

NEW HOPE MISSIONARY BAPTIST CHURCH

21 DAYS

PRAYER & FASTING

2025 FASTING AND PRAYER GUIDE

WWW.NEWHOPEMBCONLINE.ORG

21 Day Devotional, Fasting and Prayer Guide

It has been our custom each year to start with 21 Days of fasting and prayer. Individually and corporately, we fast and pray seeking the Lord Presence, His Guidance and Grace as we reaffirm our commitment to Him committing our bodies to Him as a living Sacrifice as we journey into the future He has for us. Many Christians and Churches have found that God meets with us in very real, unique and special ways. His presence grows greater and greater with each day of the fast. Without fail, He always shows up!

Corporately *fasting* in January is much the same precept as our praying each morning dedicating and presenting ourselves to the Lord as living sacrifices. Each morning we do this as a mode of consecration acknowledging our daily abiding in the presence of God and seeking His will for our lives each day. I believe along with many Pastors that, if we will pray and present ourselves to God and give Him our best at the first of the year, He will bless our ENTIRE year! "But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing... Physical healing and much more!

As a born-again child of God and a citizen of His Kingdom another reward of fasting has to do with your future. According to scripture (Ps 139:13-16) not one day of your life is being lived out that has not been written first in God's book. God has a plan and a purpose for your life. When you fast, you seek to align and surrender your life to God to discern clearly His will as He pours out blessings and opens doors and presents opportunities that He alone provides for you to pursue. As you fast, pray for God's direction and guidance. Focus your faith on your dream and God will show you how you can turn your vision into a reality. Begin pursuing your divinely ordained future intentionally today and make the rewards of fasting part of your lifestyle.

When you fast and pray, you will see amazing results from God. You will see Godly changes all around you. You will see the move of God in your home and family. You will see prayers answered in incredible ways, wisdom gained about life's difficult issues, and through it all, you will mostly appreciate that your own desires become secondary to God's. It's all about putting Him first, and letting our Shepherd lead the way all year long. Without a doubt, fasting sets you on a great course every year. Ps 37:23 says, "The steps of a man are established by the LORD, And He delights in his way" (NASB),

For many people the first week is the hardest during a fast. The habit of eating and denying oneself can produce grumpiness, irritableness, cravings, headaches, and these are all normal

because your body is detoxing. The detox part can last for as few as 3 days, but it normally takes a week to feel refreshed (and stronger than ever-you are exhibiting the power of self control over the flesh endowed by the Holy Spirit). My secret to overcoming these feelings is to drink water, green tea or coffee and pray, it helps with the detox and also fills the void in the stomach and feeds the spiritual man.

As you do fast and determine what you will fast from and what and when you will eat, one of the easiest ways to success is to be proactive. Make your healthy food choices and snacks a few days ahead or even a week ahead if you're making soups etc. Because you are eating so fresh, your meals and snacks can easily be prepared ahead of time. By the time your first week is up, you will be used to leaving your house with your healthy food. Once your body detoxes, smells that come from places like fast-food restaurants can even become gruesome instead of desirable.

You can still feed your family like normal. Fasting is a joy! It's only our flesh that complains, but the joy you can find in fasting can even show your children how good and pleasant it is to serve God.

I don't expect that every single one of you will join us in our fast but I would like you to pray about reading through the 21 day devotional and prayer guide listed below. So if you can't fast, you can join, with equal impact, by praying for God's grace and strength for those who do! Take this time and pray for our Church. Pray for God to move with divine direction and that in 2022 He will give us dreams, revelation, and visions both Church wide and individually.

James 4:8 says, "Draw near to God, and He will draw near to you." He has amazing things in store for us, and I am encouraged and excited about this new Year.

Resources: There are several websites and resources available that you can find to be useful during your 21 Day Fast.

1. **“Daniel Fast”** by Susan Gregory. I read this tool and found it very beneficial. Susan Gregory is all about teaching this delightful discipline, and she shares a very informative Bible-based insight on Daniel fasting. You will also be able to receive more valuable resources, like prayers, recipes & scriptures for your fast, etc.) The e-book which she offers is for free on her website. Susan Gregory's website is: <http://daniel-fast.com/>.
2. You might want to study more about fasting by reading some of the other resources that are available or watching some of the online podcasts or videos that focus on biblical Fasting. You can also find updated links online, books and other resources on The Daniel Fast Blog.
 - a. The Daniel Fast website: <http://Daniel-Fast.com>
 - b. The Daniel Fast Blog: <http://DanielFast.WordPress.com>
 - c. Why we get sick: Dr. Benjamin Bikman, PhD
 - d. Fasting for Spiritual Break Through Dr. Elmer L. Towns
 - e. Cause, Cure, and Cancer Free: John Marra

f. The Holistic Guide To Wellness, Herbal Protocols for Common Ailments, Nicole Apelian, Ph.D.

Types of fast and what they require.

Broad Types

1. Corporate: This is a called fast done by the Pastor or Leader of a church or group of people. (see 1 Kings 21:9, Ezra 8:21, Ester 4:16) This type of fast requires that the people are on one accord about the fast and will be in compliance to what the Pastor or Leader, by the leading of Holy Spirit has called them to do.

2. Private: This is a personal fast for an individual or husband and wife; lead by the Lord. (see Matthew 6:18)

Specific Types

1. Daniel Fast: No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time, this could also be considered a vegetarian diet because there is no meat intake.

2. Partial Fast: This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.

3. Half-Day: Fast until 3 P.M. (ninth hour). This is the fast John Wesley participated in. (see Acts 10:30-31)

4. Complete Fast: This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, He was hungry." This verse does not mention Jesus being thirsty. (see Luke 4:1-2)

5. Total Fast: This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.

6. Juice Fast: This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you can't juice your own fruits or veggies try buying juices without sugar or

additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomachs sake.

Lengths of Fast

1. **Half-Day:** see Judges 20:26, Acts 10:30
2. **One Day**
3. **Three Days:** see Acts 9:9, Esther 4:15-16
4. **Seven Days:** see 1 Samuel 31:13
5. **Fourteen Days:** see Acts 27:33
6. **Twenty One Days:** see Daniel 10:3
7. **Forty Days:** see 1 Kings 19:8, Luke 4:1-2

NOTE: The length of the fast should be dependent on three factors – 1. Your health, 2) God's leading, and 3) Type of fast. **USING WISDOM IS ALWAYS IMPORTANT IN FASTING.**

If you have existing health issue's hyper tension, diabetes, heart disease, cancer, dementia, etc. you should consult with your doctor before fasting from food.

Other activities to commitment to Fasting

Although not mentioned in the Bible we as Christians today can also commit to fasting from other activities:

- a. Electronics
- b. Computers
- c. TV
- d. Video games
- e. Limited cell phone use if possible.
- f. Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.

Daniel Fast: foods to avoid

Basically, you want to avoid the King's food. Some might sum it up to say that you shouldn't have the King's Burgers or fries. You should probably avoid the golden arches as well. However, many fast food restaurants now have good salads.

To avoid the king's food means that we are definitely avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't

until recent history that most Americans could afford to eat meat or poultry. Today, in most of the world, very few people can afford to eat any kind of meat or processed foods, like the foods in this list.

- Meat, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols.
- white flour and all products using it
- white rice, white bread, hominy and pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- foods containing preservatives or additives
- refined sugar
- high fructose corn syrup
- chemical sugar substitutes
- Margarine, shortening, animal fat, high fat products

Daniel Fast: foods to eat

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

1. **Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
2. **Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts.
3. **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
4. **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
5. **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. **Liquids:** spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

Why Pray?

Praying to our Heavenly Father, in the Name of Jesus Christ, using God's Holy Word (scripture) in prayer is the most powerful thing we can do for ourselves and others. *The heart of prayer is the will of our Heavenly Father. Part of that will is simply coming to Him. He desires us, as His dear children to know Him. He desires your love, your attention, your fellowship (more than just being related to Him through Jesus), He also desires a time of communion, an intimate time of personal exchange and involvement, and finally a release of His will and manifest Presence in the earth through prayer.*

As you pray for your needs and the needs of others, you are actually becoming a prayer warrior, an intercessor, just as Jesus was and is today for each of us. Jesus is constantly interceding for us to our Heavenly Father. It is written that Jesus was sent to destroy the works of the devil, 1 John 3:8. We are to do the same. We have the power and authority through Jesus Christ. All we have to do is live in the promise of the Word of God and to use His precious Name.

The most powerful weapons we have are the Name of Jesus Christ and God's Holy Word against Satan and his foul wicked demons. No power of darkness can stand against the Word of God in the Name of Jesus Christ, and through the Blood of Jesus Christ.

The importance of confessing our sins and worshipping God, according to the Word of God: "If I regard iniquity in my heart, the Lord will not hear me." Psalms 66:18. "We know that God does not listen to sinners: but if anyone is God-fearing and a worshipper of Him and does His will, He listens to him." John 9:31.

Prayerlessness is a sin according to (1 Sam. 12:23.)

Each day during your fast, I encourage you to keep a **daily journal**. Write any revelations that God gives you about yourself and about life in general.

21-Day Fasting and Prayer and Consecration for 2025

Week 1: Seeking God & Abiding In His Presence

Day 1: Surrender

Scripture: Romans 12:1-2

Prayer Focus: Surrender your plans and desires to God. Ask for His will to be done in your life.

Day 2: Intimacy with God

Scripture: James 4:8

Prayer Focus: Pray for a deeper relationship with God. Seek His presence in your daily life.

Day 3: Repentance

Scripture: 1 John 1:9

Prayer Focus: Confess any sins and ask for God's forgiveness. Pray for a pure heart.

Day 4: Worship

Scripture: Psalm 95:6-7

Prayer Focus: Spend time in worship, praising God for who He is and what He has done.

Day 5: Guidance

Scripture: Proverbs 3:5-6

Prayer Focus: Ask God for guidance in your decisions and direction for the year ahead.

Day 6: Faith

Scripture: Hebrews 11:1

Prayer Focus: Pray for an increase in your faith and trust in God's promises.

Day 7: Commitment

Scripture: Matthew 6:33

Prayer Focus: Commit your plans for the year to God and seek His kingdom first.

Week 2: Abiding In The Vine and Personal Spiritual Growth

Day 8: Identity in Christ

Scripture: 2 Corinthians 5:17

Prayer Focus: Reflect on your identity as a child of God. Pray for a greater understanding of your worth in Him.

Day 9: Spiritual Gifts

Scripture: 1 Peter 4:10

Prayer Focus: Pray for the revelation and use of your spiritual gifts in serving others.

Day 10: Fruit of the Spirit**

Scripture: Galatians 5:22-23

Prayer Focus: Ask God to cultivate the fruits of the Spirit in your life.

Day 11: Relationships**

Scripture: Colossians 3:12-14

Prayer Focus: Pray for healing and growth in your relationships. Seek reconciliation where needed.

Day 12: Strength

Scripture: Philippians 4:13

Prayer Focus: Pray for strength to overcome challenges and obstacles in your life.

Day 13: Wisdom

Scripture: James 1:5

Prayer Focus: Ask God for wisdom in all areas of your life, especially in decision-making.

Day 14: Joy

Scripture: Nehemiah 8:10

Prayer Focus: Pray for joy in your heart and the ability to spread joy to others.

Week 3: Intercession and Vision

Day 15: Intercessory Prayer

Scripture: 1 Timothy 2:1-2

Prayer Focus: Intercede for your family, friends, and community. Lift up their needs to God.

Day 16: Church and Community

Scripture: Acts 2:42-47

Prayer Focus: Pray for your church and its leaders. Ask for unity and a strong witness in the community.

Day 17: The Lost

Scripture: Luke 19:10

Prayer Focus: Pray for those who do not yet know Christ. Ask for opportunities to share the Gospel.

Day 18: Vision for the Year

Scripture: Habakkuk 2:2

Prayer Focus: Seek God's vision for your life in 2025. Write down what you feel He is revealing.

Day 19: Gratitude

Scripture: 1 Thessalonians 5:16-18

Prayer Focus: Spend time thanking God for His blessings and faithfulness in the past year.

Day 20: Preparation

Scripture: 2 Timothy 1:7

Prayer Focus: Pray for courage and preparedness to face the challenges of the new year.

Day 21: Celebration and Commitment

Scripture: Psalm 126:3

Prayer Focus: Celebrate God's goodness and commit your plans for the year ahead to Him.

Additional Tips for Fasting:

Types of Fasting: Consider different forms of fasting, such as a complete fast, Daniel fast (fruits and vegetables), or a media fast (limiting screen time).

Journaling: Keep a journal to document your thoughts, prayers, and any insights you receive during this time.

Community: Consider fasting with friends or a small group for encouragement and accountability.

This time of fasting and prayer is aimed at asking the Lord for Fresh Anointing, Revival, and Guidance. As we embark on this new year and journey through a transformative time of seeking Him, this year let us seek to abide more intently in His presence as He prepares our hearts for Greater Days Ahead in this new year of 2025. I want to challenge you to adjust the plan and based on your personal needs and spiritual desires delight yourself in the Lord and see if He doesn't give you the desires of your heart.

21 DAYS OF PRAYER & FASTING JOURNAL ENTRIES 2025

DAY 1 _____

DAY 2 _____

DAY 3 _____

DAY 4 _____

DAY 5 _____

DAY 6 _____

DAY 7 _____

DAY 8 _____

DAY 9 _____

DAY 10 _____

DAY 11 _____

DAY 12 _____

DAY 13 _____

DAY 14 _____

DAY 15 _____

DAY 16 _____

DAY 17 _____

DAY 18 _____

DAY 19 _____

DAY 20 _____

DAY 21 _____