



# **New Mt. Moriah Missionary Baptist Church**

**August 9th- August 29th 2021**

New Mt. Moriah Missionary Baptist Church Corporate Fast  
**"RESET"**

*Monday, August 9th, 2021 thru Sunday August 29th, 2021*  
Daily Scripture Meditations

***Greetings fabulous faith community!*** The word **RESET** by definition is the act of setting again or back to the original position. These 21 days are an opportunity for us to **RESET** and get properly aligned with God's Will, Way, and Word. Our desire is to refocus on God by removing things we normally enjoy and replacing them with prayer and Bible Study. In this handout you will find helpful resources to encourage your spirit during these 21 days.

We invite you to partner in prayer each morning Mon- Sat at 7:00-7:15 a.m on our prayer call. Unite with us also on our pray.com app as I will be sending out daily reminders. Let's feast on God's Word and let Him **RESET** our lives!

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 (August 9<sup>th</sup>- August 29<sup>th</sup>). During this season, you have several different options to choose from. The commitment levels allow you to be more flexible to your needs to make this time as personal as possible. Be led by God and **SELECT A LEVEL THAT WILL WORK FOR YOUR COMMITMENT.**

**\*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.

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## **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.

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## **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%.

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## **My Fast Action Category:**

**I will participate in a \_\_\_\_\_ fast for the next 21 days.**

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## **Fast Options**

Below are options that can be utilized during this 21 Days

**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)

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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!

Week One Emphasis: **RESET our FOCUS**

**Day 1 Monday, August 9**

**Passage:** Colossians 3:1, "Set your minds on things above, not on earthly things." **NIV**

**Praise:** Tamela Mann- Change Me

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 2 Tuesday, August 10**

**Passage:** Philippians 2:5, "Let this mind be in you which was also in Christ Jesus." **NKJV**

**Praise:** William McDowell- I give myself away

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 3 Wednesday, August 11**

**Passage:** Psalm 1:2, "But his delight is in the law of the LORD; and in his law doth he meditate day and night." **KJV**

**Praise:** Jovonta Patton- My hands are lifted up

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 4 Thursday, August 12**

**Passage:** Philippians 3:13b, "But one thing I do: Forgetting what is behind and straining toward what is ahead," **NKJV**

**Praise:** Jonathan McReynolds- Movin On

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 5 Friday, August 13**

**Passage: Luke 9:23** “Then He said to *them* all, “If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.” **NKJV**

**Praise:** Maurette Brown Clark- I have decided to follow Jesus

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 6 Saturday, August 14**

**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:** Todd Galberth: Open the eyes of my heart

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 7 Sunday, August 15**

**Passage: Colossians 3:23-24**, “And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for<sup>[a]</sup> you serve the Lord Christ.” **NKJV**

**Prayer/Praise:** Join us online for worship @ [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org) or Facebook Live

Week 2 Emphasis: **RESET our FAITH**

**Day 8 Monday, August 16**

**Passage: James 1: 25**, “But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.” **NIV**

**Praise:** Donnie McClurkin- Speak to my heart

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 9 Tuesday, August 17**

**Passage: Hebrews 11:6**, “But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.” **NKJV**

**Praise:** Ricky Dillard- God is

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 10 Wednesday, August 18**

**Passage:** James 2:17, "So also faith by itself, if it does not have works, is dead." **ESV**

**Praise:** J. Moss- Work your faith

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 11 Thursday, August 19**

**Passage:** Mark 9:23, "Jesus said to him, "If you can believe, all things *are* possible to him who believes." **NKJV**

**Praise:** Jonathan Nelson- I agree

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 12 Friday, August 20**

**Passage:** Luke 7:9, "When Jesus heard these things, He marveled at him, and turned around and said to the crowd that followed Him, "I say to you, I have not found such great faith, not even in Israel!" **NKJV**

**Praise:** Byron Cage- Broken but I'm healed

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 13 Saturday, August 21**

**Passage:** Mark 11:23, "For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says " **NKJV**

**Praise:** Myron Butler- Speak

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 14 Sunday, August 22**

**Passage:** Psalms 42:11, Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God. **NKJV**

**Praise:** Join us online for worship @ [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org) or Facebook Live

Week 3 Emphasis: **RESET our FUTURE**

**Day 15 Monday, August 23**

**Passage:** Psalm 126:5, "They that sow in tears shall reap in joy." **KJV**

**Praise:** Marvin Winans- For I have heard your cry

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 16 Tuesday, August 24**

**Passage:** Joel 2:25-26, "And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you. And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed."

**Praise:** Donald Lawrence- Restoring the years

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 17 Wednesday, August 25**

**Passage:** 1 Peter 5:10, "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you." **ESV**

**Praise:** Jekalyn Carr- You've been restored

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 18 Thursday, August 26**

**Passage:** Psalm 51:10; 12, "Create in me a clean heart, O God; and renew a right spirit within me.; Restore unto me the joy of thy salvation; and uphold me with thy free spirit." **KJV**

**Praise:** Donnie McClurkin- Create in me a clean heart

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 19 Friday, August 27**

**Passage:** Jeremiah 18:4, "And the vessel that he <sup>had</sup> made of clay was marred in the hand of the potter; so he made it again into another vessel, as it seemed good to the potter to make." **NKJ**

**Praise:** Vashawn Mitchell- The Potter's House

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 20 Saturday, August 28**

**Passage:** Jeremiah 30:17, "For I will restore health to you and heal you of your wounds," says the LORD, 'Because they called you an outcast *saying*: "This is Zion; No one seeks her." **NKJV**

**Praise:** Richard Smallwood- Healing

**Prayer:** Call in number 1 (978) 990-5000; Access Code: 453894#

**Day 21 Sunday August 29**

**Passage: Ephesians 3:20-21**, "Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him *be* glory in the church by Christ Jesus to all generations, forever and ever. Amen." **NKJV**

**Prayer/Praise:** Join us online for worship @ [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org) or Facebook Live



## 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](http://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](http://prayer.com/nmmbc))
3. 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)

### **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. Join us online for worship @ [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org)

### **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- Wednesdays @ 6:00 on Face Book Live and [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org)
3. New Mt. Moriah Worship Service- Sunday @ 10:30 on Face Book Live and [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org)
4. TBN – Trinity Broadcasting Network
5. The Word Network
6. The Church Channel