

FIRST BAPTIST CHURCH

21-DAY FAST

December 13, 2021 to January 2, 2022

***Phase Two: December 20, 2021 to December 26, 2022***

**I- Type of Fast This Week: Partial Fast**

* Only one meal throughout each day & water and juice throughout the rest of the day
* You choose when you will eat that meal – morning, noon, afternoon, or at night (The goal is just one meal for the entire day paying close attention to your discipline, devotion, and direction when you are not eating).
* When you do eat, do not overdo it.

**II- Prayer Focus This Week**:

* CLARITY. You want to focus on spending extra or additional time with God this week to receive clarity concerning God’s will for your life spiritually, professionally, relationally, financially, personally, physically, and communally.
* You want to pay close attention to how God speaks to you through *His word*, through *impressions by the Holy Spirit upon your spirit*, through *the preached and taught word*, through *circumstances*, through *prophetic utterances & declarations*, and through *dreams* and *visions.*

**III - Prayer Rhythm For This Week:** ChooseSpecific Times That Work For You Within The Four Blocks Of Times Listed Below Where You Will Slow Down...Pause…Pray…Meditate…& Journal

***Early Morning (Between 4am – 7am)***

* Include in your prayer time and meditation praise, confession of sin, and scripture readings.

***Mid-day (Between 11am – 1pm)***

* Include in your prayer time and meditation an awareness of God at work in you, around you, and through you regardless of how your day may be going.

**Evening *(Between 4pm – 6pm)***

* Include in your prayer time and meditation a settling down with God that wrestles with the shifts in routine, challenges, blessings during the day.

**Night/Bed Time (Between 8pm – 11:59 pm)**

* Include in your prayer time and meditation an “examen period” where exam and review your day in terms of what gave you life and what took life from you.
* Pray the model prayer (Matthew 6:9-13)

**IV - Fasting Suggestions:**

• Explain to your family and friends in advance what you are doing

• Establish an accountability partner for prayer & encouragement.

• Stay away from negative people as much as possible

• Spend as much time as possible alone in solitude, silence, and prayer.

• Acknowledge that your flesh cannot be trained, but must be crucified.

• Journal as you pray and meet with the Lord. Write down the miracles God does in your

life!

**V - Scriptures To Memorize And Meditate On Each Day**

Monday Jeremiah 29:11 (Message Translation)

Tuesday Hebrews 13:20-21 (Revised Standard Version)

Wednesday Psalm 119:105 (Amplified Bible)

Thursday James 1:5 (New International Version)

Friday Ephesians 5:15-20 (English Standard Version)

Saturday Hebrews 10:36 (New American Standard Version)

Sunday Proverbs 16:4 (Holman Christian Standard Version)

***Note: The scriptures mentioned above to memorize and meditate on each day is in addition to your regular scripture routine, JMeds, and other devotional readings***.

**VI - Expect God To Do Something, Reveal Something, And/Or Manifest Something During This 21-Day Fast**