

FEBRUARY 2023 / MARCH 2023

Bethel A.M.E. Church...Detroit, MI “Unity of Change Fast” Calendar Daily Scriptures/Food

SUN	MON	TUES	WED	THURS	FRI	SAT
					*Numbers in () parenthesis indicates the number of days of fasting	
19 Pastor Proclaims Fast! *Submit your Prayer Partner by Tuesday to Dr. Bev	20	21	22 (1) WATER DAY A.M.. James 1:1-7; 1 Samuel 2:26 Noon 1 King 10:1-9 P.M. Isa 49:1-11 Prayer Time 60 Min	23 (2) FRUIT DAY A.M. Gen 32:1-12 Noon Ps 119:32-40 P.M. Matt 3:13-30 Prayer Time-20 min	24 (3) Fish /Chicken/ Turkey/Salad Day A.M. Ez 8:15-21 Noon 2 Ti 2:15-19 P.M. Jn 15:5-8 Prayer Time 20 Min	25 (4) JUICE DAY A.M. 1 King 8:33-60 Noon Eph 3:1-18 P.M. Romans 6:9-14; 2 Peter 3:18 Prayer Time-20 min
26 Non-Fasting	27 (5) Unsalted Nuts Raisins/Dried Fruit A.M. Deut 9:9-18 Noon Hebrews 11 P.M. Gal 5:16-25 Prayer Time-23 min	28 (6) Salad/Raw Veggies A.M. 2 Ch 6:4-21 Noon Pro 2:1-6 P.M. Matt 10:16-27 Prayer Time-23 min	MARCH 1 (7) Dairy Day A.M. Neh 9:5-31 Noon Matt 11:25-30 P.M. 1 Thess 2 Prayer Time-23 min	2 (8) Fish/Chicken/ Turkey/Salad Day A.M Jer 36:6-9 Noon Acts 18:22-26; 2 Peter 1:5-8 P.M. Jn 8:25-32 Prayer Time-26 min	3 (9) Water Day A.M. Ps 5:1-8 Noon Ps 122 P.M. 2 Cor 9:6-15 Prayer Time-26 min	4 (10) DAIRY DAY A.M. Eph 3:14-21 Noon 1 Cor 12:1-20 P.M. Rom 10:1-15 Prayer Time 26 min
5 Non-Fasting	6 (11) FRUIT DAY A.M. Es 4:1-16 Noon Luke 5:1-11 P.M. Mat 9:27-38 Prayer Time 30 Min	7 (12) Salad/Raw Veggies A.M. Ps 27 Noon Deut 34:7-12 P.M. 1 Cor 2:6:16 Prayer Time 30 Min	8 (13) JUICE DAY A.M. Is 37:14-20 Noon Phil 3:3-14 P.M. Lk 15:10 Prayer Time 30 Min	9 (14) Unsalt Nuts Raisins/Dried Fruit A.M. 1 Ki19:1-18 Noon Isaiah 55 P.M. Col; 3:1-17 Prayer Time 33 Min	10 (15) DAIRY DAY A.M. Pro 3:1-6; Heb 6:1 Noon 1 Pet 4:12-19 P.M. 5:1-6 Prayer Time 33 Min	11 (16)Salad/Raw Veggies A.M. Ps 85:1-7; Ps 92:12-14 Noon Ecc 3:1-15 P.M. 1 Cor 4:9-16 Prayer Time 33 Min
12 Non-Fasting	13 (17) Water Day A.M. Neh 1 Noon 1 Cor 3:1-14 P.M. Matt 23:8-12; Luke 17:5 Prayer Time 40 Min	14 (18) Fish/Chicken Turkey/Salad Day A.M. Dan 2:13-26 Noon Ruth 1:1-16 P.M. Acts 20:18-24 Prayer Time 40 Min	15 (19) FRUIT DAY A.M. Ps 103 Noon 1 Pet 3:13-22 P.M. Heb 6:1-12 Prayer Time 40 Min	16 (20) Unsalt Nuts Raisins/Dried Fruit A.M. Is 58:3-11 Noon Acts 9:1-22 P.M. Col 1:1-12 Prayer Time 45 Min	17 (21) JUICE DAY A.M. Daniel 9:1-19 Noon Romans 12 P.M. Ps 18:6-24 Prayer Time 45 Min	18 (22)Fish/Chicken Turkey/Salad Day A.M. Jonah 2 Noon Heb 13:1-21 P.M. Matt 11:25-30 Prayer Time 50 Min

19 Non-Fasting	20 (23) <u>FRUIT DAY</u> A.M. Joel 2:12-15 Noon 1 John 5:1-15 P.M. 1 Cor 12:1-13 Prayer Time 50 Min	21(24) <u>DAIRY DAY</u> A.M. Habk 3 Noon Prov 8:4-14 P.M. 1 Peter 5:1-11 Prayer Time 53 Min	22 (25) <u>WATER DAY</u> A.M. Luke 6:12-19 Noon 1 Pet 4:12-19 P.M. Gal 6:1-10 Prayer Time 53 Min	23 (26) <u>Salad/Raw Veggies</u> A.M. Dan 10:2-12 Noon Isa 40:25-31 P.M. 1 Cor 10:1-11 Prayer Time 58 Min	24 (27) <u>JUICE DAY</u> A.M. Jude 20-25 Noon John 14:1-17 P.M. Acts 11:1-21 Prayer Time 58 Min	25 (28) <u>Unsalt Nuts Raisins/Dried Fruit</u> A.M. James 5:13-18 Noon Acts 6 P.M. Luke 1:1-17 Prayer Time 58 Min
26 Non-Fasting	27 (29) <u>DAIRY DAY</u> A.M. 2 Chr 20:1-4 Noon Prov 4:1-9 P.M. Rom 1:1-15 Prayer Time 60 Min	28 (30) <u>Salad/Raw Veggies</u> A.M. Mark 9:14-29 Noon 1 Cor 2:1-16 P.M. Rom 1:1-15 Prayer Time 60 Min	29 (31) <u>JUICE DAY</u> A.M. Matt 21:17-22 Noon Gen 2:6-17 P.M. 2 Cor 6:3-16 Prayer Time 60 Min	30 (32) <u>Unsalt Nuts Raisins/Dried Fruit</u> A.M. Acts 13:1-5 Noon Luke 8:1-15 P.M. Mark 10:23-27 Prayer Time 60 Min	31 (33) <u>WATER DAY</u> A.M.. James 1:1-7 Noon 1 King 10:1-9 P.M. Isa 49:1-11 Prayer Time 60 Min	

April 2023

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 (34) <u>Fish/Chicken Turkey/Salad Day</u> A.M. Ps 139:1-17 Noon Job 28:12-28 P.M. Matt 10:1-14 Prayer Time 60 Min
2(35) <u>FRUIT DAY</u> A.M Jonah 3 Noon 1 Cor 13 P.M. 2 Tim 2:1-14 Prayer Time 60 Min	3 (36) <u>Salad/Raw Veggies</u> A.M. Rom 8:24-28 Noon Mark 11:1-10 P.M. 1 Cor 9:19-23; Eph 4:15 Prayer Time 60 Min	4 (37) <u>Unsalt Nuts Raisins/Dried Fruit</u> A.M. Luke 4:1-3 Noon Acts 2:1-21 P.M. Matt 10:32-42 Prayer Time 60 Min	5 (38) <u>JUICE DAY</u> A.M. Luke 1:5-13 Noon Ex 34:1-9; Luke 8:14-15 P.M. Titus 2 Prayer Time 60 Min	6 (39) <u>DAIRY DAY</u> A.M. Acts 10:27-33; Col 2:6-7 Noon 1 Sam 1:1-19 P.M. Luke 14:16-27 Prayer Time 60 Min	7 (40) <u>GOOD FRI Fish/Chicken/Turkey Salad Day</u> A.M. John 17 Noon John 19:17-29 P.M. John 19:31-42 Prayer Time 60 Min	8 WATER A.M. Luke 23:33-34 Noon John 20:18-31 P.M. Matt 28 Prayer Time 60 Min
9 EASTER						

NOTES: 1) Each day you are asked to set aside a sacrificial offering of \$1 per day during Lenten Season to offered up on Easter Sunday
2) Holy Week April 2-8, 2023; 3) 10:00 pm on “Holy Saturday ” begins the Purification for Resurrection” (1 water day); 4) Sunday, April 9, 2023 Fast ends.
TO GOD BE THE GLORY