

21 Days with God Prayer and Fasting



Matthew 7:7

**New Mt. Moriah Missionary Baptist
Church**

"Making Disciples to Make a Difference"

**Corporate Fast
January 9th- January 29th 2023**

New Mt. Moriah Missionary Baptist Church Corporate Fast
"Moving Faith Forward"
Monday, January 9th, 2023 thru Sunday January 29th, 2023
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 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 of Prayer, we will take our Lord at his Word and trust Him to lead us in His will for our lives.

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 . We also invite you to participate in the five week virtual "Partners in Prayer" small group that will be held on Sundays at 6:00. 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 9th- January 29th). 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. Eliminate browsing or using Social media (Facebook, Instagram, Twitter) for personal pleasure.
3. Eliminate TV(Cable and satellite TV, Netflix, Hulu, movie theaters) or something that occupies a good portion of your time.

Category 2: 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%.

Category 3: FEAST

1. Spend at least 30 minutes daily meditating on the scripture for the day.

My Commitment:

During these 21 Days I will commit to participate in a _____ fast for the next 21 days. I along with my church family will pray for this ministry to “Move Faith Forward” in 2023.

I am also praying for a breakthrough in the following areas:

Individually _____

Family _____

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: **Getting to know our Father better**

Day 1 Monday, January 9

Passage: Isaiah 64:8, "But now, O Lord, you are our Father; we are the clay, and You are our potter; we are all the work of your hand." **ESV**

Praise: Chris Tomlin- Good Good Father

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

Day 2 Tuesday, January 10

Passage: Matthew 6:7-9, "And when you pray, do not heap up empty phrases as the Gentiles do, for they think they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask Him. Pray then like this: "Our Father in heaven, hallowed be your name." **ESV**

Praise: Hillsong Worship- The Lord's Prayer

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

Day 3 Wednesday, January 11

Passage: 1 Peter 1:3, "Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead." **ESV**

Praise: Fred Hammond- Our Father

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

Day 4 Thursday, January 12

Passage: Matthew 6:26: "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" **ESV**

Praise: Leandria Johnson- God will take care of you.

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

Day 5 Friday, January 13

Passage: **Psalm 103:13**, "As a father shows compassion to his children, so the Lord shows compassion to those who fear him." **ESV**

Praise: Benita Jones- How He Loves

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

Day 6 Saturday, January 14

Passage: **Matthew 7:9-11**, "Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!" **ESV**

Praise: Rev. Milton Brunson & Thompson Community Choir- In My Name

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

Day 7 Sunday, January 15

Passage: Ephesians 1:3: "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places." **ESV**

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

Week 2 Emphasis: **Our God is Faithful**

Day 8 Monday, January 16

Passage: **1 John 1:9**; "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." **ESV**

Praise: DFW Mass- Another Chance

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

Day 9 Tuesday, January 17

Passage: **1 Corinthians 10:13**, "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it." **ESV**

Praise: Ricky Dillard- God is

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

Day 10 Wednesday, January 18

Passage: Genesis 21:1-2, "And the Lord visited Sarah as he had said, and the Lord did for Sarah as He has spoken. For Sarah conceived and bore Abraham a son in his old age, at the set time of which God had spoken to him," **NKJV**

Praise: Elevation Worship & Maverick City- Wait on you

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

Day 11 Thursday, January 19

Passage: Jeremiah 29:11, "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." **NKJV**

Praise: Martha Munizzi- I Know the Plans

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

Day 12 Friday, January 20

Passage: Numbers 23:19, "God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?" **2 Corinthians 1:20,** "For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us." **NKJV**

Praise: Maverick City Music- Promises

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

Day 13 Saturday, January 21

Passage: 1 Thessalonians 5:23-24, "May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it." **ESV**

Praise: Hezekiah Walker- It shall come to pass

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

Day 14 Sunday, January 22

Passage: Hebrews 10:23, "Let us hold fast the confession of our hope without wavering; for he who promised is faithful."

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

Week 3 Emphasis: **Lord I will Follow You!**

Day 15 Monday, January 23

Passage: Psalm 25:4-5, "Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long." **ESV**.

Praise: Tasha Cobbs Leonard- I will follow

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

Day 16 Tuesday, January 24

Passage: Proverbs 16:9, "A man's heart plans his way, but the Lord directs his steps. **Psalms 37:23**, "The steps of a good man are ordered by the Lord, and he delights in way." **NKJV**

Praise: Fred Hammond- Your steps are ordered

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

Day 17 Wednesday, January 25

Passage: John 14:26, "But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you." **ESV**

Praise: Vanessa Bell Armstrong- Help

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

Day 18 Thursday, January 26

Passage: Psalm 32:8, "I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you." **ESV**

Praise: Marvin Sapp- He has His hands on you

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

Day 19 Friday, January 27

Passage: Isaiah 43:2, "When you pass through the waters, I will be with you, and through the rivers, they shall not overwhelm you" **ESV**

Praise: Hillsong: Oceans

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

Day 20 Saturday, January 28

Passage: Psalm 16:11, "You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore." **NKJV**

Praise: Israel & New Breed- Your Presence is Heaven

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

Day 21 Sunday, January 29

Passage: Habakkuk 2:2, "And the Lord answered me, and said, Write the vision, make it plain upon tablets, so he may run who reads it." **ESV**

Praise: Join us online for worship @ www.newmtmoriahmbc.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. Partner’s in Prayer Small group: 5 weeks each Sunday beginning January 8. Participate virtually via zoom. **Meeting ID:** 895 4660 7399 **Passcode:** 482988
4. [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.
5. Men’s Prayer Force (mensprayerforce.com/pray-like-a-man)
6. 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
4. TBN – Trinity Broadcasting Network
5. The Word Network
6. The Church Channel