

# PRAYER & FASTING



## “Amazing Prayers”

*“Consecrate yourselves,  
for tomorrow the Lord  
will do amazing things  
among you.” Joshua 3:5*

**January 5-31**

**New Mt. Moriah Missionary Baptist  
Church**

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

**January 5th - January 31st, 2026**

Greetings Fabulous Family of Faith!

As we step into a fresh and faith-filled season, God is calling us to more than routine prayers—He is inviting us into powerful, and purposeful prayer. Joshua 3:5 declares, ***“Consecrate yourselves, for tomorrow the Lord will do amazing things among you.”*** Before the promise was fulfilled, the people were called to prepare. Therefore, we have designated this month for corporate prayer and fasting. This is special season in the life of our church to demonstrate consecration and commitment, where we pause with purpose, fast with focus, and pray with passion. Our theme for this month is “Amazing Prayers.” We will examine some of the powerful prayers of the Bible in which God answered and did amazing things. Amazing prayers are not about polished phrases, but about humble hearts, and wholehearted obedience.

In this handout, you will find practical tools, and prayerful resources designed to strengthen your spirit throughout the month. We invite you to partner in prayer with us each morning, Monday through Saturday, from 6:45–7:00 a.m. on our prayer call-in number. In addition, stay connected and encouraged through the New Mt. Moriah Church App, where we will share daily devotionals and faith-filled encouragement.

As you fast and pray, ask God to help you deny the flesh, discipline your desires, and fully surrender to the power and presence of the Holy Spirit. Let us seek God sincerely, pursue Him passionately, and trust Him boldly like never before in this brand-new season.

Peace & Favor,  
Pastor Mike

# FASTING 101

## What Is Fast?

- Fasting is a deliberate abstinence from physical gratification for a period 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), Ezra (Ezra 8:21-23, Samuel (1 Samuel 7:6), Daniel (Daniel 1:12), Paul (Acts 9:9), among many others. Jesus communicated the importance of fasting for spiritual breakthroughs to the disciples in Matthew 17:21 when He said, “This kind does not go by but by prayer and fasting.”

## 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 Physicians should 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 need to adjust to meet your personal needs. 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 especially 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 Schedule

We are delighted that you have made the decision to join us on this journey. This fast consists of 3 primary areas: **Food, Finances, and Focus**. To make fasting accessible to all, we have created 3 options. Be led by God and **SELECT A LEVEL THAT WILL WORK FOR YOUR COMMITMENT. \*Please consult with your primary care physician before making any changes to your diet.**

Option 1: **The Progressive Fast.** If you participate in this fast option, the level of intensity will increase each week.

Option 2: **The Partial Fast.** If you participate in this level, choose a fasting option that you will stick with for the entire time from 6am-6pm daily. This commitment level allows you to be more flexible to your needs.

Option 3: **The Personal Fast.** If you have health concerns, or choose not to fast from food, make a commitment to participate in the Financial and Focus areas of the fast.

## Progressive FAST

(If you are unable to intensify each week, maintain a safe and appropriate fasting level in consultation with your medical provider)

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### Week 1

**Food:** Participate in the Ezra Fast: Abstain from all sodas and sweets (desserts, pies, cakes, candy, etc.). Natural sweeteners and sugars are okay. Abstain from dairy products and alcohol.

**Purpose of this fast:** Fasting to solve problems and to seek protection from the evil one.

**Finances:** Review/obtain your credit score and credit report([annualcreditreport.com](http://annualcreditreport.com)). Create a plan to eliminate unnecessary debt.

**Focus:** Limit non-essential digital communication to two hours a day. Replace this time with prayer and study of God's Word.

### Week 2

**Food:** Participate in the Samuel Fast: Abstain from all types of fried foods and breads.

**Purpose of this fast:** Fasting to win people to Christ and to get God to pour Himself out on humankind; fasting so that the needs of others will be met and fasting for a stronger testimony and influence.

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**Finances:** Abstain from spending money on non-essential personal items (extra clothing, electronics, etc.)

**Focus:** Limit TV, movies, and gaming to 2 hours a day. Replace this time with prayer and study of God's Word.

### **Week 3**

**Food:** Participate in the Daniel Fast: Only consume: Whole Grains, Fruits, Nuts, Beans, Legumes, Vegetables, 100% Fruit Juice, and Water

**Purpose of this fast:** Fasting for good health and for obedience toward God.

**Finances:** Abstain from spending money on non-essential daily routine purchases (Cup of coffee, lunch, candy, etc.).

**Focus:** Limit social media Browsing for personal pleasure for 2 hours a day. Replace this time with prayer and study of God's Word.

### **Week 4**

**Food:** Participate in the St. Paul fast: Consume only water, 100% juice, and broth from 6 am-6 pm. Continue with the Daniel fast in the evenings.

**Purpose of this fast:** Fasting for wisdom and insight from God.

Daniel Fast purpose: Fasting for good health and for obedience toward God.

**Finances:** Create a monthly budget and follow the 10-10-80 principle: Tithe 10%, Save 10%, and Live off the remaining 80%. Abstain from credit card purchases.

**Focus:** No distractions: An entire week of silence. No non-essential texting, or phone calls outside of business, no non-essential social media scrolling. This week is purely devoted to hearing the voice of God speak in silence.

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## Prayer Guidelines

During this season, as a church family, we encourage you to have a daily quiet time where you seek the Lord through prayer and meditation 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 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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### Other disciplines during the 21 days

1. Make a commitment to get on the **Prayer Call** at least 1x a week.
2. Participate in **WOW Bible Study** on Wednesdays at 6:00 to be encouraged as we study the power and principles of prayer.
3. Participate in **Sunday School**

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### My Fast Action Commitment:

**During this journey, I will participate in a \_\_\_\_\_ fast. I am seeking God for the following:**

- 1.
- 2.
- 3.

New Mt. Moriah Missionary Baptist Church  
"Amazing Prayers"  
*January 5th, 2026 thru January 31st, 2026*

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 3 P's: **Pray-Passage-Praise**. Repeat the process at night!

Week One Emphasis: **Prayers of Direction and Protection**

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**Monday, January 5**

**Passage:** Psalm 25:1-7; **Key Verse: Psalm 25:4-5**, "Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. NIV

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

**Praise:** Dr. E Dewey Smith Jr.: Guide me

**What did I hear God say to me today?**

**Tuesday, January 6**

**Passage:** Psalm 119:129-135; **Key Verse: Psalm 119:133**, " Direct my steps by Your word, and let no iniquity have dominion over me". NKJV

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

**Praise:** Michael Bethany: Step by Step

**What did I hear God say to me today?**

**Wednesday, January 7**

**Passage:** 1 Peter 5:6-7; **Key Verse: 1 Peter 5:6-7**, " Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. <sup>7</sup> Cast all your anxiety on Him because he cares for you". NIV

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

**Praise:** Jovanta Patton: My Hands are Lifted up

**What did I hear God say to me today?**

## **Thursday, January 8**

**Passage:** 1 Chronicles 4:9-10; **Key Verse: 1 Chronicles 4:10,** "Jabez cried out to the God of Israel, 'Oh, that you would bless me and enlarge my territory! Let your hand be with me and keep me from harm so that I will be free from pain.' And God granted his request." NIV

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

**Praise:** Donald Lawrence: Bless me (Prayer of Jabez)

### **What did I hear God say to me today?**

## **Friday, January 9**

**Passage:** Jeremiah 33:1-3; **Key Verse: Jeremiah 33:3,** " 'Call to Me, and I will answer you, and show you great and mighty things, which you do not know'. NKJV

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

**Praise:** Preashea Hillard: Something Happens

### **What did I hear God say to me today?**

## **Saturday, January 10**

**Passage:** 1 Kings 3:7-14; **Key Verse: 1 Kings 3:9,** " **So** give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?" NIV

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

**Praise:** Donnie McClurkin: Speak to My Heart

### **What did I hear God say to me today?**

## **Sunday, January 11**

Join us for Sunday School and Worship Service!

**Pastor's Sermon Topic:**

**Points to Remember:**

**Personal Application:**

Week Two Emphasis: **Prayers of Confession**

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**Monday, January 12**

**Passage:** 1 John 1:8-9; **Key Verse:** **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" NKJV

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

**Praise:** CeCe Winans: Goodness of God

**What did I hear God say to me today?**

**Tuesday, January 13**

**Passage:** Daniel 9:4-17; **Key Verse:** **Daniel 9:19**, "Lord, listen! Lord, forgive! Lord, hear and act! For your sake, my God, do not delay, because your city and your people bear your Name." NIV

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

**Praise:** Fred Hammond: Breathe into me Oh Lord

**What did I hear God say to me today?**

**Wednesday, January 14**

**Passage:** 2 Chronicles 7:11-14; **Key Verse:** **2 Chronicles 7:14**, "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." NIV

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

**Praise:** New Direction: Heal the Land

**What did I hear God say to me today?**

**Thursday, January 15**

**Passage:** Psalm 51:1-10; **Key Verse:** **Psalm 51:10**, "Create in me a clean heart, O God, and renew a steadfast spirit within me." NKJV

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

**Praise:** Donnie McClurkin: Create in me a clean Heart

**What did I hear God say to me today?**

**Friday, January 16**

**Passage:** Luke 18:9-14; **Key Verse: Luke 18:13**, "But the tax collector, stood at a distance. He would not even look up to heaven, but beat his breast, and said, 'God, have mercy on me, a sinner.' NIV

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

**Praise:** Bishop Marvin Winans: Great is Your mercy

**What did I hear God say to me today?****Saturday, January 17**

**Passage:** 2 Chronicles 20:5-12; **Key Verse: 2 Chronicles 20:12**, "Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you." NIV

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

**Praise:** Wheeler Avenue Baptist Church: I Trust in God

**What did I hear God say to me today?****Sunday, January 18**

Join us for Sunday School and Worship Service!

**Pastor's Sermon Topic:****Points to Remember:****Personal Application:**

Week Three Emphasis: **Prayers of Supplication** for Physical and Emotional Health

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**Monday, January 19**

**Passage:** 3 John 1:1-4; **Key Verse: 3 John 1:2**, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers". NKJV

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

**Praise:** Bishop Paul Morton: Be blessed

**What did I hear God say to me today?**

## **Tuesday, January 20**

**Passage:** Isaiah 38:1-5; **Key Verse: Isaiah 38:2-3**, "Then Hezekiah turned his face toward the wall, and prayed to the LORD,<sup>3</sup> and said, "Remember now, O LORD, I pray, how I have walked before You in truth and with a loyal heart, and have done *what is* good in Your sight." And Hezekiah wept bitterly. NKJV

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

**Praise:** Todd Dulaney: Remember me

## **What did I hear God say to me today?**

## **Wednesday, January 21**

**Passage:** Philippians 4:6-8; **Key Verse: Philippians 4:6**, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;<sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus". NKJV

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

**Praise:** SIG Mass Choir: Give Thanks

## **What did I hear God say to me today?**

## **Thursday, January 22**

**Passage:** Psalm 147:1-3; **Key Verse: Psalm 147:3**, "He heals the brokenhearted and binds up their wounds". NIV

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

**Praise:** Vicki Yohe: You Deserve the Glory

## **What did I hear God say to me today?**

## **Friday, January 23**

**Passage:** Jeremiah 17:14; **Key Verse: Jeremiah 17:14**, "Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise." NIV

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

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

## **What did I hear God say to me today?**

**Saturday, January 24**

**Passage:** James 5:14-16; **Key Verse: James 5:16,** "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. NIV

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

**Praise:** Israel & New Breed: Prayers of the Righteous

**What did I hear God say to me today?****Sunday, January 18**

Join us for Sunday School and Worship Service!

**Pastor's Sermon Topic:****Points to Remember:****Personal Application:**

Week Four Emphasis: **Prayers of Intercession**

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**Monday, January 26**

**Passage:** Ezekiel 22:30; **Key Verse: 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

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

**Praise:** William McDowell: Intercession

**What did I hear God say to me today?****Tuesday, January 27**

**Passage:** John 17:20-23; **Key Verse: John 17:20-21,** " My prayer is not for them alone. I pray also for those who will believe in me through their message,<sup>21</sup> that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me." NIV

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

**Praise:** Hezekiah Walker: I need you to survive

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**What did I hear God say to me today?**

## **Wednesday, January 28**

**Passage:** Acts 12:5-11; **Key Verse: Acts 12:5,** "So Peter was kept in prison, but the church was earnestly praying to God for him.". NIV

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

**Praise:** Wheeler Avenue Baptist Church: He's a Prayer Answering God

### **What did I hear God say to me today?**

## **Thursday, January 29**

**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". NKJV

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

**Praise:** Jordan G. Welch: Open the eyes of my Heart

### **What did I hear God say to me today?**

## **Friday, January 30**

**Passage:** Job 42:10; **Key Verse: Job 42:10,** "After Job had prayed for his friends, the LORD restored his fortunes and gave him twice as much as he had before." NIV

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

**Praise:** Vashawn Mitchell: Turning Around for me

### **What did I hear God say to me today?**

## **Saturday, January 31**

**Passage:** Numbers 6:22-26; **Key Verse: Numbers 6:24-26,** "The LORD bless you and keep you; <sup>25</sup> the LORD make his face shine on you and be gracious to you; <sup>26</sup> the LORD turn his face toward you and give you peace." NIV

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

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**Praise:** Jordan G. Welch: The Blessing

### **What did I hear God 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 (Monday-Saturday 6:45-7:00) - 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 and download the playlist shared via Groupme.
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 via Facebook and YouTube Live

### Watch

***Television Networks with Christian/Family programming. Check your Channel Guide for station numbers.***

1. New Mt. Moriah Facebook Page- Weekly Devotional videos
2. New Mt. Moriah WOW Bible Study- Wednesdays @ 6:00 on-site and on Facebook and YouTube Live.
3. New Mt. Moriah Worship Service- Sunday 10:30 on-site and on Facebook and YouTube Live and [www.newmtmoriahmbc.org](http://www.newmtmoriahmbc.org)