

21 Days with God Prayer and Fasting
“Just ASK”
Matthew 7:7-12



**New Mt. Moriah Missionary Baptist
Church**

“Making Disciples to Make a Difference”

Corporate Fast
Daily from 6AM-6PM
January 10th- January 30th 2022

New Mt. Moriah Missionary Baptist Church Corporate Fast
"Just Ask"
Monday, January 10th, 2022 thru Sunday January 30th, 2022
Daily Scripture Meditations

Greetings fabulous faith community! We are grateful to our great God for allowing us to see a brand new year. As always, I am excited during this special season in the life of our church as we corporately come together to go to God in prayer. Jesus said, "When you pray... (Matthew 6:5-7), When you fast... (Matthew 6:16), meaning that He expects for these disciplines to be a natural and a normal part of our Christian experience. Jesus also said, "Ask and it shall be given to you, seek and you will find, knock and the door will be opened." (Matthew 7:7). During this 21 days entitled, "*Just Ask*", we will take our Lord at his Word and ask for God to lead us in His will for our lives. There are over 650 prayers recorded in scripture where we see people of faith praying prayers of praise, petition, protection, and provision. Since God's Word is His will, we will pray these prayers and apply the principles in these prayers. In this handout you will find details of the fast, daily scriptures, 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 expect big answers to our prayers!

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 10th- January 30th) from 6 am-6pm. 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.

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.

I am praying for a breakthrough in the following areas:

Individually _____

Family _____

Ministry _____

Society _____

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 1 Emphasis: **Petition**

Day 1 Monday, January 10

Passage: John 15:7, "If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you." **NKJ**

Praise: Jonathan McReynolds- Make room

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

Day 2 Tuesday, January 11

Passage: 1 Kings 3:5-14, At Gibeon the LORD appeared to Solomon in a dream by night, and God said, "Ask what I shall give you..." **ESV**

Praise: Donnie McClurkin- I'll Trust You, Lord

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

Day 3 Wednesday, January 12

Passage: 1 John 5:14-15, And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

Praise: Tasha Cobbs- Confidence

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

Day 4 Thursday, January 13

Passage: James 1:5, If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. **ESV**

Praise: Yolanda Adams & Donnie McClurkin- The Prayer

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

Day 5 Friday, January 14

Passage: Jeremiah 33:3, “Call to me and I will answer you, and will tell you great and hidden things that you have not known.”

Praise: Tamela Mann- God Provides

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

Day 6 Saturday, January 15

Passage: Mark 11:24, “Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.” **ESV**

Praise: Ron Winans- All in your Name

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

Day 7 Sunday, January 16

Passage: 1 Chronicles 4:10: Jabez called upon the God of Israel, saying, “Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from harm[□] so that it might not bring me pain!” And God granted what he asked. **ESV**

Praise: Join us online for worship @ www.newmtmoriahmbc.org

Week 2 Emphasis: **Pardon**

Day 8 Monday, January 17

Passage: Nehemiah 1: 5-11; “And I said, “O LORD God of heaven, the great and awesome God who keeps covenant and steadfast love with those who love him and keep his commandments, ⁶ let your ear be attentive and your eyes open, to hear the prayer of your servant that I now pray before you day and night for the people of Israel your servants, confessing the sins of the people of Israel, which we have sinned against you. Even I and my father's house have sinned.” **ESV**

Praise: DFW Mass- Another Chance

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

Day 9 Tuesday, January 18

Passage: James 5:16-16, Admit your faults to one another and pray for each other so that you may be healed. The earnest prayer of a righteous man has great power and wonderful results. LB

Praise: Byron Cage- Broken but I'm healed

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

Day 10 Wednesday, January 19

Passage : **2 Chronicles 7:14**, "If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land."

Praise: Daryl Coley- II Chronicles

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

Day 11 Thursday, January 20

Passage : Psalms 51:10, Create in me a clean heart, O God, and renew a right^[b] spirit within me.
ESV

Praise: Tamela Mann- Change me

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

Day 12 Friday, January 21

Passage: Luke 18:13-14, But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' ¹⁴I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted." **ESV**

Praise: Ron Winans- A Song of Consecration

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

Day 13 Saturday, January 22

Passage: Luke 15:17-19, "But when he came to himself, he said, 'How many of my father's hired servants have bread enough and to spare, and I perish with hunger! ¹⁸I will arise and go to my father, and will say to him, "Father, I have sinned against heaven and before you, ¹⁹and I am no longer worthy to be called your son. Make me like one of your hired servants.'" **NKV**

Praise: Donnie McClurkin- We Fall Down

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

Day 14 Sunday, January 23

Passage: 1 Samuel 30:8 And David enquired at the LORD, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.

Praise: Join us online for worship @ www.newmtmoriahmbc.org

Week 3 Emphasis: **Provision/Protection/Prosperity**

Day 15 Monday, January 24

Passage: Matthew 6:9, After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.... **KJV**

Praise: Tamela Mann- The Lord's Prayer

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

Day 16 Tuesday, January 25

Passage: 2 Kings 19:19, "So now, O LORD our God, save us, please, from his hand, that all the kingdoms of the earth may know that you, O LORD, are God alone."

Praise: The Winans- Ain't no need to Worry

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

Day 17 Wednesday, January 26

Passage : Philippians 4:6-8, Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **NIV**

Praise: Marvin Sapp- Perfect Peace

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

Day 18 Thursday, January 27

Passage: 2 Chronicles 20:12, "O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes *are* upon You." **NKJV**

Praise: Dwayne Woods- Let Go

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

Day 19 Friday, January 28

Passage: Psalms 40:13 Please, LORD, rescue me! Come quickly, LORD, and help me. **ESV**

Praise: Vanessa Bell Armstrong: Help

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

Day 20 Saturday, January 29

Passage: 3 John 1:2, Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. **NKJV**

Praise: Bishop Paul Morton- Be blessed

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

Day 21 Sunday, January 30

Passage: Numbers 6:24-26, The LORD bless you and keep you; The LORD make His face shine upon you, and be gracious to you; The LORD lift up His countenance upon you, and give you peace." **NKJV**

Praise: Join us online for worship @ www.newmtmoriamhbc.org



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- 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

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 @ 6:30 on Face Book Live and www.newmtmoriahmbc.org
3. New Mt. Moriah Worship Service- Sunday @ 10:30 on Face Book Live and www.newmtmoriahmbc.org
4. TBN – Trinity Broadcasting Network
5. The Word Network
6. The Church Channel