



***“Embraced by the Favor of the Lord:
Reconciliation, Anticipation, and Incarnation”***

“And the Angel came in unto her , and said, Hail, thou that art highly favoured, the Lord is with thee, blessed art thou among women.”

-Luke 1:28-

Sunday, November 30th marks the first day of the season of Advent. The word **Advent** means “coming” or arrival”. It symbolizes the anticipation and realization of blessing from God. Our focus upon the **Favor of God** during Advent holds great promise for our spiritual lives as we journey toward Christmas. Let us together, those who can and will, engage in a time of fasting during this season of Advent as we press toward God and prepare to realize from God, all that God hopes for us in our individual and corporate lives.

Fasting is one of the most challenging and fruitful of spiritual disciplines. Fasting is the spiritual exercise of voluntarily withholding from your self items or experiences that you need or want. It is the practice of systematic self-denial with the intent to please God instead of seeking to fulfill your own desires. Fasts are usually practiced in times of crises, great need, during high holy days, or just to keep spiritually fit. We have all of these reasons before us now.

Find below the details of the fast I will be practicing for eighteen weekdays beginning November 30th, leading up to Christmas Eve. I invite you to join with me on this journey and I can assure you that God will be faithful amid your sacrifice in ways that you will be pleased with.

Feel free to contact me via email at sbdoctorh@hotmail.com for any questions or further guidance you might need regarding this fast or any other spiritual matters of your faith. Also, please visit our web site daily at secondbaptistkcmo.com daily to read a morning meditation titled “Resting in His Favor” that I will be providing for each day of our fast. Each meditation will coincide with the scriptures below. (These mediations will be made available via print as well)

Let us together renew our position within the embrace of God’s favor.

Let us together anticipate the unique arrival of God’s glorified presence in our midst.

Let us together realize God’s uncommon blessing during this high and holy season!

Resting in His Favor.

Rev. Dr. Howard

Fasting with Dr. Howard and the SBC Family

Fast Days: Monday through Friday (December 1st-December 24th)
Fast Times: Wake -6PM (24 hours for those who desire greater spiritual challenge)
Fast Type: Drink water only
Eat Vegetables and Fruits only
Fast Scriptures: Provided Below
Fast Prayer Time: 6AM and 6PM each day

12/1 Luke 1:4	12/8 Luke 1:13-18	12/15 Luke 1:26-27	12/22 Luke 1:39-45
12/2 Luke 1:5-6	12/9 Luke 1:19	12/16 Luke 1:28-30	12/23 Luke 1:46-55
12/3 Luke 1:7	12/10 Luke 1:20	12/17 Luke 1:31-33	12/24 Luke 2:11-21
12/4 Luke 1:8-9	12/11 Luke 1:21-23	12/18 Luke 1:34-35	
12/5 Luke 1:10-12	12/12 Luke 1:24-25	12/19 Luke 1:36-38	

Note: Those seeking a greater spiritual challenge are welcomed to join me in the food and liquid restriction for the entire 24 hour period each of the eighteen days.