

# Greater Cornerstone Baptist Church

www.greatercornerstonebc.org

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Look for us on  
Social Media.

Sunday School at  
9:30am

Morning Worship  
at 11:00am

Rev. Dr. Niles R. Wilson, Pastor  
Lady LaTosha Wilson, First Lady



Focus 1 - 7	Fast 8 - 18	Fellowship 19 - 23
2026 Push to Activate	Daniel Fast	United Clergy Schedule
History of Lent	Fast & Consecration schedule & examples	Recommended Books & Movies
GCBC Apps	Laying Aside Every Weight	Let Your Light Shine
Scripture Readings	Leaning on the Word to reject sin.	Music & Arts
Before You Fast		Final Instructions

## Philippians 2:13

<sup>13</sup> For God is working in you, giving you the desire and the power to do what pleases him.

**#2026PUSHTOACTIVATE**

### 2026 Theme

“P.U.S.H. to A.C.T.I.V.A.T.E.”

Persevere **U**ntil **S**omething **H**appens to **A**waken **C**hange **T**hrough **I**nspiration, **V**ictory, **A**nointing, **T**ransformation, and **E**ndurance.

After being **S**aturated in Christ (2024) and **E**levated in Mind, Body, Soul & Spirit (2025), 2026 becomes the year we **A**ctivate what has been deposited in us, to move from learning to living, from worship to witness, and from inspiration to impact. This is our year to be about it, not just talk about it, to walk boldly in the promises of god, to live our faith out loud without apology, and to experience the fullness of God in every area of our lives.

## History of Lent

The common practices of Lent started in the fourth century church. In its early years, Lent was used as a time to prepare converts for baptism during the Easter worship services, through concentrated study and prayer.

The season of Lent consists of 40 weekdays beginning on Ash Wednesday and concluding during the celebrations and observances of Holy Week; including Maundy Thursday, Good Friday, and Holy Saturday. Sundays are excluded from the 40 days of Lent because we celebrate the resurrection of Jesus on Sundays. The 40 days are significant to our faith because they represent many prominent biblical events; in particular, the raining for 40 days and nights during the great flood, and Jesus' 40 days of ministry preparation in the wilderness where he was tempted by the devil.

Today, we use the 40 days of Lent for repentance, self-examination, and consecration of our lives. This season and the season of Advent are important to our faith. But it is this season that includes Holy Week, Resurrection Sunday and Pentecost Sunday on the Christian Calendar, which makes the Lenten season “the second major grouping of Christian festivals”. (Bratcher, 2020)

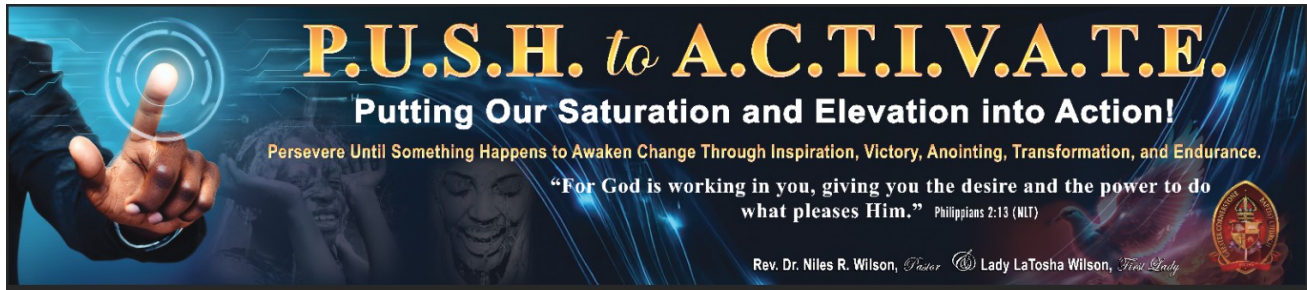
In observing Lent, it is common for churches to encourage believers to spend time repenting, engaging in intercessory prayer, fasting from meat, alcohol, sweets and other types of foods, and doing charitable deeds to the less fortunate and needy. With all that is observed, the most important priority of Lent should be prayer and personal accountability through repentance, so that every individual believer is prepared to celebrate God's Amazing Grace and Plan of Redemption on Resurrection Sunday by demonstrating their own resurrected life.

During the week of Ash Wednesday, that Sunday through the Tuesday before is known as “Carnival” which means in Latin the “removal of meat” or Shrovetide, which means, “repent”. During the three days of Carnival the Tuesday is known as “Shrove Tuesday”, but is commonly referred to by the French term “Mardi Gras”.

“Mardi Gras” is the French term for FAT TUESDAY, and it marks the time when many cultures hosts parades and focus on Historical or Cultural events such as the infamous Mardi Gras parades that take place in Louisiana here in the US, as well as in other Latin & Caribbean Countries. During these celebrations, participants are encouraged to enjoy live music and dancing in the streets; which have historically “led to public drunkenness and wild and lewd behaviors” (Bratcher, 2019) that have clouded the real meaning and purpose of the celebration.

These activities have often resulted in Christians avoiding the Lenten season; but today believers have a better understanding of the season, and are equipped to substitute the wild and public behaviors associated with the cultural parades; and focus on church sponsored events such as “Breakfast” or some other special meal where the church comes together as a community to break bread before fasting together.

“Ash Wednesday is the seventh Wednesday before Resurrection Sunday.” (Bratcher, 2019) It is the first official day of the Lenten season. The name Ash Wednesday comes from the practice of placing ashes on the foreheads of worshippers as a public sign of their repentance and humility before God. The ashes represent the mournful hearts that sorrow over the death that sin ushers into the world.



As we enter the sacred season of Lent, we do so with purpose, expectation, and divine urgency. This is not just another season of reflection; this is a season of *activation*. Our 2026 theme, “**P.U.S.H. to A.C.T.I.V.A.T.E.**” — **Persevere Until Something Happens to Awaken Change Through Inspiration, Victory, Anointing, Transformation, and Endurance**, calls us to move beyond intention and into action. Lent becomes our spiritual launchpad, where discipline meets devotion and faith meets forward movement.

Our theme scripture reminds us of this divine partnership:

*“For God is working in you, giving you the desire and the power to do what pleases Him.”* — Philippians 2:13 (NLT)

During this Lenten season, our fast and daily scripture readings are designed to awaken what God has placed within us. Fasting will not merely be about abstaining from food or habits, but about making room for God’s power to operate more freely in our lives. Prayer will sharpen our spiritual sensitivity. The Word will strengthen our resolve. And obedience will activate the transformation God desires to bring forth through us.

This season is our spiritual “PUSH.”

We will **Persevere** through discipline.

We will **Awaken Change** through surrender.

We will walk in **Inspiration** through God’s Word.

We will experience **Victory** through faith.

We will operate in **Anointing** through obedience.

We will embrace **Transformation** through renewal.

And we will develop **Endurance** through trust in God’s timing.

Let this Lent be the moment where dormant faith becomes demonstrated faith, silent belief becomes bold witness, and hidden potential becomes holy purpose. God is already working in you. Now is the time to activate it.

Let us PUSH forward together.

Date	Psalm	OT	Epistles	4 Gospels/Acts
<b>Wed Feb 18</b>	51:1-12	Ezekiel 36:1-27	Romans 12:1-2	John 15:1-5
<b>Thur Feb 19</b>	25:1-5	Isaiah 43:1-19	2 Timothy 1:1-7	Matthew 5:1-16
<b>Fri Feb 20</b>	37:1-5	Joshua 1:1-9	Philippians 2:1-13	Luke 9:1-25
<b>Sat Feb 21</b>	119:1-33	Deut. 30:1-20	James 1:1-25	John 14:1-17
<b>Sun 1 Feb 22</b>	68:28-29	Zechariah 4:1-6	Ephesians 3:1-20	Acts 1:1-8
<b>Mon Feb 23</b>	18:1-34	Isaiah 40:1-31	2 Corinthians 4:1-18	Mark 10:1-27
<b>Tues Feb 24</b>	42	Habakkuk 3:8-16	Philippians 3:1-14	Luke 18:1-8
<b>Wed Feb 25</b>	85:1-7	Joel 2:1-13	Hebrews 11:1-6	John 11:1-26
<b>Thur Feb 26</b>	27:1-14	Proverbs 16	Colossians 1:1-11	Matthew 9:1-38
<b>Fri Feb 27</b>	66:1-12	Lam 3:31-33	Galatians 6:1-9	Matthew 24:1-13
<b>Sat Feb 28</b>	144	2 Chronicles 16:1-9	1 Cor. 15:51-58	John 9:1-9
<b>Sun 2 March 1</b>	31:1-24	Isaiah 41:1-10	Hebrews 12:1-11	Matthew 24:4-14
<b>Mon March 2</b>	94:1-13	Proverbs 3:1-12	1 Cor. 9:1-27	Luke 13:1-17
<b>Tues March 3</b>	62:1-8	Genesis 50:1-20	Romans 8:1-18	John 16:17-33
<b>Wed March 4</b>	66:1-9	Daniel 11:25-33	Romans 5:1-5	Luke 21:1-19
<b>Thur March 5</b>	46	Nehemiah 6:1-9	2 Thess. 3:1-13	Mark 4:1-9
<b>Fri March 6</b>	112:1-7	Job 23:1-10	2 Cor. 4:1-9	Mark 4:10-20
<b>Sat March 7</b>	20:1-8	Deut. 20:3-4	2 Timothy 4:1-8	Luke 22:24-32
<b>Sun 3 March 8</b>	128	Deut. 28:1-14	Romans 6:12-18	John 14:15-27

<b>Mon March 9</b>	40:1-9	Micah 6:1-8	Ephesians 5:1-17	Matthew 7:1-21
<b>Tue March 10</b>	15:1-2	1 Samuel 15:16-23	James 2:17-24	Luke 6:46-49
<b>Wed March 11</b>	116:12-19	Isaiah 6:1-8	Galatians 2:1-20	Mark 8:34-38
<b>Thur March 12</b>	119:57-64	Genesis 12:1-9	Hebrews 11:7-16	Matthew 4:18-22
<b>Fri March 13</b>	1	Jeremiah 17:1-8	Colossians 1:1-10	John 15:8 -17
<b>Sat March 14</b>	32:1-8	Proverbs 3:1-6	2 Cor. 5:1-7	Luke 5:1-6
<b>Sun 4 March 15</b>	27:1-4	Joshua 10:1-8	Romans 8:31-39	Matthew 14:22-31
<b>Mon March 16</b>	56:1-4	Esther 4:1-16	2 Timothy 1:1-7	Mark 5:36-42
<b>Tue March 17</b>	112	Isaiah 54:11-17	Hebrews 13:1-8	Luke 12:22-34
<b>Wed March 18</b>	66:13-20	Daniel 3:8-18	James 1:1-8	Matthew 7:24-28
<b>Thur March 19</b>	46:1-11	Exodus 14:1-14	Ephesians 6:1-13	John 6:60-71
<b>Fri March 20</b>	118:1-7	Nehemiah 4:1-14	1 Peter 4:12-19	John 15:18-25
<b>Sat March 21</b>	60:1-12	1 Samuel 17:45-47	1 John 5:1-5	John 16:5-15
<b>Sun 5 March 22</b>	150	Isaiah 50:1-7	Romans 15:1-7	Mark 10:35-45
<b>Mon March 23</b>	24:1-5	Exodus 19:1-11	2 Cor. 6:14-18	John 17:1-17
<b>Tues March 24</b>	143:1-10	Proverbs 20:23-29	Galatians 2:14-21	Luke 22:39-46
<b>Wed March 25</b>	119:41-48	Genesis 22:1-12	Hebrews 11:17-40	John 12:20-26
<b>Thur March 26</b>	27	Leviticus 22:29-33	Hebrews 13:9-17	Matthew 16:21-28
<b>Fri March 27</b>	51:14-19	Isaiah 53	Philippians 2:1-8	John 10:1-18
<b>Sat March 28</b>	130:1-8	Zechariah 9:1-9	Colossians 2:1-15	John 12:12-19

Date	Psalm	OT	Epistles	Gospel/Acts
<b>Sun March 29</b>	118:25-26	Zechariah 9	Titus 2:11-14	John 20:19-31
<b>Mon March 30</b>	69	Malachi 3:1-6	1 Corinthians 3:1-17	John 21:1-11
<b>Tues March 31</b>	2	Isaiah 42:1-4	1 Cor. 11	John 21:12-25
<b>Wed April 1</b>	41	Zechariah 11:1-13	1 Peter 4:7-11	Matthew 28:1-15
<b>Thur April 2</b>	55:1-13	Exodus 12:1-13	Hebrews 10:1-18	Matthew 28:16-20
<b>Fri April 18</b>	22	Isaiah 53:1-7	Hebrews 10:19-39	Acts 1:1-11
<b>Sat April 19</b>	16	Hosea 6	Revelation 22:20-21	



### Stay Connected with God's Word and Church Updates

Download our two convenient apps from the Apple Store or Google Play Store: **Word for You Today** and **Tithely**.

### Word for You Today App

1. Visit [www.mydevoapp.com](http://www.mydevoapp.com) before downloading.
2. Create an account and connect with **Greater Cornerstone**.
3. Enter the Access Code: **FPR**.
4. Download the **Word for You Today** app.
5. Log in and start reading!

### Greater Cornerstone App (via Tithely)

1. Search for the Blue **Tithely** app in the Apple Store or Google Play Store.
2. Select and download the **blue Tithely** app.
3. Open the app, search for **Greater Cornerstone (East Orange)**, and select our church.

**That's it! Stay engaged and informed with just a few taps.**

## EQUIPPING, EDIFYING, AND EMPOWERING PEOPLE FOR GOD

### *Before You Begin Your Fast*

#### **A Sacred Reminder**

Fasting is a powerful spiritual discipline. It is not a diet or a trend, but a holy act of consecration that brings the body, soul, and spirit into alignment with the life God breathed into humanity. Through fasting, we quiet our flesh so we can hear God more clearly, draw closer to Him, and renew our commitment to His will.

#### **Important Medical Notice**

Your health is a gift from God and must be handled with wisdom and care.

- Whether you have known health issues or not, you are strongly encouraged to consult with your primary care physician or a qualified health professional before beginning any fast, especially the Daniel Fast.
- If you have medical conditions that require a specific diet, or if you must eat when taking prescribed medications, you must continue to follow your physician's instructions without exception.
- Never discontinue medication or alter medical treatment for the sake of fasting. God is honored by obedience, not by unnecessary risk.

Your fast should strengthen your faith, not endanger your health.

#### **Flexibility with Spiritual Integrity**

The Daniel Fast allows room for personal adjustment based on your physical needs and spiritual leading. Any modifications should be guided by the Holy Spirit, not by convenience, comfort, or personal cravings.

You may feel led to:

- Avoid certain foods, seasonings, or beverages for the entire fast
- Eat only vegetables and drink only water
- Extend your fast beyond meals to include social media, entertainment, or other distractions

***In addition to following the Daniel Fast, see the "Alternate Fast" schedule to participate in the weekly consecration activities.*** Whatever the Holy Spirit leads you to do, decide in advance and commit to it with discipline and consistency.



## **DANIEL FAST FOOD GUIDE (Refreshed Edition)**

*Eating with Purpose. Living with Discipline. Honoring God with Our Bodies.*

The Daniel Fast is a plant-based dietary regimen that emphasizes whole, natural, unprocessed foods. It is designed to support spiritual clarity, physical wellness, and intentional devotion to God.

Think: simple, clean, and God-honoring.

### **ALLOWED FOODS**

**ALL FRUITS:** Fresh, frozen, dried (no added sugar), juiced, or canned in water/100% juice.

***Includes, but is not limited to:***

Apples, apricots, avocados, bananas, blackberries, blueberries, boysenberries, cherries, cranberries, coconut (fresh or unsweetened), dates (unsweetened), figs, grapefruit, grapes, guava, honeydew, kiwi, lemons, limes, mangoes, melons, nectarines, oranges, papaya, peaches, pears, pineapple, plums, pomegranate, prunes, raisins (no sugar added), raspberries, strawberries, tangerines, tangelos, watermelon.

**ALL VEGETABLES:** Fresh, frozen, dried, juiced, or canned (without added sugar or preservatives).

Veggie burgers are permitted only if they are 100% plant-based and free of preservatives or additives.

***Includes, but is not limited to:***

Artichokes, arugula, asparagus, beets, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumbers, eggplant, fennel, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, parsnips, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squash (butternut, acorn, spaghetti, etc.), sweet potatoes, tomatoes, turnips, watercress, yams, zucchini.

**ALL WHOLE GRAINS:** Whole, unrefined, and minimally processed:

Brown rice, wild rice, quinoa, millet, amaranth, barley, oats, bulgur, farro, spelt, teff, whole wheat pasta, whole wheat tortillas, grits (stone-ground), popcorn (air-popped), rice cakes (no additives).

**ALL NUTS & SEEDS:** Raw or dry roasted (no salt, sugar, or additives):

Almonds, cashews, peanuts, walnuts, pecans, pistachios, hazelnuts, Brazil nuts, sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, chia seeds, hemp seeds.

Nut butters allowed if ingredients are **only nuts** (no sugar, oil, or salt added).

**ALL QUALITY OILS:** Used sparingly:

Olive oil, avocado oil, grapeseed oil, sesame oil, coconut oil (small amounts), peanut oil, flaxseed oil.



**HERBS, SPICES & SEASONINGS:** Fresh or dried:

Basil, oregano, thyme, rosemary, turmeric, cumin, coriander, paprika, cayenne, cinnamon, cloves, garlic powder, onion powder, black pepper, sea salt, Himalayan salt, nutritional yeast.

**BEVERAGES**

- Water (spring, distilled, filtered, alkaline)
- Vegetable juices (no sugar added)
- Fresh fruit juices (limited, no added sugar)

*Optional (if medically and spiritually appropriate):*  
Warm lemon water, ginger water, cucumber water.

**OTHER**

Tofu, tempeh, unsweetened soy products, almond milk (unsweetened), oat milk (unsweetened), coconut milk (unsweetened), vinegar (apple cider, balsamic), tamari or liquid aminos (low sodium).

**FOODS TO AVOID**

**All meat and animal products:** Beef, pork, lamb, poultry, fish, seafood, eggs.

**All dairy:** Milk, cheese, yogurt, cream, butter, whey.

**All sweeteners:** Sugar, brown sugar, raw sugar, honey, maple syrup, agave, stevia, cane juice, molasses, date syrup.

**All leavened bread:** Any bread or baked goods with yeast.

**All refined & processed foods:** White flour, white rice, packaged snacks, artificial flavorings, preservatives, food dyes.

**All deep-fried foods:** Chips, fries, fried vegetables, battered foods.

**All solid fats:** Shortening, margarine, lard, and hydrogenated oils.

**Beverages:** Coffee, black tea, green tea, herbal teas, soda, energy drinks, alcohol, flavored waters.



## Final Reminder

The Daniel Fast and the Alternate Fast are not about restriction; they are about *refocusing*.  
They're not about perfection; they're about *obedience*.  
They're not about weight loss; they're about *spiritual activation*.

*Eat with intention.*

*Pray with consistency.*

*Fast with expectation.*

### Consistency Matters

If you choose to observe the fast for the full 40 days (including Sundays), do so prayerfully and faithfully. The power of fasting is not in perfection, but in commitment and obedience.

### A Lifestyle, Not Just a Season

Over the years, many have discovered that the Daniel Fast is more than a temporary spiritual exercise—it becomes a way of living. Daniel's fast was not seasonal; it was a lifestyle of devotion and separation unto God.

When Daniel requested to abstain from the king's rich foods for ten days, he did so with faith and confidence in God. At the end of those ten days, he appeared healthier and stronger, and his commitment was allowed to continue. His fast was never about appearance or weight loss—it was about honoring God.

### Our Purpose

Like Daniel, our goal is not physical transformation alone, but spiritual elevation. We fast to grow in holiness, humility, and intimacy with God. We fast to activate what God has already placed within us.

May this season of consecration bring clarity, renewal, strength, and **Elevation** in your relationship with Jesus Christ.

**God Bless You as You Begin This Sacred Journey.**

## P.U.S.H. TO A.C.T.I.V.A.T.E. – 2026 LENTEN FAST & CONSECRATION SCHEDULE

*An Alternative to the Daniel Fast*

*(Everyone is encouraged to abstain from alcohol and nicotine for the entire Lenten season.)*

This schedule is built to be **attainable, intentional, and activating**.

Each week, participants choose:

- **At least 2 Fast challenges**
  - **At least 2 Consecration challenges**
- Youth will choose **1–2 Youth Challenges**.

This fast is not about restriction alone—it is about **realignment, discipline, and spiritual activation**.

### WEEK ONE: February 18 – February 21

**Theme: Push to Reset:** *Breaking unhealthy patterns and re-centering our focus on God.*

#### **FAST (Choose 2):**

1. No fast food or drive-thru meals
2. No soda or sweetened beverages
3. No late-night eating after 8 PM
4. No fried foods

#### **CONSECRATION (Choose 2):**

1. Begin each day with 10 minutes of prayer before touching your phone
2. Delete or mute one distracting app for the week
3. Speak only uplifting and solution-focused words
4. Write one daily gratitude statement to God

#### **YOUTH (Choose 1–2):**

1. No YouTube or TikTok before school
2. No candy or sugary snacks
3. Pray before homework or schoolwork

### WEEK TWO: February 23 – February 28

**Theme: Push to Discipline:** *Training our bodies and minds to submit to God.*

#### **FAST (Choose 2):**

1. No red meat
2. No chips or packaged snack foods
3. No caffeine
4. Meatless lunch every day

**CONSECRATION (Choose 2):**

1. Walk for 15 minutes while praying or listening to scripture
2. No complaining or arguing. Replace every complaint with a prayer
3. Reach out to encourage one person daily
4. Read one Psalm each day

**YOUTH (Choose 1–2):**

1. No video games on school nights
2. Drink only water at meals
3. Read one Bible verse aloud daily

**WEEK THREE: March 2 – March 8**

**Theme: Push to Simplicity:** *Removing excess to make room for God.*

**FAST (Choose 2):**

1. No desserts or baked sweets
2. No white bread, white rice, or regular pasta
3. No cheese or creamy sauces
4. Meatless dinner two days this week

**CONSECRATION (Choose 2):**

1. Declutter one space in your home prayerfully
2. Limit screen time to essentials only
3. Replace TV time with worship music or scripture
4. Journal one prayer request and one praise daily

**YOUTH (Choose 1–2):**

1. No headphones during homework
2. No snacking between meals
3. Help with one extra household chore

WEEK FOUR: March 9 – March 14

**Theme: Push to Integrity:** *Aligning actions with faith.*

**FAST (Choose 2):**

1. No eating out
2. No sugary breakfast foods
3. No flavored coffee drinks or creamers
4. Meatless breakfast daily

**CONSECRATION (Choose 2):**

1. Apologize where reconciliation is needed
2. Speak truth in love; absolutely no gossip, no exaggeration, no assumptions
3. Pray for leaders, teachers, church leaders, first ladies, and pastors daily
4. Memorize one scripture

**YOUTH (Choose 1–2):**

1. No social media after 7 PM
2. No fast food
3. Read one Proverb per day

WEEK FIVE: March 16 – March 21

**Theme: Push to Compassion:** *Serving others activates our faith.*

**FAST (Choose 2):**

1. No snacks between meals
2. No fried meats
3. No sugary drinks
4. No heavy condiments or sauces

**CONSECRATION (Choose 2):**

1. Perform one act of kindness daily
2. Pray specifically for someone in need
3. Donate food, clothes, or time
4. Send a scripture-based encouragement text

**YOUTH (Choose 1–2):**

1. Share a snack with someone
2. Write a thank-you note to a teacher or parent
3. Pray for a friend

**WEEK SIX: March 23 – March 28**

**Theme: Push to Focus:** *Sharpening spiritual awareness.*

**FAST (Choose 2):**

1. No watching TV or scrolling on your phone while eating.
2. No candy or chocolate
3. No pork products
4. No soda

**CONSECRATION (Choose 2):**

1. 20 minutes of uninterrupted prayer daily
2. Read one chapter of the Gospels each day
3. Practice silence for 10 minutes daily
4. Start and end the day thanking God

**YOUTH (Choose 1–2):**

1. No gaming before homework
2. Pray before bedtime
3. Read a Bible story

**WEEK SEVEN: March 30 – April 4**

**Theme: Push to Activation:** *Walking boldly in spiritual purpose.*

**FAST (Choose 2):**

1. Simple meals only (no extras or seconds)
2. No processed snacks
3. No caffeine
4. No eating after 7 PM

**CONSECRATION (Choose 2):**

1. Write your spiritual goals for the rest of 2026
2. Share your testimony with someone
3. Anoint your home in prayer
4. Prepare your heart for Resurrection Sunday

**YOUTH (Choose 1–2):**

1. Invite a friend to church
2. Pray aloud once this week
3. Write a prayer letter to God

**LAYING ASIDE EVERY WEIGHT AND SIN***(Hebrews 12:1)*

Lent is our sacred opportunity to **PUSH TO ACTIVATE** what God has already placed within us. To push means to move forward with intention. To activate means to bring what is dormant into divine operation. Hebrews 12 reminds us that spiritual progress requires more than effort—it requires release:

“Let us lay aside every weight and the sin which so easily ensnares us, and let us run with endurance the race that is set before us.”

Weights are not always sinful, but they are distracting. Sin is always destructive because it separates us from God’s will and weakens our spiritual stamina. During this season, we are not only fasting from food—we are fasting from behaviors, mindsets, and habits that hinder our obedience, clarity, and power.

Lent is a **spiritual detox**. We are pushing out what pollutes our spirit and activating what produces holiness.

Beginning on Ash Wednesday, declare: “I choose clarity over compromise. I choose obedience over preference. I choose freedom over bondage. I **PUSH TO ACTIVATE** my faith.”

The enemy thrives when believers tolerate what God forbids. But when we repent, resist, and realign ourselves with God’s Word, chains break and spiritual elevation begins.

As you increase your time in:

- Prayer
- Scripture
- Worship
- Silence
- Repentance

...you will notice that sin loses its grip and discipline gains strength. This is not condemnation, it is consecration.

Create a sacred space where your spirit can be sharpened and your heart can be searched. Confession opens the door to cleansing. Repentance activates restoration. Obedience activates power.



## SINS TO REJECT & SCRIPTURES TO STAND ON

*(If your struggle is not listed, add it with scripture and prayer.)*

### Sexual & Moral Integrity

- **Adultery / Fornication / Sexual Sin**  
Exodus 20:14, Matthew 5:27–28, 1 Corinthians 6:18–20, 1 Thessalonians 4:3–5
- **Pornography**  
Psalm 119:37, 1 John 2:16, James 1:14–15, Mark 7:20–23
- **Living Together Outside of Marriage**  
Hebrews 13:4, Genesis 2:24, 1 Corinthians 7:2
- **Homosexual Practices**  
Romans 1:26–27, 1 Corinthians 6:9–11, Leviticus 18:22

### Speech & Attitude

- **Gossip / Slander / Talking Behind Others' Backs**  
Ephesians 4:29, James 1:26, Exodus 23:1
- **Profanity / Dirty Jokes / Evil Speaking**  
Ephesians 5:4, Colossians 3:8, James 3:10
- **Complaining / Murmuring**  
Philippians 2:14, 1 Corinthians 10:10
- **Talking Excessively / Loudly**  
Proverbs 10:19, James 1:19

### Heart Conditions

- **Bitterness / Grudges / Unforgiveness**  
Hebrews 12:15, Ephesians 4:31–32, Colossians 3:13
- **Anxiety / Worry**  
Philippians 4:6–7, Matthew 6:34, 1 Peter 5:7
- **Pride / Attention Seeking**  
Philippians 2:3–5, Matthew 6:1
- **Ungratefulness**  
Luke 17:17–19, Proverbs 17:13
- **Pessimism / Hopelessness**  
Romans 8:28, Philippians 4:8

## Self-Control & Discipline

- **Laziness**  
Proverbs 6:6, 21:25
- **Procrastination**  
Ephesians 5:15–17, Proverbs 13:4
- **Impulse Spending / Greed**  
Hebrews 13:5, Luke 12:15
- **Gambling**  
1 Timothy 6:9–10, Hebrews 13:5

## Substance & Body Stewardship

- **Drunkenness / Alcohol Abuse**  
Ephesians 5:18, 1 Peter 4:3
- **Illegal Drugs / Marijuana**  
Romans 13:13–14, Galatians 6:7–8
- **Smoking / Vaping**  
1 Corinthians 3:16–17, Romans 6:13

## Authority & Relationships

- **Disobedience / Disrespect for Authority**  
Romans 13:1–5, 1 Samuel 15:22
- **Domestic Strife / Conflict**  
Ephesians 5:21, 4:32, Proverbs 20:3
- **Bullying / Violence**  
Proverbs 3:31, 1 Peter 3:9

## Integrity

- **Lying / Deception**  
Proverbs 12:22, Colossians 3:9
- **Stealing**  
Exodus 20:15, Ephesians 4:28
- **Breaking Commitments**  
Ecclesiastes 5:4–5, James 5:12

## ACTIVATION SCRIPTURES

### **Confession Brings Cleansing**

1 John 1:9 “But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

### **God Always Provides an Escape"**

1 Corinthians 10:12–13 <sup>12</sup> If you think you are standing strong, be careful not to fall.<sup>13</sup> The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

### **Faith Activates Victory**

1 John 5:4–5 “<sup>4</sup> For every child of God defeats this evil world, and we achieve this victory through our faith. <sup>5</sup> And who can win this battle against the world? Only those who believe that Jesus is the Son of God.”

### **Grace Is Greater Than Sin**

Romans 5:20 “<sup>20</sup> God’s law was given so that all people could see how sinful they were. But as people sinned more and more, God’s wonderful grace became more abundant.”

## THE ACTIVATION CALL

If any of these behaviors have ever held you hostage, now is your moment to **PUSH TO ACTIVATE FREEDOM.**

Repent.  
Renounce.  
Refocus.  
Rise.

Jesus said, “Go and sin no more.” (John 8:11)

That is not condemnation, it is commissioning.  
You are not defined by your past.  
You are activated by your obedience.

“This is where saturation and elevation are pushed into activation.”

# UNITED CLERGY OF THE ORANGES INC.

## 2026 LENTEN SERVICE SCHEDULE

*BETHEL BAPTIST CHURCH, 229 WALLACE STREET, ORANGE NJ*

Praise & Worship (7:00 PM) – Worship Service (7:15 PM)

[www.unitedclergyoo.com](http://www.unitedclergyoo.com)

### Week 1: Ash Wednesday – Feb. 18, 2026

Preacher: [Rev. Lori Williams](#)  
Word of Life Christian Fellowship  
Subject: **“The Plot”**  
Scripture: Mark 3:6, John 11:45-54

### Week 2: Wednesday – Feb. 25, 2026

Preacher: [Rev. Dr. Niles R. Wilson](#)  
Greater Cornerstone Baptist Church  
Subject: **“The Entry”**  
Scripture: Mt. 21:1-9, Mk. 11:1-10  
Lk 19:29-40, Jn 12:12-19

### Week 3: Wednesday – March 4, 2026

Preacher: [Pastor Prescott Butler](#)  
Orange United Methodist Church  
Subject: **“The Cleansing”**  
Scripture: Mt. 21:10-11, Mk. 11:1  
Lk. 19:41-44

### Week 4: Wednesday – March 11, 2026

Preacher: [Rev. Dr. Stephen Webb](#)  
New Life Christian Church  
Subject: **“The Cleansing”**  
Scripture: Mt. 21:12-13, Mk. 11:15-19  
Lk. 19:45-48

### Week 5: Wednesday – March 18, 2026

Preacher: [Rev. Arthur Bryant](#)  
Friendship Baptist Church, Garfield  
Subject: **“The Anointing”**  
Scripture: Mt. 26:6-13, Mk 14:3-9, Jn. 12:3-8

### Week 6: Wednesday – March 25, 2026

Preacher: [Pastor Alphonsus E. Platt](#)  
Nia Fellowship Baptist Church  
Subject: **“The Betrayal”**  
Scripture: Mt. 26:14-16, Mk. 14:10-11  
Lk. 22:3-6

### Maundy Thursday (Communion Service)

#### Thursday – April 2, 2026

Preacher: [Rev. Robert Clegg](#)  
New Covenant Baptist Church  
Subject: **“The Meal”**  
Scripture: Mt. 26:17-29, Mk. 14:12-15, Lk 22:7-22

### Good Friday – April 3, 2026

#### **Word 1: Rev. Dr. Beverly Williams**

**“Father Forgive Them”**

#### **Word 2: Minister Anthony Webb**

**“Today Thou Shalt Be with Me in Paradise.”**

#### **Word 3: Min. Danette Purnell**

**“Woman Behold Thy Son, Son Behold.....”**

#### **Word 4: Pastor Harriet Sessions**

**“My God, My God, Why.....?”**

#### **Word 5: Minister Andaiye N. Foluke**

**“I Thirst”**

#### **Word 6: Rev. Durwin F. Johnson**

**“It Is Finished”**

#### **Word 7: Rev. Glenn Andrews**

**“Father, Into Thy Hands.....”**

**Baptismal Service**

Saturday – April 4, 2026

Time: 10:00 AM

Preacher: **Rev. Dr. Delores Watson**

**Sunrise Service**

Sunday – April 5, 2026

Time: 6:00 AM

Preacher: **Rev. Dr. Craig Jackson**

**Preparing for Pentecost Service**

Wednesday – May 20, 2026

Time: 7:00 PM

Preacher: Pastor Stephanie McKay

**GREATER CORNERSTONE Bible Study During Lent**

During the Lenten Season, our bible Study classes will recess. The Bible Study Recess will start on Wednesday, February 18th, and our class will resume on Wednesday, April 1, 2026, at 6:30 pm.

The Bible Study link for those who need it is:

<https://us02web.zoom.us/j/82779020908?pwd=eGlvbjEyd3lyNzZoai96d09EczJUUT09>

**Meeting ID: 827 7902 0908**

**Passcode: 021645**

**Places to Locate Daniel Fast Recipes**

1. Allrecipes.com “21 Delicious Recipes to Kickstart Your Daniel Fast”  
<https://www.allrecipes.com/gallery/delicious-recipes-daniel-fast/>
2. Ultimatedanielfast.com “All Daniel Fast Recipes”  
<https://ultimatedanielfast.com/recipes/>



**Recommended Books, Activities, Food Ideas & Christian Movies**

What Happens Next: A Traveler's Guide Through The End of This Age by Max Lucado.

Black American Money by Dr. Boyce Watkins

Living As An Overcomer by Tony Evans

Reading While Black by Esau McCaulley

Being Latino in Christ: Finding Wholeness in Your Ethnic Identity by Orlando Crespo

**MOVIES**

The Forge – Prime / Netflix

War Room - Prime

God's Not Dead

Breakthrough - Prime

Overcomer

**SAVING MONEY**

Financial Fast – Get Your Money in Order

[https://www.nhcindy.org/wp-content/uploads/2014/08/Financial\\_Fast\\_Flyer\\_2.pdf](https://www.nhcindy.org/wp-content/uploads/2014/08/Financial_Fast_Flyer_2.pdf)

Financial Fast – Having a Healthy Financial Future

<http://welcometoshiloh.com/wp-content/uploads/2017/01/21DayFinancialFastSummary.pdf>

**FITNESS**

15 Minute Workout for Older Adults

<https://youtu.be/Ev6yE55kYGw?si=oHy3XC1tkjI7YDTQ>

**RECIPES**

Daniel Fast recipes, Scriptures & Tips

<https://youtu.be/AE809npf0N8?si=KnaE3uk73tzoOmXk>

Daniel Fast Breakfast Ideas

<https://youtu.be/RINE90rWoWc?si=3pokjVmVUGmiFT1h>

The Ultimate Daniel Fast Smoothie

<https://youtu.be/K08ZtE4nuVY?si=SJbftH4IX-03mvph>

**Lectures, Music & Arts, & an Illustrated Bible Story**

The Great Migration and the power of a single decision – Isabell Wilkerson

<https://youtu.be/n3qA8DNc2Ss?si=Ks3S7Mi9vhmTtMd6>

3 questions to ask yourself about everything you do | Stacey Abrams

<https://youtu.be/3zJHwOwirjA?si=w6GfR8BqalEF9ukw>

Emotional Fluency: The Language Black Boys aren't Taught | Nate Evans Jr.

<https://youtu.be/PNMBRcoBb-Q?si=c8JeoHRZm67VFGQX>

Spoken Word – It Is Finished by Gloria Umanah

[https://youtu.be/PjKq18uZOBu?si=i9C-72YYHlisFe\\_5](https://youtu.be/PjKq18uZOBu?si=i9C-72YYHlisFe_5)

Spoken Word – The Gate by Chris Webb

<https://youtu.be/3jYYLx4HUmG?si=cNwHnBsX9Pzm-kE5>

Spoken Word – The Exegesis of Jesus by GF Soldier

<https://youtu.be/b1yW7Tb0tCA?si=4xcJLWCdpqofmT6y>

Spoken Word – Ready or Not by Janette & Ezekiel

[https://youtu.be/T44LepcRUhk?si=iEfGtGhJI\\_K74iSt](https://youtu.be/T44LepcRUhk?si=iEfGtGhJI_K74iSt)

Spoken Word – Mattress by Chris Webb

[https://youtu.be/C4Ssl6pBn4s?si=70XoKLAjfUpanhC\\_](https://youtu.be/C4Ssl6pBn4s?si=70XoKLAjfUpanhC_)

Emmett by Philadelphia Team

<https://youtu.be/RrizMMiBbBY?si=rjlunxpZlnB8lfOB>

K&K Mime – God Is Here & Stand

[https://youtu.be/YHUwZXnjAtc?si=l8PTUYS\\_DP7pOqz7](https://youtu.be/YHUwZXnjAtc?si=l8PTUYS_DP7pOqz7)

<https://youtu.be/dW7pX3Jw5SA?si=ypsv9YQUXS9y4XNZ>

2026 Lenten Season – PUSHING.. Hymn “Higher Ground” Pastor E. Dewey Smith

<https://youtu.be/jqpo6iZNb2s?si=dWzh3JaNNTOWPLAN>

How Israel and Palestine Became Enemies by Deep Bible Stories

[https://youtu.be/hzywF0xnjtQ?si=Qt\\_RIRVeey\\_ImGFa](https://youtu.be/hzywF0xnjtQ?si=Qt_RIRVeey_ImGFa)



In addition to fasting and praying, **let us be wise in our spending habits**. During the fast, **cease from spending money unnecessarily and start saving**. All spending **not associated with** your First Fruit Offerings (Tithes and Offerings), taking care of your family responsibilities, or meeting your Financial Obligations on time should be evaluated, scrutinized, and reconsidered or canceled until after Resurrection Sunday.

Finally, remember the purpose of the Fast and Consecration is not to cause anyone to fail or fall from grace. The fast and the consecration are to build you spiritually and increase the intimacy in your relationship with Christ. **So if you fall, fail, or just plain quit, pick yourself up and start again from where you fell short.** Seek the face of God in your prayers, commit to reading the scriptures each day, take advantage of the Word For You Today devotional, and separate yourself for the service of Christ. By resurrection Sunday, you will notice the difference PUSHING has made in your life.

*Greater Cornerstone: Although we engage in the Lenten season as a church body, I must remind you that your walk with the Lord is personal, and so is this fast. To experience a spiritual change, you must willfully participate with faith that the Lord will meet you where you are. While I encourage you to share your testimonies during our fasting, I also want you to seek spiritual discernment so that you will understand that fasting and praying do not include complaining about how hard it is. Jesus warned the disciples about having a “sad countenance” and disfiguring their faces to demonstrate the difficulty of fasting to others (Matt 6:16). As we PUSH TO ACTIVATE, expect to experience a spiritual awakening and breakthrough. I pray we will remain steadfast and unmoveable, and consistently encourage others to remain faithful until their change comes.*

*This handout is free, and you are welcome to share this year’s fast and scripture readings with family and friends. I do ask that brothers and sisters from other ministries/churches who are participating with us seek permission from their Pastor, Elder, or Bishop before following our fast. In addition, please speak with your healthcare provider before participating in the fast.*

**Pastor Niles R. Wilson**  
**Greater Cornerstone Baptist Church**

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