

Proclaim a Fast!

Intro Song: "Fight Song" by Jacobs Well Experience

Intro Prayer:

- For the suffering & the Lost in Japan, China, The Middle East, Mexico, South America, Africa, India, the USA, and the World!
- For humility this Lent that we may turn our heart back to God
- May we come to know HIM through the NEW Bread of the Face of God - the Eucharist!
- For our Clergy - may they grow in holiness & courage, that they may lead us to the Shepherd of souls!

Proclaim a FAST!

Joel 1:

[13] Gird on sackcloth and lament, O priests,
wail, O ministers of the altar.

Go in, pass the night in sackcloth,
O ministers of my God!

Because cereal offering and drink offering
are withheld from the house of your God.

[14] **Sanctify a fast,
call a solemn assembly.**

**Gather the elders
and all the inhabitants of the land
to the house of the LORD your God;**

and cry to the LORD.

[15] Alas for the day!

For the day of the LORD is near,
and as destruction from the Almighty it comes.

■ **Fasting For Clergy**

- 38 days of fasting & prayer for Bishops, Priests, and Deacons, on THE LIST at CatholicHack.com
- We desire that the Holy Spirit may accept our humble offering and apply grace to these Shepherds... that they may increase in holiness and lead us to a closer relationship with Christ our true Shepherd!
- Whom are you fasting & praying for? IF NOT... why NOT?
- Is this NOT an opportunity?

Colossians 1: [24] Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ's afflictions for the sake of his body, that is, the church,

1 Peter 2:

[18] Servants, be submissive to your masters with all respect, not only to the kind and gentle but also to the overbearing.

[19] For one is approved if, mindful of God, he endures pain while suffering unjustly.

[20] For what credit is it, if when you do wrong and are beaten for it you take it patiently? But if when you

do right and suffer for it you take it patiently, you have God's approval.

[21] For to this you have been called, because Christ also suffered for you, leaving you an example, that you should follow in his steps.

St. John: 15

[12] "This is my commandment, that you love one another as I have loved you.

[13] Greater love has no man than this, that a man lay down his life for his friends.

[14] You are my friends if you do what I command you.

Acts 13:

[2] While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

[3] Then after fasting and praying they laid their hands on them and sent them off.

Luke 5:

[33] And they said to him, "The disciples of John fast often and offer prayers, and so do the disciples of the Pharisees, but yours eat and drink."

[34] And Jesus said to them, "Can you make wedding guests fast while the bridegroom is with them?"

[35] The days will come, when the bridegroom is taken away from them, and then they will fast in those days."

- Do you not know that through suffering we become LIKE HIM?
 - St. Ignatius of Antioch - Letter to the Romans - 110 AD

Chapter 4. Allow me to fall a prey to the wild beasts

I write to the Churches, and impress on them all, that I shall willingly die for God, unless you hinder me. **I beseech of you not to show an unseasonable good-will towards me. Allow me to become food for the wild beasts, through whose instrumentality it will be granted me to attain to God. I am the wheat of God, and let me be ground by the teeth of the wild beasts, that I may be found the pure bread of Christ.** Rather entice the wild beasts, that they may become my tomb, and may leave nothing of my body; so that when I have fallen asleep [in death], I may be no trouble to any one. **Then shall I truly be a disciple of Christ, when the world shall not see so much as my body. Entreat Christ for me, that by these instruments I may be found a sacrifice [to God].** I do not, as Peter and Paul, issue commandments unto you. They were apostles; I am but a condemned man: they were free, while I am, even until now, a servant. **But when I suffer, I shall be the freed-man of Jesus, and shall rise again emancipated in Him. And now, being a prisoner, I learn not to desire anything worldly or vain.**

- **So who... do you suffer for this Lent? How are you uniting your heart to Christ & preparing yourself for His Passion, Death, and Resurrection?**
 - Are you prepared to follow christ, as St. Ignatius of Antioch did?

Luke 9:

[22] saying, "The Son of man must suffer many things, and be rejected by the elders and chief priests and scribes, and be killed, and on the third day be raised."

[23] And he said to all, "If any man would come after me, let him deny himself and take up his cross daily and follow me.

[24] For whoever would save his life will lose it; and whoever loses his life for my sake, he will save it.

[25] For what does it profit a man if he gains the whole world and loses or forfeits himself?

[26] For whoever is ashamed of me and of my words, of him will the Son of man be ashamed when he comes in his glory and the glory of the Father and of the holy angels.

[27] But I tell you truly, there are some standing here who will not taste death before they see the kingdom of God."

▪ **The Son of Man**

- The fulfillment of the prophecies of Daniel 2, 7 & 9
- The message is clear... Verse 23 - where do we take up our cross and follow him to?
 - Verse 22 - Calvary to death, resurrection, and to NEW LIFE!
- What gives NEW LIFE?

- Its a NEW Exodus therefore there must be a NEW Manna as food for the journey!

John 6:

[48] I am the bread of life.

[49] Your fathers ate the manna in the wilderness, and they died.

[50] This is the bread which comes down from heaven, that a man may eat of it and not die.

[51] I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh."

[52] The Jews then disputed among themselves, saying, "How can this man give us his flesh to eat?"

[53] So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you;

[54] he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day.

[55] For my flesh is food indeed, and my blood is drink indeed.

[56] He who eats my flesh and drinks my blood abides in me, and I in him.

[57] As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.

[58] This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever."

- **The confirmation of the proclamation of St. Peter, and the 12, of Jesus being the Christ...**

- on a Sunday... **Luke 9:**

[28] Now about eight days after these sayings he took with him

Peter and John and James, and went up on the mountain to pray.
[29] And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white.

[30] And behold, two men talked with him, Moses and Eli'jah,

[31] who appeared in glory and spoke of his departure, which he was to accomplish at Jerusalem.

■ **The sneak peak at his resurrection Glory!**

▪ Both the Law & the Prophets speak to Jesus

- The New & Greater Moses - Deut. 18

- The New & Greater Joshua

- The Servant whose stripes will set us free!

- With a NEW passover, to bring us the NEW Bread of the Presence

■ **This LENT prepare your hearts for HIS coming by immolating HIM**

▪ Unite your sacrifice to Christ on the Cross for someone else this Lent!

▪ Watch how, through your suffering, you are drawn closer to Him whom you LOVE

- & others will receive special graces thanks to your obedience.

Joel 2:

[12] "Yet even now," says the LORD,

"return to me with all your heart,

with fasting, with weeping, and with mourning;

[13] and rend your hearts and not your garments."

Return to the LORD, your God,

for he is gracious and merciful,
slow to anger, and abounding in steadfast love,
and repents of evil.

[14] Who knows whether he will not turn and repent,
and leave a blessing behind him,
a cereal offering and a drink offering
for the LORD, your God?

[15] Blow the trumpet in Zion;
sanctify a fast;
call a solemn assembly;

[16] gather the people.
Sanctify the congregation;
assemble the elders;
gather the children,
even nursing infants.
Let the bridegroom leave his room,
and the bride her chamber.

[17] Between the vestibule and the altar
let the priests, the ministers of the LORD, weep
and say, "Spare thy people, O LORD,
and make not thy heritage a reproach,
a byword among the nations.
Why should they say among the peoples,
`Where is their God?'"

[18] Then the LORD became jealous for his land,

and had pity on his people.

[19] The LORD answered and said to his people,
"Behold, I am sending to you
grain, wine, and oil,
and you will be satisfied;
and I will no more make you
a reproach among the nations.