

Lessons of Lent

Walking In

Newness

Bishop Proctor's Protocol

(Prayer, Meditation, Fasting and Service)

Northeastern Episcopal District



**A North Eastern Episcopal District Protocol
(Prayer, Meditation, Fasting and Service)**

March 2, 2022 – April 17, 2022

***Bishop Proctor's Protocol*
"Walking In Newness" (WIN)**

It is increasingly clear that during this unprecedented season of uncertainty and instability, we need a plan of mental and ethical operation. We need to operate peacefully amidst the chaos! Although there are those who believe that chaos and calamity are not part of the human experience for the believer, others believe that such events are part of the living experience. These occurrences do not have to disrupt, disturb or destroy one's promised assurance, "in this world you shall experience tribulations, But be of good cheer, I have overcome the world" John 6:33b.

So this pandemic was not intended to overcome the believer, but we are destined, to come over and over come it. Let us explore a positive pathway through this pandemic.

Walking In Newness Guide

Please note: If you are on medication, therapy, restrictive diet, you MUST get permission from your physician, therapist, or dietician before attempting the eating regimen!!

Week 1: March 2-6, 2022

Mental – 5 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 5 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 5 minutes of Prayer

[of course, these are minimums but for some of us these will be maximums. Do not worry, we all begin somewhere]

The physical fast is simple for week one: From the time that you wake up until 9:00 a.m.

- No Sweets
- No Meats

- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

[This sounds simple, doesn't it? You will be surprised of the subconscious actions you take every day, that sets your life on a particular course]

**** Stop eating at 10:00 p.m. each night**

Week 2: March 7-13, 2022

The same as the previous week.
The physical part and time remain the same.

**** Stop eating at 10:00 p.m. each night**

Week 3: March 14-20, 2022

Mental – 5 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 5 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 5 minutes of Prayer

The physical fast extends from the time that you wake up until 10:00 a.m.

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

[It's amazing how you are starting to see signs of unconscious cravings!!]

**** Stop eating at 10:00 p.m. each night**

Week 4: March 21-27, 2022

Mental – 8 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 8 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 8 minutes of Prayer

The physical fast extends from the time that you wake up until 11:00 a.m.

- No Sweets

- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

**** Stop eating at 10:00 pm. each night**

Week 5: March 28 – April 3, 2022

Mental – 8 minutes of devotional reading (The Daily Word, The Daily Bread etc.)

Emotional – 8 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 8 minutes of Prayer

5 minutes of sitting quiet and focus on what you are grateful for.

The physical fast extends from the time that you wake up until 11:30 a.m.

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

**** Stop eating at 9:00 p.m. each night**

Week 6: April 4 – 10, 2022

Mental – 10 minutes of devotional reading (can use 5 of these minutes in devotional music)

Emotional – 10 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 10 minutes of Prayer

5 minutes of active listening to God responding to your prayers.

The physical fast extends from the time that you wake up until 12 p.m. (noon).

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

**** Stop eating at 9:00 p.m. each night**

Week 7: April 11 – 16, 2022

HOLY WEEK

Mental – 10 minutes of devotional reading (can use 5 of these minutes in devotional music)

Emotional – 10 minutes of Scripture reading (Preferably with a Bible)

Spiritual – 10 minutes of Prayer

5 minutes of reflection on each day that Jesus had during that week.

The physical fast extends from the time that you wake up until 1:00 p.m.

- No Sweets
- No Meats
- No Treats (no chips, snacks etc.)
- No Beats (no secular music, tiktok, reels etc.)
- No Pleats (no online shopping etc.)
- No Tweets (no purely social, sidetracking conversations)

**** Stop eating at 9:00 p.m. each night**