

21 Days with God Prayer and Fasting



2 Peter 3:18

**New Mt. Moriah Missionary Baptist
Church**

“Making Disciples to Make a Difference”

**Corporate Fast
January 7th- January 27th 2024**

New Mt. Moriah Missionary Baptist Church Corporate Fast
"GROW in 24!"
Sunday, January 7th, 2024 thru Saturday January 27th, 2024
Daily Scripture Meditations

Blessings and Happy New Year, Beloved Family of God!

We are indeed grateful to God for His grace in allowing us to enter into another new year. I am excited as your Pastor about the enormous possibilities that exist for us as a church family. I am also delighted that we have the opportunity to deepen our relationship with God as we engage in the disciplines of Scripture reading, Prayer, and Fasting. These spiritual disciplines allows us to refocus on God by removing things we normally enjoy, and replacing them with time with God.

This season's fasting and prayer experience will focus on the Vision for this year: **"GROW in 24!"**

2 Peter 3:18 says, *"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."* During these 21 days, it is our goal to grow closer to Christ and to know Him in a better way. It is my belief that as we seek God first, He will cause His favor to be upon our families, fitness, finances, and our future (Matthew 6:33).

This guide has been created to assist you and encourage your spirit. Connect with us at www.newmtmoriahmbc.org or on our Church App for other information. We invite you to join our prayer call each morning Mon- Sat at 6:45-7:00 a.m. Join us on the journey and expect great things from God as we **GROW in 24!**

To God be the Glory!

Pastor Mike

FASTING 101

What Is Fasting?

- 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:**

- **Anyone with a medical condition related to eating or under the treatment of a physician must consult their doctor before proceeding.**
- **Use your discretion along with the advice of your physician and prayer to modify the Fast to adhere to your medical needs.**
- **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.**
- **Don't beat yourself up or give up if you break your fast by accident. The objective is not to be perfect but to be transformed!**

* 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.

*After the fast, ease your way back into following your typical diet.

FASTING LEVELS

We will fast for a total of 21 days (January 7th- January 27th). 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 an 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: Physical

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, Partial fast, etc) can be found under the fasting options.
2. **Soul Fast**- Eliminate browsing or using Social media (Facebook, Instagram, Twitter) for personal pleasure. 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). Eliminate spending money on non-essential personal items (extra clothing, electronics, etc.)
2. Make a budget for the month and follow the 10-10-80 principle: Tithe 10%, Save 10%, Live off the remaining 80%.

My Commitment:

I will commit to participate in a _____ fast for the next 21 days. Along with my Church family, I pray to “GROW in 24” and believe God for a breakthrough in the following areas:

Faith: Which areas do I need to grow in God?

Family: What am I believing God for my family?

Fitness: What do I need God to do concerning my health?

Finances: What am I trusting God to do in my finances?

Future: What big things am I expecting God to do in my life?

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. Set your objective. Why are you fasting? Ask God to help you clarify
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. Prepare yourself physically and mentally for the journey you are about to take.
7. Start with something you can do
8. Pray without ceasing while you fast
9. Read the Bible or devotional when you would normally eat
10. Draw nigh to God and resist the devil (James 4:8)
11. 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. Start your day by making time for quiet time with God by applying the 4 P's: **Pray-Passage-Pray again- Praise**
Repeat the process at night!

Week 1 Emphasis: **GROW our FAITH**

Day 1 Sunday, January 7

Passage: Ezra 8:21, "Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions." **NKJV**

Prayer: join us for Intercessory Prayer @10:15.

Praise: Join us for worship @ 10:30 a.m.

Day 2 Monday, January 8

Passage: 2 Peter 3:18, "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen." **ESV**

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

Praise: Dorinda Clark-Cole- Tis So Sweet

Day 3 Tuesday, January 9

Passage: Colossians 1:9-10, "For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God." **NIV**

Praise: Tasha Cobbs Leonard- Fill me up

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

Day 4 Wednesday, January 10

Passage: 1 Peter 2:2-3, “Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good.” **NIV**

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

Praise: Jonathan McReynolds- Make Room

Day 5 Thursday, January 11

Passage: Ephesians 4:14-15, “So that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, **ESV**

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

Praise: Martha Munnizi- I believe God

Day 6 Friday, January 12

Passage: 1 Timothy 4:7-8, “Do not waste time arguing over godless ideas and old wives’ tales. Instead, train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” **NLT**

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

Praise: J Moss- Work your faith

Day 7 Saturday, January 13

Passage: Psalm 92:12-13, “The righteous shall flourish like a palm tree, He shall grow like a cedar in Lebanon. Those who are planted in the house of the LORD shall flourish in the courts of our God.” **NKJV**

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

Praise: Maverick City Music- Promises

Week 2 Emphasis: **GROW our Family**

Day 8 Sunday, January 14

Passage: Mark 9:28-29, "And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out? "So He said to them, "This kind can come out by nothing but prayer and fasting." **NKJV**

Prayer: join us for Intercessory Prayer @10:15.

Praise: Join us for worship @ 10:30 a.m.

Day 9 Monday, January 15- (Prayers for our Brothers)

Passage: Ezekiel 22:30 "So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one."

NKJV

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

Praise: William McDowell- Intercession

Day 10 Tuesday, January 16 (Prayers for our Sisters)

Passage: Psalm 128:1-3, "Blessed is everyone who fears the Lord, who walks in his ways! You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. **ESV**

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

Praise: Bishop Paul Morton- Be blessed

Day 11 Wednesday, January 17 (Prayers for our Children)

Passage: Matthew 19:14-15, "But Jesus said, "Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like these children." And he placed his hands on their heads and blessed them before he left." **NLT**

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

Praise: Israel & New Breed- Yes Jesus loves me

Day 12 Thursday, January 18 (Prayers for our Marriages)

Passage: Genesis 1:28, "And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." **ESV**

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

Praise: Donald Lawrence- Blessing is on you

Day 13 Friday, January 19 (Prayers for our Extended Family)

Passage: Psalm 112:1-3, "Praise the LORD! Blessed *is* the man *who* fears the LORD, *Who* delights greatly in His commandments. His descendants will be mighty on earth; The generation of the upright will be blessed. Wealth and riches *will be* in his house, And his righteousness endures forever." **ESV**

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

Praise: Elevation Worship & Maverick City Music- Shall not want

Day 14 Saturday, January 20 (Prayers for our Church Family)

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 ^[a]lift up His countenance upon you, And give you peace." **NKJV**

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

Praise: Melvin Crispwell & Miranda Curtis- The Blessing

Week 3 Emphasis: **GROW our FUTURE**

Day 15 Sunday, January 21

Passage: Daniel 10:12, "Then he said to me, "Fear not, Daniel, for from the first day that you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words" **ESV**

Prayer: join us for Intercessory Prayer @10:15.

Praise: Join us for worship @ 10:30 a.m.

Day 16 Monday, January 22

Passage: 1 Chronicles 4:9-10, "Jabez was more honorable than his brothers; and his mother called his name Jabez, saying, "Because I bore him in pain. 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^[c] so that it might not bring me pain!" And God granted what he asked." **ESV**

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

Praise: Donald Lawrence- Bless me

Day 17 Tuesday, January 23

Passage: **2 Corinthians 9:8**, "And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work." **ESV**

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

Praise: Jonathan McReynolds featuring Bishop Marvin Winans- Able

Day 18 Wednesday, January 24

Passage: **Luke 2:52**, "And Jesus grew In wisdom and stature and in favor with God and man." **NIV**

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

Praise: Donald Lawrence- There is a king in you

Day 19 Thursday, January 25

Passage: **Luke 12:31-32**, "Instead, seek his kingdom, and these things will be added to you. Fear not, little flock, for it is your Father's good pleasure to give you the kingdom." **ESV**

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

Praise: Donald Lawrence- You are an heir

Day 20 Friday, January 26

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

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

Praise: Byron Cage- Broken but I'm healed

Day 21 Saturday, January 27

Passage: **Jeremiah 17:7-8**, "But blessed is the one who trusts in the LORD,
whose confidence is in him. They will be like a tree planted by the water
that sends out its roots by the stream. It does not fear when heat comes;
its leaves are always green. It has no worries in a year of drought and never fails to bear
fruit." **NIV**

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

Praise: Tasha Cobbs Leonard- I'm getting ready



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. New Mt. Moriah webpage: www.newmtmoriahmbc.org
4. New Mt. Moriah WOW Bible Study: Wednesdays @ 6:30 in person
5. 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.
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. 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