

Anthistēmi | RESIST

anthistēmi (anth-is'-tay-mee) Greek, verb. to withstand, resist, oppose

These are not ordinary times. On March 5th, Ash Wednesday, the liturgical calendar shifts from the season of Ordinary time into to the season of Lent. The season of Lent lasts from Ash Wednesday until the evening of Maundy Thursday on April 17th. When Sundays which are considered “little Easters” are excluded from the count, the season lasts forty days. The forty-day length of Lent is rooted in the biblical usage of the number forty. Forty is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus’ time of trial in the desert in preparation for his public ministry, proclaiming the Gospel.

Lent is a 40 journey that calls us to say no to the empires and trappings of this world and to say YES to following Jesus. These 40 days seem more urgent this year. It is not business as usual. This is a time where the church must meet the moment. The same God who preserved Queen Esther’s life has preserved our own for such a time as this!

In the Book of James we are instructed that if we resist, the devil then he will flee. And while we can resist alone, we are much more powerful when we resist together. Join us as we commit ourselves to anchoring into the Word and Spirit of God this Lenten season.

We have no intention of letting the movement of Jesus fall or fail on our watch. For 40 days let’s be tenacious in our hunger and thirst for God. For 40 days let’s practice together how to be steadfast and unmovable in our faith.

It’s time to RESIST.

Rev. Staci Current, Senior Pastor

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Lent 2025 Calendar

March 5: Ash Wednesday Services
12 PM at Temple UMC (Sanctuary)
7 PM at Park Presidio UMC Church House

March 6 - April 19: Daybreak Prayer
Mondays at 7:30 a.m. on **Zoom**
Tuesdays at 6 a.m. on **Zoom**
Wednesdays at 6 a.m. via **Facebook Live**
Thursdays at 6 a.m. on **Zoom**
Fridays at 6 a.m. on **Zoom**
Saturdays at 6 a.m. **in person** at **Temple** with **livestream**

March 11 - April 19: Book of Daniel Bible study
Companion text "On Tyranny" by Timothy Snyder
Tuesdays at 10:30 a.m. **in person** at Temple
Thursdays at 11:30 a.m. on **Zoom**
Fridays at 6:30 p.m. **in person** at Park Presidio
*(Note: Park Presidio's class is limited to 15 people. Please email
pastorstaci@tumcpeace.org to reserve a spot.)*

March 30 - April 19: Daniel Fast
21 days of abstaining all dairy, meat, eggs, and eating
fruits, vegetables, beans, and grains (Daniel 10:2-3).

*See www.sftempleumc.org for Facebook, Livestream, and Zoom links and
www.timothysnyder.org/on-tyranny for book purchase options.*

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The Daniel Fast

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled” (Daniel 10:2-3 NKJV).

Fasting is a practice and training of faith.

During Lent, we seek the Lord in prayer by reading sacred scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.

This Lenten Season, you are invited to join us in the “Daniel Fast” during the 21 days leading to Easter. We will observe the Daniel fast for 3 weeks from March 30th - April 20th to mirror the spiritual fasting journey of the prophet Daniel as he stood against the powers of his day. Daniel’s abstaining from the luxuries of the world is a timely model for us as we strive to resist against evils of our time that press us to consume and purchase more and more.

Fasting safely and appropriately is one of the ways the Bible encourages believers to connect with and grow closer to God. It increases dependence on the power of the Spirit and proves that people do not live by bread alone.

This short-term fasting approach is based upon the prophet Daniel’s dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It’s a type of partial fast that focuses very heavily on vegetables and other healthy whole foods but leaves out any animal sources of protein. It’s essentially a vegan diet without any sugars, refined carbs, caffeine, or alcohol.

So what can you eat on the Daniel Fast then?

- **Beverages:** water, unsweetened fruit juice, unsweetened non-dairy milk
- **Vegetables:** all fresh, frozen, dried, juiced, and canned vegetables
- **Fruit:** all fresh, frozen, dried (with no added sugar), juiced, and canned fruit
- **Whole grains:** amaranth, barley, brown rice, buckwheat, bulgur, millet, Freekeh, oats, purple rice, wild rice, whole wheat, spelt, sorghum, rye, quinoa
- **Beans and legumes:** black beans, garbanzo beans, kidney beans, lentils, peanuts, pinto beans, split beans, black-eyed peas
- **Oils:** coconut, olive, sesame, etc., but not for deep-frying
- **Nuts and seeds:** almonds, Brazil nuts, cashews, sunflower seeds, soy nuts, sesame seeds, hazelnuts, macadamia nuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds
- Unleavened bread, herbs, spices, and seasonings
- Meat is fundamentally not allowed. However, if you must consume animal protein for health reasons, consider consulting Leviticus 11 for guidance.

A life of faith without sacrifice is not possible. It's also important to pray regularly when fasting. For biblical figures and spiritual masters, fasting was a practice and training of faith. Through the Daniel Fast, may we experience healing, restoration, and renewal for our bodies and our souls through this spiritual discipline.

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