easter where Christians fast by abstaining from food and other pleasures, pray, and repent in preparation and anticipation of Resurrection Sunday—our fellowship will embark upon a congregation-wide fast. This year, our church has focused on time management, effectively using our God-given gifts while being intentional about not wasting time. To that end, during this season of fasting and praying, as we seek God to intervene in our personal lives and circumstances, we also want to ask God to show each believer: (1) what we can do for Christ; (2) how we can contribute to the advancement of His Kingdom; and (3) how we can become more involved in the ministry of the local church?

Enclosed, please find the fasting chart on page 4. *Please note that this is a progressive fast, and that each week builds upon the previous week. If you have a physical condition or health concerns, please do not compromise your safety. Please consult your doctor prior to beginning the fast.* I also want to invite you to join us for the following:

- Daily Morning Prayer Service at 6:30 am – Call Number 712-775-7031; Code: 710977#
- Omega Virtual Lenten Revival – Thursdays at 7 pm; see page 5 for more information

I believe God will do amazing things through this season of fasting. But first we have to make the commitment. I pray you decide to go on this journey with us. For more information, feel free to go to our website (www.wmbcdc.org) or find us on social media @walkerbaptistdc.

In Christ,

Reverend Ademuyiwa T. Bamiduro
Senior Pastor

A Season of Fasting and Praying: Helpful Points

Who Can Fast?

Anyone who has a desire to partner with us as we go through this journey of faith to get closer to God. **However, if you have an illness or medical condition, please seek the advice of a physician before participating in any fast.** Your physician can guide you on the nutritional implications of fasting while on medication.

Why I Should Fast?

The purpose of fasting is to strengthen you spiritually, mentally and physically. The goal is to draw nearer to God through spending more time with Him—free from distractions, through worship, prayer and reading God's Word. We fast also to feed our spirit so that we can deny our flesh. We want God to reveal Himself and speak to us like never before. The goals of the Walker Memorial Baptist Church Corporate Fast are to strengthen the unity within the body of Christ, to seek God's face and hear His voice regarding time management, what each believer can do for God, how each believer can advance His Kingdom, and how each believer can be more engaged in local ministry.

Practical Tips Before/During The Fast:

- Pray and seek God's face. Before you begin, ask God to help you prepare and to be fully committed to the fast, following the enclosed fasting chart on page 4. Fasting is a daily journey. Take your time and watch God reveal Himself to you as you commit yourself to Him! Your flesh will war against your desire to control it.
- Drink plenty of water. Water sustains our body. It assists in moving helpful nutrients throughout the body. It also helps us remove harmful wastes and toxins from the body.
- During your fast expect your body to eliminate toxins. This will cause varying levels of discomfort such as headaches and irritability. These are symptoms of withdrawal from sugars, caffeine, etc. You will experience hunger pains. When this happens, pray, read God's Word, drink water and explore activities to take your mind off of your discomfort. Activities like talking to an accountability partner, reading a book, meditating, finishing a project, or resting may ease your discomfort.
- The enemy knows that you are on a spiritual journey. However, do not be discouraged for we wrestle not against flesh and blood, but against rulers in dark places. Keep the following items with you at all times, as they will prove helpful in your time of need: the Bible, water, vitamins, fresh fruit and snack size nuts.
- Avoid chewing gum or candy. Chewing gum tricks your stomach into thinking you are consuming food. The purpose of the fast is sacrifice, and it is helpful to refrain from tricking your body.

Some Benefits of Fasting:

(1) Hear from God and understand His will for your life; (2) invite the Lord to create in you a clean heart and renew a right spirit; (3) a closer walk with God and commitment to following all of His ways; (4) freedom from everyday sins: pride, jealousy, resentment, unforgiveness, gluttony, hate, gossiping, etc.; (5) guidance/clarity with present monumental difficulties; (6) experience a break through; (7) establish a position of spiritual strength and dominion; and (8) freedom from bondage, spiritual or otherwise.

Walker Memorial Baptist Church, Washington, D.C. 2021 LENTEN 40 DAY FAST

WEEK	Start Date	Eliminate	Add	Meditation
1	Feb. 17 – Wed	All Beef / Speaking ill of others (gossip & negativity) Cursing; sarcasm	Quiet time with the Lord for 15 minutes Drink more water	Use a praise Journal to write 1 thing for which you give Praise Memorize 1 new scripture this week
2	Feb. 24 – Wed <i>Continue to also fast items from the previous week</i>	Eliminate: Pork, all fried foods and white rice; more than 2 hours of TV per day	Plus: Prayer twice a day; Prayer with a partner twice a week	Plus: Write 1 time God answered a prayer Memorize 1 new scripture this week
3	Mar. 3 – Wed <i>Continue to also fast items from the previous two weeks</i>	Eliminate: Junk food; soda and alcohol / Violent & profane entertainment	Plus: Eat more fruits and vegetables; Fresh air activity (sit by water; walk in park, etc.)	Plus: Write 1 way your life has improved as a Christian Memorize 1 new scripture this week
4	Mar. 10 – Wed <i>Continue to also fast items from the previous three weeks</i>	Eliminate: Refined (white) flour, no bread unless whole wheat and grains / An unforgiving spirit	Plus: Share the good news of Christ with someone new; Invite 1 person (churched or un-churched) to WMBC (or your church)	Plus: Write a favorite scripture and why; or find a scripture and explain how it impacts your life Memorize 1 new scripture this week
5	Mar. 17 – Wed <i>Continue to also fast items from the previous four weeks</i>	Eliminate: Turkey, Chicken, Coffee, tea, chocolate, all sugars. (Herbal tea, natural juices and honey are fine) / Complaining & fault finding (with self and others)	Plus: At least 4 glasses of water a day and 15 minutes of reading the Scriptures	Plus: Write the name of 1 person you want to see saved / return to church / and invite them Memorize 1 new scripture this week
6	Mar. 24 – Wed <i>Continue to also fast items from the previous five weeks</i>	Eliminate: Everything except vegetables, potatoes, fruits, legumes, fish, water and juices / No TV, excessive internet & social media; texting, phone calls etc. (Only what is required for work or school)	Plus: Make a list of your concerns – find Scriptures that address each concern Reciting Scripture out loud	Plus: Write out 1 way you can be more involved at WMBC (or at your church) and how you plan to execute your involvement Memorize 1 new scripture this week
End: Mar. 28 (Palm Sunday) (inclusive) Below Green denotes Wednesdays / Yellow denotes Sundays				

1	Feb. 17	9	Feb. 25	17	Mar. 5	25	Mar. 13	33	Mar. 21
2	Feb. 18	10	Feb. 26	18	Mar. 6	26	Mar. 14	34	Mar. 22
3	Feb. 19	11	Feb. 27	19	Mar. 7	27	Mar. 15	35	Mar. 23
4	Feb. 20	12	Feb. 28	20	Mar. 8	28	Mar. 16	36	Mar. 24
5	Feb. 21	13	Mar. 1	21	Mar. 9	29	Mar. 17	37	Mar. 25
6	Feb. 22	14	Mar. 2	22	Mar. 10	30	Mar. 18	38	Mar. 26
7	Feb. 23	15	Mar. 3	23	Mar. 11	31	Mar. 19	39	Mar. 27
8	Feb. 24	16	Mar. 4	24	Mar. 12	32	Mar. 20	40	Mar. 28

Omega

VIRTUAL LENTEN REVIVAL

THURSDAYS at 7:00pm

 <p>Thursday, February 18, 2021 Preacher: Pastor Kevin Donalson Mount Pleasant Baptist Church Herndon, VA</p>	 <p>Thursday, February 25, 2021 Preacher: Pastor Aaron B. Donnelly St. Paul CME Church Chester, PA</p>
 <p>Thursday, March 4, 2021 Preacher: Pastor Lucius M. Dalton Mount Moriah Baptist Church Washington, DC</p>	 <p>Thursday, March 11, 2021 Preacher: Pastor Ademuyiwa Bamiduro Walker Memorial Baptist Church Washington, DC</p>
 <p>Thursday, March 18, 2021 Preacher: Pastor Kendrick E. Curry Pennsylvania Avenue Baptist Church Washington, DC</p>	 <p>Thursday, March 25, 2021 Preacher: Pastor Lamar McIntyre Courts of Praise Christian Church Upper Marlboro, MD</p>
 <p>Maundy Thursday: April 1, 2021 Preacher: Dr. Albert Jackson Ebenezer Baptist Church Alexandria, VA</p>	 <p>Good Friday Service: April 2, 2021 12pm on ZOOM</p>

Two ways to participate weekly:

Use this same ZOOM login weekly for every service:
Meeting ID: 995 207 4245 | Passcode: 111711

Join in on our Facebook page:
Alpha Omega Chapter - Omega Psi Phi Fraternity, Inc
<https://www.facebook.com/groups/61894757500>

Offerings & honorariums go to the Alpha Omega
Social Action Scholarship Fund (AOSASF).

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Upcoming Events

GOSPEL SOUP

FREE SOUP & SANDWICHES
1ST AND 3RD WEDNESDAYS MONTHLY FROM 1PM - 3PM
2020 13TH ST. NW WASHINGTON, DC



VOLUNTEERS NEEDED
PLEASE REGISTER VIA WWW.WMBCDC.ORG



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VIRTUAL WOMEN'S CONFERENCE

WOMEN OF GODLY PURPOSE
REDEEMING THE TIME
ESTHER 4:14 AND EPHESIANS 5:15-17
SATURDAY MARCH 13, 2021
10:00AM - 12:30PM

REGISTER VIA WWW.WMBCDC.ORG
FOR ZOOM INFORMATION



CONFERENCE SPEAKER



CONFERENCE SPEAKER



CONFERENCE SPEAKER

KEYNOTE SPEAKER
REV. KAREN CURRY



A PRAYERFUL CONGREGATION
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REVEREND ADEMUYIWA T. BAMIDURO, PASTOR

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SUNDAY WORSHIP: 10:30 AM
WEDNESDAY BIBLE STUDY: 7 PM
DAILY MORNING PRAYER: 6:30 AM
Number: **712-775-7031**; Call Code: **710977#**
To Join the Fast: visit www.wmbcdc.org