

THE APOSTLES FAST '19



THE APOSTLES FAST IS FOR THOSE WHO PREPARE TO GO AND PREACH THE GOOD NEWS WITH SIGNS AND WONDERS, COMPASSION AND LOVE.

"Can the wedding guests mourn as long as the bridegroom is with them? The days will come, when the bridegroom is taken away from them, and then they will fast." – Jesus Christ

According to the early Christian tradition, after Pentecost the Apostles fasted and prayed as a preparation to go out to the nations. We are calling all to pray and fast for those with the apostolic call, forerunners and pioneers. Pray for revival, renewal, clarity and the empowerment of the Holy Spirit in our lives, our families, churches and cities.

"After the long Feast of Pentecost, fasting is especially necessary to purify our thoughts and render us worthy to receive the Gifts of the Holy Spirit ... Therefore, the salutary custom was established of fasting after the joyful days during which we celebrated the resurrection and ascension of our Lord, and the coming of the Holy Spirit"

– POPE ST. LEO THE GREAT, +461

Stone to Flesh Community sends four [full-time missionaries](#) and [21 voluntary missionaries](#) missionaries in the Los Angeles area. We consider ourselves contemplative activists who are in Love. Our existence starts and ends in God's Presence where we are held by Glorious Father's will, we are being transformed into the likeness of the Pierced Son and we walk in the Spirit Who is Holy. We become who we are. Consider **supporting us**.

PRAYER

Pray for the sanctifying gifts of the Holy Spirit assisting us in the process of holiness: wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord. Pray for the charismatic gifts of the Holy Spirit, given to us for the good of others: revelatory gifts (words of knowledge and wisdom, discernment), communication gifts (tongues, interpretation of tongues and prophecy), power gifts (faith, healing, miracles). Pray for the ministerial gifts of

the Holy Spirit: apostles, prophets, evangelists, teachers, shepherds.

CHARITY AND ALMSGIVING

Pray for the way in which you may give sacrificially during the Apostles Fast. Give your time, energy or money. Give yourself to others in need.

FASTING RESOURCES: stonetoflesh.org/fasting-resources

The guidelines of the fast are less strict than those followed during the Great Lent and the Nativity Fast, but Eastern Catholics are still required to abstain from eating meat and dairy products during this time. They also abstain from fish, wine, and oil on Mondays, Wednesdays and Fridays, and from fish on Tuesdays and Thursdays. Fish is permitted on Saturdays and Sundays and on commemorations of certain great saints (e.g., the Feast of the Nativity of St. John the Baptist on June 24).

Fasting should be done after personal discernment, consultation with spiritual director and/or a doctor, in case you have some health issues.

Can the Apostles Fast be modified? Yes, there are several types of fast.

1. Water fast: you drink only water throughout the whole fast.
2. Liquid fast: you drink only water, veggie broth, herbal teas and highly diluted juices.
3. Daniel fast: as in the Book of Daniel chapter 1, you eat only vegetables, including juicing or as in the Daniel chapter 10, you eat vegetables, fruits, grains. You drink only water and herbal teas.
4. Abstinence fast: you abstain from certain kinds of foods and you moderate the amount of food you eat.

Monday, June 17

Reading 1: 2 COR 6:1-10

Brothers and sisters:

*As your fellow workers, we appeal to you
not to receive the grace of God in vain.*

For he says:

*In an acceptable time I heard you,
and on the day of salvation I helped you.*

*Behold, now is a very acceptable time;
behold, now is the day of salvation.
We cause no one to stumble in anything,
in order that no fault may be found with our ministry;
on the contrary, in everything we commend ourselves
as ministers of God, through much endurance,
in afflictions, hardships, constraints,
beatings, imprisonments, riots,
labors, vigils, fasts;
by purity, knowledge, patience, kindness,
in the Holy Spirit, in unfeigned love, in truthful speech,
in the power of God;
with weapons of righteousness at the right and at the left;
through glory and dishonor, insult and praise.
We are treated as deceivers and yet are truthful;
as unrecognized and yet acknowledged;
as dying and behold we live;
as chastised and yet not put to death;
as sorrowful yet always rejoicing;
as poor yet enriching many;
as having nothing and yet possessing all things.*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Alpha in Azusa and West Hollywood

June 18

Reading 1: 2 COR 8:1-9

*We want you to know, brothers and sisters, of the grace of God
that has been given to the churches of Macedonia,
for in a severe test of affliction,
the abundance of their joy and their profound poverty
overflowed in a wealth of generosity on their part.
For according to their means, I can testify,
and beyond their means, spontaneously,
they begged us insistently for the favor of taking part
in the service to the holy ones,
and this, not as we expected,
but they gave themselves first to the Lord
and to us through the will of God,
so that we urged Titus that, as he had already begun,
he should also complete for you this gracious act also.
Now as you excel in every respect,
in faith, discourse, knowledge, all earnestness,
and in the love we have for you,
may you excel in this gracious act also.*

*I say this not by way of command,
but to test the genuineness of your love
by your concern for others.
For you know the gracious act of our Lord Jesus Christ,
that for your sake he became poor although he was rich,
so that by his poverty you might become rich.*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Lectio Divina Course in Riverside

June 19

Reading 1: 2 COR 9:6-11

*Brothers and sisters, consider this:
whoever sows sparingly will also reap sparingly,
and whoever sows bountifully will also reap bountifully.
Each must do as already determined, without sadness or compulsion,
for God loves a cheerful giver.
Moreover, God is able to make every grace abundant for you,
so that in all things, always having all you need,
you may have an abundance for every good work.
As it is written:
He scatters abroad, he gives to the poor;
his righteousness endures forever.
The one who supplies seed to the sower and bread for food
will supply and multiply your seed
and increase the harvest of your righteousness.
You are being enriched in every way for all generosity,
which through us produces thanksgiving to God.*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Lectio Divina Course in Santa Ana

June 20

Reading 1: 2 COR 1:1-11

Brothers and sisters:

If only you would put up with a little foolishness from me!

Please put up with me.

*For I am jealous of you with the jealousy of God,
since I betrothed you to one husband
to present you as a chaste virgin to Christ.*

*But I am afraid that, as the serpent deceived Eve by his cunning,
your thoughts may be corrupted
from a sincere and pure commitment to Christ.*

*For if someone comes and preaches another Jesus than the one we preached,
or if you receive a different spirit from the one you received
or a different gospel from the one you accepted,
you put up with it well enough.*

*For I think that I am not in any way inferior to these "superapostles."
Even if I am untrained in speaking, I am not so in knowledge;
in every way we have made this plain to you in all things.*

*Did I make a mistake when I humbled myself so that you might be exalted,
because I preached the Gospel of God to you without charge?
I plundered other churches by accepting from them
in order to minister to you.*

*And when I was with you and in need, I did not burden anyone,
for the brothers who came from Macedonia
supplied my needs.*

*So I refrained and will refrain from burdening you in any way.
By the truth of Christ in me,
this boast of mine shall not be silenced
in the regions of Achaia.*

*And why? Because I do not love you?
God knows I do!*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Bishop David G. O'Connell

June 21

Reading 1: 2 COR 11:18, 21-30

Brothers and sisters:

Since many boast according to the flesh, I too will boast.

To my shame I say that we were too weak!

But what anyone dares to boast of

(I am speaking in foolishness) I also dare.

Are they Hebrews? So am I.

Are they children of Israel? So am I.

Are they descendants of Abraham? So am I.

Are they ministers of Christ? (I am talking like an insane person).

I am still more, with far greater labors,

far more imprisonments, far worse beatings,

and numerous brushes with death.

Five times at the hands of the Jews I received forty lashes minus one.

Three times I was beaten with rods, once I was stoned, three times I was shipwrecked,

I passed a night and a day on the deep; on frequent journeys, in dangers from rivers,

dangers from robbers, dangers from my own race, dangers from Gentiles, dangers in the city,

dangers in the wilderness, dangers at sea, dangers among false brothers;

in toil and hardship, through many sleepless nights, through hunger and thirst, through

frequent fastings, through cold and exposure.

And apart from these things, there is the daily pressure upon me of my anxiety for all the

churches. Who is weak, and I am not weak?

Who is led to sin, and I am not indignant?

If I must boast, I will boast of the things that show my weakness.

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for STFC Leadership

June 22

Reading 1: 2 COR 12:1-10

Brothers and sisters:

I must boast; not that it is profitable, but I will go on to visions and revelations of the Lord.

I know a man in Christ who, fourteen years ago

(whether in the body or out of the body I do not know, God knows),

was caught up to the third heaven.

And I know that this man

(whether in the body or out of the body I do not know, God knows)

was caught up into Paradise and heard ineffable things, which no one may utter.

About this man I will boast,

but about myself I will not boast, except about my weaknesses.

Although if I should wish to boast, I would not be foolish, for I would be telling the truth.

But I refrain, so that no one may think more of me

than what he sees in me or hears from me because of the abundance of the revelations.

Therefore, that I might not become too elated,

a thorn in the flesh was given to me, an angel of Satan,

to beat me, to keep me from being too elated.

Three times I begged the Lord about this, that it might leave me,

but he said to me, "My grace is sufficient for you,

for power is made perfect in weakness."

I will rather boast most gladly of my weaknesses,

in order that the power of Christ may dwell with me.

Therefore, I am content with weaknesses, insults,

hardships, persecutions, and constraints,

for the sake of Christ; for when I am weak, then I am strong.

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for all STFC Missionaries

June 23

The Solemnity of the Most Holy Blood of Christ

Reading 2: 1 COR 11:23-26

Brothers and sisters:

*I received from the Lord what I also handed on to you,
that the Lord Jesus, on the night he was handed over,
took bread, and, after he had given thanks,
broke it and said, "This is my body that is for you.*

Do this in remembrance of me."

*In the same way also the cup, after supper, saying,
"This cup is the new covenant in my blood.*

Do this, as often as you drink it, in remembrance of me."

*For as often as you eat this bread and drink the cup,
you proclaim the death of the Lord until he comes.*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for revival among Catholics in Los Angeles region

June 24

Solemnity of the Nativity of Saint John the Baptist

Reading 2: ACTS 13:22-26

In those days, Paul said:

"God raised up David as king;

of him God testified,

I have found David, son of Jesse, a man after my own heart;

he will carry out my every wish.

From this man's descendants God, according to his promise,

has brought to Israel a savior, Jesus.

*John heralded his coming by proclaiming a baptism of repentance
to all the people of Israel;*

and as John was completing his course, he would say,

'What do you suppose that I am? I am not he.

Behold, one is coming after me;

I am not worthy to unfasten the sandals of his feet.'

"My brothers, sons of the family of Abraham,

and those others among you who are God-fearing,

to us this word of salvation has been sent."

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Alpha in Azusa and West Hollywood

June 25

Gospel: MT 7:6, 12-14

Jesus said to his disciples:

*"Do not give what is holy to dogs, or throw your pearls before swine,
lest they trample them underfoot, and turn and tear you to pieces.*

*"Do to others whatever you would have them do to you.
This is the Law and the Prophets.*

*"Enter through the narrow gate;
for the gate is wide and the road broad that leads to destruction,
and those who enter through it are many.
How narrow the gate and constricted the road that leads to life.
And those who find it are few."*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

*Pray for Lectio Divina Course in Riverside
Pray for Alpha in La Habra*

June 26

Gospel: MT 7:15-20

Jesus said to his disciples:

*"Beware of false prophets, who come to you in sheep's clothing,
but underneath are ravenous wolves.*

By their fruits you will know them.

Do people pick grapes from thornbushes, or figs from thistles?

*Just so, every good tree bears good fruit,
and a rotten tree bears bad fruit.*

*A good tree cannot bear bad fruit,
nor can a rotten tree bear good fruit.*

*Every tree that does not bear good fruit will be cut down
and thrown into the fire.*

So by their fruits you will know them."

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Lectio Divina Course in Santa Ana

June 27

Gospel: MT 7:21-29

Jesus said to his disciples:

*"Not everyone who says to me, 'Lord, Lord,' will enter the Kingdom of heaven,
but only the one who does the will of my Father in heaven.*

Many will say to me on that day,

'Lord, Lord, did we not prophesy in your name?

Did we not drive out demons in your name? Did we not do mighty deeds in your name?'

Then I will declare to them solemnly, 'I never knew you. Depart from me, you evildoers.'

*"Everyone who listens to these words of mine and acts on them
will be like a wise man who built his house on rock.*

The rain fell, the floods came, and the winds blew and buffeted the house.

But it did not collapse; it had been set solidly on rock.

*And everyone who listens to these words of mine but does not act on them
will be like a fool who built his house on sand.*

The rain fell, the floods came, and the winds blew and buffeted the house.

And it collapsed and was completely ruined."

*When Jesus finished these words,
the crowds were astonished at his teaching,
for he taught them as one having authority,
and not as their scribes.*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for your family and friends to encounter Jesus

June 28

Solemnity of Most Sacred Heart of Jesus

Gospel: LK 15:3-7

Jesus addressed this parable to the Pharisees and scribes:

*"What man among you having a hundred sheep and losing one of them
would not leave the ninety-nine in the desert
and go after the lost one until he finds it?*

And when he does find it,

he sets it on his shoulders with great joy

and, upon his arrival home,

he calls together his friends and neighbors and says to them,

'Rejoice with me because I have found my lost sheep.'

I tell you, in just the same way

there will be more joy in heaven over one sinner who repents

than over ninety-nine righteous people

who have no need of repentance."

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Taste and See in Riverside

June 29

Solemnity of Saints Peter and Paul, Apostles

Gospel: MT 16:13-19

*When Jesus went into the region of Caesarea Philippi
he asked his disciples,
"Who do people say that the Son of Man is?"
They replied, "Some say John the Baptist, others Elijah,
still others Jeremiah or one of the prophets."
He said to them, "But who do you say that I am?"
Simon Peter said in reply,
"You are the Christ, the Son of the living God."
Jesus said to him in reply, "Blessed are you, Simon son of Jonah.
For flesh and blood has not revealed this to you, but my heavenly Father.
And so I say to you, you are Peter,
and upon this rock I will build my Church,
and the gates of the netherworld shall not prevail against it.
I will give you the keys to the Kingdom of heaven.
Whatever you bind on earth shall be bound in heaven;
and whatever you loose on earth shall be loosed in heaven."*

2. MEDITATION	4. CONTEMPLATION
3. PRAYER	5. ACTION

Pray for Taste and See in Azusa