

21

## WEEK 3:

OCTOBER 18TH - OCTOBER 23RD

### FASTING GUIDELINES

#### Standard Fasting Guidelines:

***Eat only fruit and vegetables*** from midnight Sunday night until 6:00pm on Friday. No eating after 7:00pm.

### ALTERNATE FASTING GUIDELINES

#### Nutritional Fasting Guidelines:

Connect to your heritage through food and prayer. Let the time you spend cooking slow, whole foods be a time of remembrance and connection to the Spirit who sustained the people who made your life possible.

#### Entertainment Fasting Guidelines:

Remove any media, books, games, apps, etc. that are not serving you on your Spiritual journey. Read only the Word this week, in addition to work, school or church related requirements

## 22 WEEK 3 REVIVAL HISTORY

### Rebecca Protten (Caribbean, Europe, and Africa, 1700s)

Initially born into slavery in the Virgin Islands, a young free Black woman named Rebecca met God and began preaching to the brutalized populations of the West Indies. Through Rebecca's words, as she hiked through remote and dangerous country alone, hundreds and possibly thousands of enslaved men and women encountered God's power to save—in the face of strong opposition from the plantation owners, who did not want the slaves to hear words of healing and power. Later, Rebecca moved to Germany (where she acquired her last name), and still later was sent, as a missionary, to Ghana. She was a pioneer of Christian missions in the Atlantic in the 1700s, even being named the "Mother of Modern Missions."

**IN REBECCA PROTTEEN'S LIFE**, we see that everyone, no matter the limits put on them in the world, is able to lead others to Christ!

## 23 WEEK 3 BIBLICAL STUDY

### BIBLICAL READINGS

God has always been calling and gifting women to leadership and ministry that transforms all of society, even if the Church has failed to fully recognize it.. Rebecca Proppen, Naaman's wife's servant, Esther, the Jewish midwives in Egypt, Lydia in Philippi, and many others have used their God-given gifts to speak truth and lead God's people, and have been instrumental in the coming of revival for men and women. Read more about God's choice to work through women in these passages this week:

- **Monday** – *2 Kings 5: 1-14* A young slave girl points the way to healing
- **Tuesday** – *Exodus 1:15-21* Jewish midwives fear God more than Pharaoh, and the people increase
- **Wednesday** – *Esther 3:1 – 8:17* Joy and peace for God's people because of Esther's courage and smarts
- **Thursday** – *Acts 16:11-15* Lydia's faith saves her household and starts a church
- **Friday** – *Exodus 2:1-10 and 15:19-21* Miriam, Moses' sister, leads in Israel's revival.