

21 Days of Prayer

“RESET”

Matthew 22:37



**New Mt. Moriah Missionary Baptist
Church**

“Making Disciples to Make a Difference”

August 8th- August 28th 2022

New Mt. Moriah Missionary Baptist Church 21 days of Prayer
"RESET"

Monday, August 8th, 2022 thru Sunday August 28th, 2022
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 New Mt. Moriah Church 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

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.

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 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 HEART**

Day 1 Monday, August 8

Passage: Matthew 22:37, "And He said unto him, "You shall love the Lord your God with all your heart, with all your mind, with all your soul." ESV

Praise: Joe Pace: Love You so much

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

Day 2 Tuesday, August 9

Passage: Joel 2:13, "And rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster." ESV

Praise: Myron Butler: Take me back

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

Day 3 Wednesday, August 10

Passage: Psalm 119:10 "With my whole heart I seek you, let me not wander from your commandments" ESV

Praise: Jonathan McReynolds: Make Room

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

Day 4 Thursday, August 11

Passage: James 4:8, "Draw near to God and he will draw near to you. Cleanse your hands you sinners, and purify your hearts, you double-minded. ESV

Praise: Tamela Mann- Change Me

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

Day 5 Friday, August 12

Passage: Psalms 51:10, "Create in me a clean heart and renew in me a right spirit." ESV

Praise: Donnie McClurkin: Create in me a clean heart

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

Day 6 Saturday, August 13

Passage: Psalms 37:4, "Delight yourself in the Lord and He will give you the desires of your heart." ESV

Praise: Anita Wilson: More than Anything

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

Day 7 Sunday, August 14

Passage: Psalm 24:3-4, "Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully. ESV

Prayer/Praise: Join us online for worship @ www.newmtmoriahmbc.org or Facebook Live

Week 2 Emphasis: **RESET our MIND**

Day 8 Monday, August 15

Passage: Colossians 3:2, "Set your mind on things that are above, not on things that are on Earth." ESV

Praise: William McDowell- I give myself away

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

Day 9 Tuesday, August 16

Passage: Romans 8:6, "For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." ESV

Praise: Tasha Cobbs: Your Spirit

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

Day 10 Wednesday, August 17

Passage: Romans 12:2, "Do not be conformed to this world, but be transformed by the renewal of your mind..." ESV

Praise: Coko: Renew my mind

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

Day 11 Thursday, August 18

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

Praise: What a Beautiful Name: Hillsong Worship

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

Day 12 Friday, August 19

Passage: Philippians 4:8, "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." ESV

Praise: My Worship: Phil Thompson

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

Day 13 Saturday, August 20

Passage: Mark 11:23, "You keep him in perfect peace whose mind is stayed on you, because he trusts in you. "ESV

Praise: Marvin Sapp: Perfect Peace

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

Day 14 Sunday, August 21

Passage: Ephesians 4:23, "And be renewed in the spirit of your minds. ESV

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

Week 3 Emphasis: **RESET our SOUL**

Day 15 Monday, August 22

Passage: Jeremiah 6:16, "This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. ESV

Praise: PJ Morton: Over and Over

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

Day 16 Tuesday, August 23

Passage: Psalms 25:1 "To you, O LORD, I lift up my soul. O my God, in you I trust. ESV

Praise: Richard Smallwood: I'll trust You

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

Day 17 Wednesday, August 24

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 25

Passage: Psalm 43:5, "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God." ESV

Praise: Richard Smallwood- Healing

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

Day 19 Friday, August 26

Passage: Lamentations 3:24, "The Lord is my portion, says my soul, therefore I will hope in him!" ESV

Praise: PJ Morton: Let Go

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

Day 20 Saturday, August 27

Passage: Psalm 103:1, "Bless the Lord, O my soul, and all that is within me, bless His holy name. ESV

Praise: Bless the Lord, Oh my Soul: Pastor E Dewey Smith

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

Day 21 Sunday August 28

Passage: Luke 1:46, "And Mary said, "My soul magnifies the Lord" ESV

Prayer/Praise: Join us online for worship @ 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.

Prayer & Study

Online Bible Study Tools

1. Prayer Call Line- Free Conference Call Dial: 1 978 990-5000 (access code: 453894#)
2. New Mt Moriah Church App (Free download on Itunes or Google Play Store)
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- Weekly 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