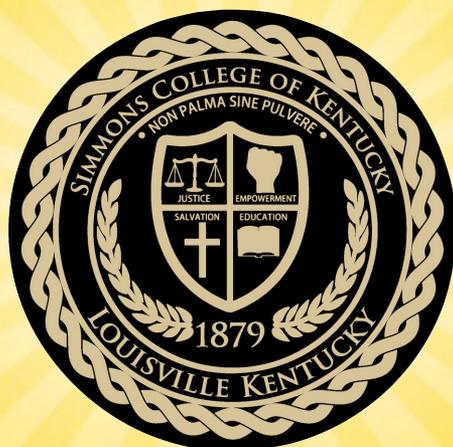


# *The Angela Fast*

**A Social Justice Fast for the  
Liberation of Black People**

**September 6 – 13, 2018**



The Prayer Department of Simmons College of Kentucky invites you to participate in The Angela Fast, an eight-day social justice fast leading up to The Angela Project Conference.

The Angela Fast is a call to unite people across racial, denominational, and cultural lines by participating in a social justice fast for the liberation of Black people from 6:00 a.m. – 6:00 p.m. for eight days.

This booklet features eight prayer declarations centered around social justice, and based on Isaiah 58 to serve as your daily prayer guide.

## **THE ANGELA FAST**

**is named to commemorate one of the first 20 Africans to arrive in the American Colonies for enslavement in 1619.**

**Angela's name was the only one listed in the census taken in 1625. The Angela Project and The Angela Fast are named after her.**



The Angela Fast is a call to unite the people of God across racial, denominational, and cultural lines through an eight-day social justice fast for the liberation of Black people.

The time of the fast is from 6 a.m. until 6 p.m. daily

**Isaiah 58:6-9 (*The Message*)**

This is the kind of fast day I'm after:  
to break the chains of injustice,  
get rid of exploitation in the workplace,  
free the oppressed,  
cancel debts.

What I'm interested in seeing you do is:  
sharing your food with the hungry,  
inviting the homeless poor into your homes,  
putting clothes on the shivering ill-clad,  
being available to your own families.

Do this and the lights will turn on,  
and your lives will turn around at once.  
Your righteousness will pave your way.  
The GOD of glory will secure your passage.  
Then when you pray, GOD will answer.  
You'll call out for help and I'll say, 'Here I am.'

**DAY 1 – Thursday, September 6, 2018 (Morning)  
Prayer Declaration\***

**Focus: Isaiah 58:1**

*“This is the kind of fast day I’m after:  
To break the chains of injustice...”*

We are the Voice of One that crieth in *(your city/state)*:

“Prepare ye the way of the Lord!

Break the chains of economic injustice

for Black people in *(your city)*!

Make straight in *(your city)* a highway for our God.

Every valley of economic injustice

for Black people in *(your city)* shall be exalted,

and every mountain and hill

that contributes to economic injustice

for Black people in *(your city)* shall be brought low.

The crooked places of economic injustice for Black people

in *(your city)* shall be made straight.

And the rough places of economic injustice

for Black people shall be made smooth.

And the glory of the Lord shall be revealed in *(your city/state)*.

And all of *(your city)* and all nations shall see it together;

for the mouth of the Lord has spoken it!”

Heavenly Father, make us one, just as

You and the Lord Jesus are One!

Heavenly Father, increase our numbers

and gather Your people to pray!

Let the Holy Spirit move freely, and the zeal

of the Lord of Hosts shall accomplish it!

In Jesus’ name. Amen!

\*The Prayer Declaration is adapted from Isaiah 40.

**DAY 2 – Friday, September 7, 2018 (Morning)**  
**Prayer Declaration**

**Focus: Isaiah 58:2**

*“Get rid of exploitation in the workplace...”*

We are the Voice of One that crieth in *(your city/state)*:

“Prepare ye the way of the Lord!

Get rid of the economic exploitation of Black people  
in the workplace and in collegiate sports in *(your city)*!

Make straight in *(your city)* a highway for our God.

Every valley of the economic exploitation  
of Black people in the workplace and in collegiate sports  
in *(your city)* shall be exalted.

And every mountain and hill that contributes  
to the economic exploitation of Black people in the workplace  
and in collegiate sports in *(your city)* shall be brought low.

The crooked places of the economic exploitation  
of Black people in the workplace and

in collegiate sports in *(your city)* shall be made straight.

And the rough places of the economic exploitation of Black people  
in the workplace and in collegiate sports shall be made smooth.

And the glory of the Lord shall be revealed in *(your city/state)*.

And all of *(your city)* and all nations shall see it together;  
for the mouth of the Lord has spoken it!”

Heavenly Father, make us one,  
just as You and the Lord Jesus are One!  
Heavenly Father, increase our numbers  
and gather Your people to pray!  
Let the Holy Spirit move freely, and the zeal  
of the Lord of Hosts shall accomplish it!  
In Jesus’ name. Amen!

**DAY 3 – Saturday, September 8, 2018 (Morning)**  
**Prayer Declaration**

**Focus: Isaiah 58:3**  
*“Free the oppressed...”*

We are the Voice of One that crieth in *(your city/state)*:

“Prepare ye the way of the Lord!

Free all Black people who are oppressed  
through economic injustice in *(your city)*!

Make straight in *(your city)* a highway for our God.

Every valley of Black oppression through  
economic injustice in *(your city)* shall be exalted.

And every mountain and hill that contributes  
to the oppression of Black people through economic injustice  
in *(your city)* shall be brought low.

The crooked places of Black oppression  
through economic injustice  
in *(your city)* shall be made straight.

And the rough places of Black oppression  
through economic injustice shall be made smooth.

And the glory of the Lord shall be revealed in *(your city/state)*.

And all of *(your city)* and all nations shall see it together;  
for the mouth of the Lord has spoken it!”

Heavenly Father, make us one,  
just as You and the Lord Jesus are One!  
Heavenly Father, increase our numbers  
and gather Your people to pray!  
Let the Holy Spirit move freely, and the zeal  
of the Lord of Hosts shall accomplish it!  
In Jesus’ name. Amen!

**DAY 4 – Sunday, September 9, 2018 (Morning)**  
**Prayer Declaration**

**Focus: Isaiah 58:4**

*“Cancel debts...”*

We are the Voice of One that crieth in *(your city/state)*:

“Prepare ye the way of the Lord!

Cancel the unjust economic debts that have prevented Black  
people

from prospering in *(your city/state)*!

Make straight in *(your city)* a highway for our God.

Every valley of unjust economic debt for

Black people in *(your city)* shall be exalted.

And every mountain and hill of unjust economic debt

for Black people in *(your city)* shall be brought low.

The crooked places of unjust economic debt for Black people  
in *(your city)* shall be made straight.

And the rough places of unjust economic debt

for Black people shall be made smooth.

And the glory of the Lord shall be revealed in *(your city/state)*

And all of *(your city)* and all nations shall see it together;

for the mouth of the Lord has spoken it!”

Heavenly Father, make us one,

just as You and the Lord Jesus are One!

Heavenly Father, increase our numbers

and gather Your people to pray!

Let the Holy Spirit move freely, and the zeal

of the Lord of Hosts shall accomplish it!

In Jesus’ name. Amen!

**DAY 5 – Monday, September 10, 2018 (Morning)**  
**Prayer Declaration**

**Focus: Isaiah 58:5**

*“What I’m interested in seeing you do is:  
sharing your food with the hungry...”*

We are the Voice of One that crieth in *(your city/state)*

“Prepare ye the way of the Lord!

Let White Christians, who have been the benefactors of generational wealth from centuries of free Black labor, practice biblical justice.

Let White Christians share their resources for economic justice for Black people in *(your city)*!

Make straight in *(your city)* a highway for our God.

Every valley that hinders economic justice for Blacks in *(your city)* shall be exalted.

And every mountain and hill that hinder economic justice for Blacks in *(your city)* shall be brought low.

The crooked places that hinder economic justice for Blacks in *(your city)* shall be made straight, and the rough places that hinder economic justice for Blacks shall be made smooth.

And the glory of the Lord shall be revealed in *(your city/state)*.

And all of *(your city)* and all nations shall see it together; for the mouth of the Lord has spoken it!”

Heavenly Father, make us one,  
just as You and the Lord Jesus are One!

Heavenly Father, increase our numbers  
and gather Your people to pray!

Let the Holy Spirit move freely,  
and the zeal of the Lord of Hosts shall accomplish it!

In Jesus’ name. Amen!

**DAY 6 – Tuesday, September 11, 2018 (Morning)**  
**Prayer Declaration**

**Focus: Isaiah 58:6**

*“Inviting the homeless poor into your homes,  
putting clothes on the shivering ill-clad ...”*

We are the Voice of One that crieth in (*your city/state*):

“Prepare ye the way of the Lord!

Let White Christians, who have been the benefactors of generational wealth from centuries of free Black labor, practice biblical justice by giving from trust funds, foundations and inheritances to Black institutions and Black communities.

Let there be a Holy Ghost disturbance of consciences until justice is done!

Make straight in (*your city*) a highway for our God.

Every valley of disintegrated Black institutions and

Black communities in (*your city*) shall be exalted,

And every mountain and hill that contribute to the disintegration of Black institutions and Black communities

in (*your city*) shall be brought low.

The crooked places that contribute to the disintegration of Black institutions and Black communities

in (*your city*) shall be made straight.

And the rough places that contribute to the disintegration of Black institutions and Black communities shall be made smooth.

And the glory of the Lord shall be revealed in (*your city/state*).

And all of (*your city*) and all nations shall see it together; for the mouth of the Lord has spoken it!”

Heavenly Father, make us one, just as You and the Lord Jesus are One!

Heavenly Father, increase our numbers and gather Your people to pray!

Let the Holy Spirit move freely, and the zeal of the Lord of Hosts shall accomplish it!

In Jesus’ name. Amen!

**DAY 7 – Wednesday, September 12, 2018 (Morning)  
Prayer Declaration**

**Focus: Isaiah 58:7**

*“Being available to your own families...”*

We are the Voice of One that crieth in (*your city/state*)

“Prepare ye the way of the Lord!

Let the Family of God—across racial, denominational,  
and cultural lines—work together in unity for economic justice  
for Black people in (*your city*)!

Make straight in (*your city*) a highway for our God  
Every valley of racial, denominational,  
and cultural division in (*your city*) shall be exalted.

And every mountain and hill that contribute to racial, denomina-  
tional, and cultural division in (*your city*) shall be brought low.

The crooked places that contribute to racial, denominational,  
and cultural division in (*your city*) shall be made straight.

And the rough places that contribute to racial, denominational,  
and cultural division shall be made smooth.

And the glory of the Lord shall be revealed in (*your city/state*).

And all of (*your city*) and all nations shall see it together;  
for the mouth of the Lord has spoken it!”

Heavenly Father, make us one,  
just as You and the Lord Jesus are One!  
Heavenly Father, increase our numbers  
and gather Your people to pray!  
Let the Holy Spirit move freely, and the zeal  
of the Lord of Host shall accomplish it!  
In Jesus’ name. Amen!

## DAY 8 – Thursday, September 13, 2018 (Morning) Prayer Declaration

We are the Voice of One that crieth in *(your city/state)*:

“Prepare ye the way of the Lord!

Make straight in *(your city)* a highway for our God.

Every valley that contributes to unjust situations, systems,  
policies and structures for Black people  
in *(your city)* shall be exalted.

And every mountain and hill that contribute  
to unjust situations, systems, policies and structures  
for Black people in *(your city)* shall be brought low.

The crooked places that contribute to unjust situations,  
systems, policies, and structures for Black people  
in *(your city)* shall be made straight.

And the rough places that contribute to unjust situations,  
systems, policies, and structures for Black people  
shall be made smooth.

And the glory of the Lord shall be revealed in *(your city/state)*.

And all of *(your city)* and all nations shall see it together;  
for the mouth of the Lord has spoken it!”

Heavenly Father, make us one,  
just as You and the Lord Jesus are One!

Heavenly Father, increase our numbers  
and gather Your people to pray!

Let the Holy Spirit move freely, and the zeal  
of the Lord of Hosts shall accomplish it!

In Jesus’ name. Amen!



**Copyright © 2018**

**Written by the Prayer Department  
of Simmons College of Kentucky**

**Edited by Rev. Olivia M. Cloud**

**Simmons College of Kentucky  
1000 South 4th Street  
Louisville, Kentucky 40203  
502.776.1443  
[www.simmonscollegeky.edu](http://www.simmonscollegeky.edu)**