



# Welcome Home!

## 21 DAYS OF PRAYER

August 4<sup>th</sup> – 30<sup>th</sup>, 2025



1.978.990.5000

Access Code: 453894

**New Mt. Moriah Missionary Baptist  
Church**

**“Making Disciples to Make a Difference”**

Greetings Fabulous Family of Faith!

I'm eagerly excited about this special season in the life of our church as we come together in prayer and fasting to seek God and to be filled with the Holy Spirit. The Holy Spirit is the most important person in the world yet is often the most misunderstood. The Holy Spirit was sent to empower, encourage, and enable us to live according to God's will, but often many are miseducated about Him. In this series, we will come to better know the powerful presence of the Holy Spirit through some of His names. As the scripture declares, *"And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you"* (Psalm 9:10).

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 6:45-7:00 a.m. on our prayer call. Also, unite with us on our New Mt. Moriah Church app as we will be sending out daily encouragement.

Ask God to help you deny flesh and commit to surrendering to the power of the Holy Spirit. Let's seek God like never before in this brand-new season!

Peace & Favor

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 overeat, and ease your way back into following your typical diet.**

# FASTING LEVELS

We as a Church family will Pray & Fast during the weekdays (Monday-Friday Aug.4-Aug.30). If you participate in the 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 action items for this fast.**

**\*Please consult with your primary care physician before making any changes to your diet.**

## **Category 1: FAST**

1. Participate in a **Selective fast**. This type of fast allows you to remove certain elements from your diet and replace them with a focus on prayer. Different types of selective fasts (Daniel fast, Elijah fast, etc.) can be found in the handout below.
2. Participate in a **Partial fast**. This fast is sometimes called the Jewish Fast and involves giving up a meal or something that you would typically crave (Sweets, caffeine, sodas, etc.) from 6 am to 6 pm.
3. Participate in a **Liquid fast**. This fast includes drinking only water, 100% juices, or broth. Commit to this type of fast at least once during the 21 days.

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## **Category 2: FEAST**

1. Participate in a **Selective feast**. Eliminate browsing or using social media (Facebook, Instagram, Twitter, etc.) for personal pleasure, TV, or anything that occupies a good portion of your time. Replace this time with prayer and study of God's Word.
  2. Participate in a **Partial feast**. Eliminate browsing or using social media (Facebook, Instagram, Twitter, etc.), TV, or anything that occupies a good portion of your time from 6am-6pm. Replace this time with prayer and study of God's Word.
  3. Participate in a Whole day feast. Eliminate all forms of technology and social media. Commit to this type of fast at least once during the 21 days.
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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.  
I'm seeking the power of the Holy Spirit for the following:**

- 1.
- 2.
- 3.

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## **Fast Options**

Below are options that can be utilized during these 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

## **FEASTING Guidelines**

We encourage you to have a daily quiet time where you seek the Lord through prayer and meditate on His Word. **Mark 1:35 says about Jesus, "Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed."** In your daily quiet time, set aside 15-20 minutes to do apply the 3 P's:

1. **Pray-** Start off by simply being still and quiet before God. Then pray, asking God to give you clarity, focus, and discernment as you read His Word.
  2. **Passage-** Let God speak to you by reading the selected Bible passage for the day or any portion of scripture that God leads you to. Read the passage slowly and meditate on what God is saying to you. Write down what you believe God is saying to you.
  3. **Praise-** End your time by thanking God for speaking to you in His Word. Praise Him through the daily song or simply praise Him as the Spirit leads you.
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### **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 overeat 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)

## **Day 1 Monday, August 4**

**Name:** The Helper

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**Passage:** John 14:16-18; **Key Verse: John 14:16,” And** I will pray the Father, and He will give you another Helper, that He may abide with you forever”. NKJV

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

**Praise:** Vanessa Bell Armstrong: Help

**What did the Holy Spirit say to me today?**

## **Day 2 Tuesday, August 5**

**Name:** The Living Water

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**Passage:** John 7:37-39; **Key Verse: John 7:38,” He** who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water”. NKJV

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

**Praise:** Spirit of Praise Nine: Let Your Living Waters

**What did the Holy Spirit say to me today?**

## **Day 3 Wednesday, August 6**

**Name:** The Intercessor

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**Passage:** Romans 8:26-27; **Key Verse: Romans 8:26,” Likewise** the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession <sup>for</sup> for us with groanings which cannot be uttered.”. NKJV

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

**Praise:** William McDowell: Intercession

**What did the Holy Spirit say to me today?**



#### **Day 4 Thursday, August 7**

**Name:** The Wind

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**Passage:** Acts 2:1-4; **Key Verse: Acts 2:2,** "And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting", NKJV

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

**Praise:** VaShawn Mitchell: Wind of God

**What did the Holy Spirit say to me today?**

#### **Day 5 Friday, August 9**

**Name:** The Dove

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**Passage:** Matthew 3:13-17; **Key Verse: Matthew 3:16,** "When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and <sup>16</sup>He saw the Spirit of God descending like a dove and alighting upon Him". NKJV

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

**Praise:** E. Dewey Smith: Sweet Holy Spirit

**What did the Holy Spirit say to me today?**

#### **Saturday, August 9**

**Name:** New Spirit

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**Passage:** Ezekiel 11:19-21; **Key Verse: Ezekiel 11:19,** "Then I will give them one heart, and I will put a new spirit within <sup>19</sup>them, and take the stony heart out of their flesh, and give them a heart of flesh". NKJV

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

**Praise:** Tasha Cobbs Leonard: Your Spirit

**What did the Holy Spirit say to me today?**

**Day 6 Monday, August 11**

**Name:** The Anointing

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**Passage:** 1 John 2:20-27; **Key Verse: 1 John 2:20,** "But you have an anointing from the Holy One, and you<sup>all</sup> know all things". NKJV

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

**Praise:** E. Dewey Smith: Anointing Fall on me

**What did the Holy Spirit say to me today?**

**Day 7 Tuesday, August 12**

**Name:** The Dweller in the Temple

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**Passage:** 1 Corinthians 3:16-17; **Key Verse: 1 Corinthians 3:16,"** Do you not know that you are the temple of God and *that* the Spirit of God dwells in you?" NKJV

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

**Praise:** Martha Munizzi: Holy Spirit Fill This Room

**What did the Holy Spirit say to me today?**

**Day 8 Wednesday, August 13**

**Name:** The Spirit of Truth

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**Passage:** John 16:12-15; **Key Verse: John 16:13,** "However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own *authority*, but whatever He hears He will speak; and He will tell you things to come". NKJV

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

**Praise:** Melinda Watts: Lord I'm available to You

**What did the Holy Spirit say to me today?**

## **Day 9 Thursday, August 14**

**Name: The Seal**

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**Passage:** Ephesians 4:29-32; **Key Verse: Ephesians 4:30,** "And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption". NKJV

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

**Praise:** Heavens Mutambira & Amplified Praise: Holy Spirit You are Welcome

**What did the Holy Spirit say to me today?**

## **Day 10 Friday, August 15**

**Name: The Breath**

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**Passage:** Ezekiel 37:1-14; **Key Verse: Ezekiel 37:9,** "Also He said to me, "Prophesy to the breath, prophesy, son of man, and say to the <sup>the</sup>breath, 'Thus says the Lord GOD: "Come from the four winds, O breath, and breathe on these slain, that they may live", NKJV

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

**Praise:** Earnest Pugh: Rain on Us

**What did the Holy Spirit say to me today?**

## **Saturday, August 16**

**Name: The Spirit of Glory**

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**Passage:** 1 Peter 4:12-14 ; **Key Verse: 1 Peter 4:14a,** "If you are <sup>be</sup>reproached for the name of Christ, blessed *are you*, for the Spirit of glory and of God rests upon you". NKJV

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

**Praise:** Tasha Cobbs Leonard: For Your Glory

**What did the Holy Spirit say to me today?**

**Day 11 Monday, August 18**

**Name: The Distributor of Gifts**

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**Passage:** 1 Corinthians 12:4-11; **Key Verse: 1 Corinthians 12:11,” But** one and the same Spirit works all these things, distributing to each one individually as He wills”. NKJV

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

**Praise:** Jonathan McReynolds- Make Room

**What did the Holy Spirit say to me today?**

**Day 12 Tuesday, August 19**

**Name: The Spirit of Power, Love, & Discipline**

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**Passage:** 2 Timothy 1:3-7; **Key Verse: 2 Timothy 1:7,” For** God has not given us a spirit of fear, but of power and of love and of a sound mind”. NKJV

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

**Praise:** Todd Galberth: Holy Spirit

**What did the Holy Spirit say to me today?**

**Day 13 Wednesday, August 20**

**Name: The Spirit Jesus Christ**

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**Passage:** Philippians 1:19-26; **Key Verse: Philippians 1:19,” For** I know that this will turn out for my deliverance through your prayer and the supply of the Spirit of Jesus Christ”. NKJV

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

**Praise:** Hillsong Worship: Fresh Wind

**What did the Holy Spirit say to me today?**

**Day 14 Thursday, August 21**

**Name: The Spirit of Faith**

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**Passage:** 2 Corinthians 4:13-15; **Key Verse: 2 Corinthians 4:13,” And** since we have the same spirit of faith, according to what is written, “I believed and therefore I spoke,” we also believe and therefore speak”. NKJV

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

**Praise:** Martha Munizzi: I believe God

**What did the Holy Spirit say to me today?**

**Day 15 Friday, August 22**

**Name: The Spirit of Renewal**

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**Passage:** Psalm 104:30-35; **Key Verse: Psalm 104:30,” You** send forth Your Spirit, they are created; And You renew the face of the earth”. NKJV

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

**Praise:** Zacardi Cortez: Lord do it for me

**What did the Holy Spirit say to me today?**

**Saturday, August 23**

**Name: The Spirit of Adoption**

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**Passage:** Romans 8:14-17; **Key Verse: Romans 8:15,”** For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father””. NKJV

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

**Praise:** Ricky Dillard: Our Father You are Holy

**What did the Holy Spirit say to me today?**

**Day 16 Monday, August 25**

**Name:** The Wine

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**Passage:** Matthew 9:14-17; **Key Verse: Matthew 9:17,**” Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved.” NKJV

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

**Praise:** Hillsong Worship: New Wine

**What did the Holy Spirit say to me today?**

**Day 17 Tuesday, August 26**

**Name:** The Fire

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**Passage:** Matthew 3:7-12; **Key Verse: Matthew 3:11,**” I indeed baptize you with water unto repentance, but He who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit <sup>and</sup>and fire”. NKJV

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

**Praise:** Bishop Paul Morton: Bow Down

**What did the Holy Spirit say to me today?**

**Day 18 Wednesday, August 27**

**Name:** The Spirit who guides our way

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**Passage:** Galatians 5:16-18; **Key Verse: Galatians 5:16,**” I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh”. NKJV

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

**Praise:** GMWA Women of Worship: Order my steps

**What did the Holy Spirit say to me today?**

**Day 19 Thursday, August 28**

**Name: The Spirit who gives Rest**

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**Passage:** Isaiah 63:11-14; **Key Verse: Isaiah 63:14,** "Like cattle that go down to the plain, they were given rest by the Spirit of the LORD. This is how you guided your people to make for yourself a glorious name." NIV

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

**Praise:** Rev. Milton Brunson: Safe in His Arms

**What did the Holy Spirit say to me today?**

**Day 20 Friday, August 29**

**Name: The Spirit of Revelation**

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**Passage:** Ephesians 1:15-23; **Key Verse: Ephesians 1:17,** "I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better". NIV

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

**Praise:** Anita Wilson: More than Anything

**What did the Holy Spirit say to me today?**

**Day 21 Saturday, August 30**

**Name: The Filling Spirit**

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**Passage:** Ephesians 5:15-20; **Key Verse: Ephesians 5:18,** "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." NIV

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

**Praise:** Tasha Cobbs Leonard: Fill Me Up

**What did the Holy Spirit say to me today?**



## Resources To Feed Your Spirit

### Read

1. **The Bible** – Read God’s Word daily and take time to meditate upon the scriptures. There are multiple translations and versions available.

### 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)

### Praise & Worship

1. Play the daily Praise & Worship song.
2. AM-FM/Satellite Radio – Change the radio station in your car or on your computer to Christian music. Try Pandora (pandora.com)
3. Join us in person and 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- Weekly Devotionals
2. New Mt. Moriah WOW Bible Study- Wednesdays @ 6:30 on-site and on Face Book Live and [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org)
3. New Mt. Moriah Worship Service- Sunday @ 10:30 on-site and on Face Book Live and [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org)