



New Mt. Moriah Missionary Baptist Church

**Corporate Fast
August 10th - August 30th 2020**

New Mt. Moriah Missionary Baptist Church Corporate Fast
ALTER Prayer
Monday, August 10, 2020 thru Sunday August 30, 2020
Daily Scripture Meditations

Greetings fabulous faith community! I am excited as we embark upon this special time of corporate fasting and prayer. As you are aware, we are living in unprecedented and uncertain times. The first half of this year has been filled with many challenges. In spite of this it is good to know that our great God is still Sovereign and He is able to bring positive change! Therefore it is imperative that the body of Christ seek God like never before. This season's fasting and prayer experience will focus on the Theme "**ALTER** Prayer!"

In scripture we find the altar to be a sacred place where individuals demonstrated dedication. In these times, many prayers were answered and mighty miracles were performed. As we partner in prayer our goal is to create space for God to **alter** or change us and our circumstances.

In this handout you will find details of the fast and helpful resources to encourage your spirit during these 21 days. We invite you to join our prayer call each morning Mon- Sat at 7:00-7:15 a.m . Unite with us also on our pray.com app as I will be sending out daily reminders. Join us on the journey and let's watch God change things!

Peace and Love!
Pastor Mike

FASTING 101

What Is a Fast?

- Fasting is a deliberate abstinence from physical gratification for a period of time in order to achieve a spiritual purpose. It is a denial of the flesh to say yes to the Spirit. Typically, food is the object of a fast. However, it can apply to other things as well. A believer can fast from TV, social media, or any number of things that our flesh desires. The commitment to fast allows us to focus on God by removing things we normally enjoy and replacing them with prayer and Bible study. Scripture describes the fasting of numerous individuals including Jesus (Matthew 4:2), Daniel (Daniel 1:12), John the Baptist (Matthew 3:4) and Esther (Esther 4:16).

FASTING Guidelines

Here are some important things to remember:

***Important exceptions: Use your discretion along with the advice of your physician and prayer to modify the Fast to adhere to your medical needs.**

Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor before proceeding. Also, if you have extreme difficulty with the fast, such as an impairment of your ability to work at your job, you will have to make adjustments. Utilize wisdom. Seek the Lord and discuss it with other Christians involved in the fast, to find alternatives.

* Water: Drink 6-8 glasses of water daily throughout the fast. This is very important.

* You may experience moderate to severe headaches for the first day or two as your body rids itself of various impurities. You may need to take Advil or aspirin. If your doctor has advised against Advil or aspirin, please contact your doctor for an alternative.

*On the days that you are not fasting, do not over eat, and ease your way back into following your typical diet.

FASTING LEVELS

We will fast for a total of 21 days (January 6th- January 26th). For this fast, you have several different options to choose from. The commitment levels allow you to be more flexible to your needs to make your fast as personal as possible. Be led by God and **SELECT A LEVEL THAT WILL WORK FOR YOUR COMMITMENT.** Please choose at least one option from each category as your actions items for this fast.

***Please consult with you primary care physician before making any changes to your diet.**

Category 1: FAST

1. Participate in a Selective fast. This type of fast involves removing certain elements from your diet like sweets, caffeine, sodas, etc. Different types of selective fasts (Daniel fast, Elijah fast, etc) can be found in the handout.
2. Participate in a Partial fast. This fast is sometimes called the Jewish Fast and involves abstaining from eating any type of food from 6 am to 6 pm.
3. Participate in 30 minutes of physical exercise Monday- Friday.

Category 2: FEAST

1. Eliminate browsing or using Social media (Facebook, Instagram, Twitter) for personal pleasure.
2. Eliminate TV(Cable and satellite TV, Netflix, Hulu, movie theaters) or something that occupies a good portion of your time from 6am-6pm.
3. Spend at least 30 minutes daily meditating on the scripture for the day.

Category 3: FINANCIAL:

1. Eliminate spending money on non-essential daily routine purchases (Cup of coffee, lunch, candy, etc).
2. Eliminate spending money on non-essential personal items (extra clothing, electronics, etc.)
3. Make a budget for the month and follow the 10-10-80 principle: Tithe 10%, Save 10%, Live off the remaining 80%.

My Fast Action Category:

I will participate in a _____ fast for the next 21 days.

Fast Options

Below are options that can be utilized in your fasting for 20/20 Vision

OPTION 1: The St. Paul fast: Abstain from all food and drinks.

Focus: Fasting for wisdom and insight from God.

OPTION 2: The Daniel fast: Fruits and vegetables only.

Focus: Fasting for good health and for obedience toward God.

OPTION 3: The Ezra and Esther Fasts: Abstain from all sodas and sweets(desserts, pies, cakes, candy, etc.). Natural sweeteners and sugars are okay

Focus: Fasting to solve problems and to seek protection from the evil one.

OPTION 4: The Samuel, Widow's and John the Baptist fasts: Abstain from all types of fried foods and breads.

Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; fasting so that the needs of others will be met, and fasting for a stronger testimony and influence.

OPTION 5: The Disciples' and Elijah fast: Abstain from meats and sweets.

Focus: Fasting to break addictions and every yoke

How to Fast Successfully

1. Consult with a doctor before you begin a fast
2. Be aware that the devil will come and tempt you (Matthew 4:1)
3. Do not make it obvious (Matthew 6:16)
4. Set a goal (Daniel 9:3)
5. Write down the date you start date and end date and journal daily (Habakkuk 2:2)
6. Start with something you can do
7. Pray without ceasing while you fast
8. Read the Bible or devotional when you would normally eat
9. Draw nigh to God and resist the devil (James 4:8)
10. Do not over eat when you finish your period of fasting.

Hindrances to an Effective Fast

1. Wrong motives (Matthew 6:16) To get adoration from others or to impress God (Isaiah 58:3)
2. Unforgiveness (Matthew 6:14-15)
3. Selfishness (Isaiah 58:3)
4. Continued Sin (Isaiah 58:4)
5. It becomes religious instead of relationship oriented (Isaiah 58:5)
6. Inconsistency (Matthew 7:7)

New Mt. Moriah Missionary Baptist Church Corporate Fast
ALTER Prayer

Monday, August 10, 2020 thru August 30, 2020

Daily Scripture Meditations

This devotional time is intended to help you grow closer to God by tuning in to His voice.

Every day start with at least 5 minutes participating in the 3 P's:

5 minutes Reading a **Passage**, 5 minutes **Praying** to God, and 5 minutes **Praising** God.

Repeat the process at night!

Day 1 Monday, August 10

Passage: Genesis 35:1 Then God said to Jacob, "Arise, go up to Bethel and dwell there; and make an altar there to God, who appeared to you when you fled from the face of Esau your brother." **NIV**

Praise: Kirk Franklin- The Altar

Prayer: Prayer Call and Prayer App

Day 2 Tuesday, August 11

Passage: 2 Samuel 24:25 David built an altar to the LORD there and sacrificed burnt offerings and fellowship offerings. Then the LORD answered his prayer in behalf of the land, and the plague on Israel was stopped. **NIV**

Praise: Elevation Worship Featuring Israel Houghton- O Come to the Altar

Prayer: Prayer Call and Prayer App

Day 3 Wednesday, August 12

Passage: Genesis 8:20, Then Noah built an altar to the LORD, and took of every clean animal and of every clean bird, and offered burnt offerings on the altar. **NIV**

Praise: Donald Lawrence- You covered me

Prayer: Prayer Call and Prayer App

Day 4 Thursday, August 13

Passage : 1 Samuel 1:11, ¹¹ Then she made a vow and said, "O LORD of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the LORD all the days of his life, **NIV**

Praise: Phil Thompson- My Worship

Prayer: Prayer Call and Prayer App

Day 5 Friday, August 14

Passage : Genesis 12:7, Then the LORD appeared to Abram and said, “To your descendants I will give this land.” And there he built an altar to the LORD, who had appeared to him. **NIV**

Praise: Maranda Curtis- Way Maker

Prayer: Prayer Call and Prayer App

Day 6 Saturday, August 15

Passage : Genesis 22:9, Then they came to the place of which God had told him. And Abraham built an altar there and placed the wood in order; and he bound Isaac his son and laid him on the altar, upon the wood. **NIV**

Praise: Jessica Reedy- Put it on the Altar

Prayer: Prayer Call and Prayer App

Day 7 Sunday, August 16

Sermon Passage:

Points:

Day 8 Monday, August 17

Passage: Genesis 26:25, Isaac built an altar there and called on the name of the LORD. There he pitched his tent, and there his servants dug a well. **NIV**

Praise: Stephen Hurd- Revelation 19:1

Prayer: Prayer Call and Prayer App

Day 9 Tuesday, August 18

Passage : 2 Kings 19:19, ¹⁹Now therefore, O LORD our God, I pray, save us from his hand, that all the kingdoms of the earth may know that You *are* the LORD God, You alone.” **NKJ**

Praise: Tasha Cobbs- For Your Glory

Prayer: Prayer Call and Prayer App

Day 10 Wednesday, August 19

Passage : 2 Kings 6:17, And Elisha prayed, “Open his eyes, LORD, so that he may see.” Then the LORD opened the servant’s eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha. **NIV**

Praise: Elevation Worship- Open up our eyes

Prayer: Prayer Call and Prayer App

Day 11 Thursday, August 20

Passage : Isaiah 38:2-3, Then the word of the LORD came to Isaiah: ⁵“Go and tell Hezekiah, ‘This is what the LORD, the God of your father David, says: I have heard your prayer and seen your tears; I will add fifteen years to your life. **NIV**

Praise: Vashawn Mitchell- Turning around for me

Prayer: Prayer Call and Prayer App

Day 12 Friday, August 21

Passage : Joshua 10:12 Joshua said to the LORD in the presence of Israel:

“Sun, stand still over Gibeon, and you, moon, over the Valley of Aijalon.”

So the sun stood still, and the moon stopped, till the nation avenged itself on¹⁰ its enemies. **NIV**

Praise: Myron Butler- Speak

Prayer: Prayer Call and Prayer App

Day 13 Saturday, August 22

Passage : Psalm 25:4-5 Show me your ways, LORD, teach me your paths.

Guide me in your truth and teach me, for you are God my Savior,
and my hope is in you all day long. **NIV**

Praise: Kirk Franklin- My world needs you

Prayer: Prayer Call and Prayer App

Day 14 Sunday, August 23

Passage:

Points:

Day 15 Monday, August 24

Passage : Romans 12:1, Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **NIV**

Praise: Psalmist Raine- The Altar

Prayer: Prayer Call and Prayer App

Day 16 Tuesday, August 25

Passage : Luke 22:42-43, Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done. **NKJ**

Praise: Marvin Winans- Draw me close/Thy will be done

Prayer: Prayer Call and Prayer App

Day 17 Wednesday, August 26

Passage : Luke 7:7, Therefore I did not even think myself worthy to come to You. But say the word, and my servant will be healed. **NKJ**

Praise: Kurt Carr- One Word

Prayer: Prayer Call and Prayer App

Day 18 Thursday, August 27

Passage : Mark 5:22-23, And behold, one of the rulers of the synagogue came, Jairus by name. And when he saw Him, he fell at His feet ²³and begged Him earnestly, saying, “My little daughter lies at the point of death. Come and lay Your hands on her, that she may be healed, and she will live. **NKJ**

Praise: Jovonta Patton- My hands are lifted up

Prayer: Prayer Call and Prayer App

Day 19 Friday, August 28

Passage : 1 John 5:14-15 This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us, whatever we ask, we know that we have what we asked of him. **NIV**

Praise: Bishop Paul Morton- Something happens when I call Jesus

Prayer: Prayer Call and Prayer App

Day 20 Saturday, August 29

Passage : James 5:16 The prayer of a righteous person is powerful and effective. **NIV**

Praise: James Fortune- Let your power fall

Prayer: Prayer Call and Prayer App

Day 21 Sunday, January 26

Passage:

Points:



Resources To Feed Your Spirit

Read

1. **The Bible** – Read God’s Word daily and take time to meditate upon the scriptures. Specifically read the scripture from faithlifebible.com.

Prayer & Study

Online Bible Study Tools

1. Prayer Call Line- Free Conference Call Dial: 1 978 990-5000 (access code: 453894#)
2. Prayer app (prayer.com/nmmbc)
3. [Faithlifebible.com](http://faithlifebible.com)- This is a great online Bible Study tool provides explanations, illustrations, maps, etc. Create a personal login and connect with us by joining the New Mt. Moriah group for daily Bible Study.
4. Men’s Prayer Force (mensprayerforce.com/pray-like-a-man)
5. Girlfriends Pray (girlfriendspray.org)
6. Attend Intercessory Prayer on Sunday Morning at 9:15

Praise & Worship

1. AM-FM/Satellite Radio – Change the radio station in your car or on your computer to Christian music.
2. Pandora (pandora.com)
3. Feel Good Gospel (feelgoodgospel.com) – Tune in, Watch & Listen in 24/7
4. Cable Gospel Music Station
5. Invite family and friends to a worship service and our WOW worship January 11th and January 18th.

Watch

Television Networks with Christian/Family programming. Check your Channel Guide for station numbers.

1. New Mt. Moriah Face Book Page- Daily Devotionals
2. New Mt. Moriah WOW Bible Study- Face Book Live and www.newmtmoriamhbc.org
3. New Mt. Moriah Worship Service- Face Book Live and www.newmtmoriamhbc.org
4. TBN – Trinity Broadcasting Network
5. The Word Network
6. The Church Channel