

FIRST BAPTIST CHURCH

21-DAY FAST

December 13, 2021 to January 2, 2022

***Phase Three: December 27, 2021 to January 2, 2022)***

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

* Vegetables, water, and juice only

**II- Prayer Focus This Week**: Pray for the UNCOMMON: Uncommon favor, Uncommon blessings, Uncommon discernment, Uncommon connections, Uncommon breakthroughs, Uncommon healings, Uncommon deliverances, Uncommon forgiveness, Uncommon reconciliation, Uncommon ideas, Uncommon people to do an Uncommon work in an Uncommon way for an Uncommon God.

**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 Psalm 90:17 (Message Translation)

Tuesday Proverbs 16:7 (Revised Standard Version)

Wednesday Proverbs 3:4 (Amplified Bible)

Thursday II Corinthians 9:8 (New International Version)

Friday Psalm 32:8 (English Standard Version)

Saturday Ephesians 3:20 (New American Standard Version)

Sunday Isaiah 58:11 (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**