

FIRST BAPTIST CHURCH

21-DAY FAST

December 13, 2021 to January 2, 2022

***Phase One: December 13, 2021 to December 19, 2021)***

**I- Type of Fast This Week:** Sunrise to Sunset Partial Fast

* No food at all from 6am to 6pm (Only water and/or juices)
* When you do eat between 6pm and 8pm, do not overdo it.

**II- Prayer Focus This Week**: A Spirit of Wisdom, Revelation, and Direction in Discerning the Will of God in Specific Areas of Your Life.

**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 Proverbs 3:5-6 (Message Translation)

Tuesday Proverbs 3:7-8 (Revised Standard Version)

Wednesday Psalm 37:4 (Amplified Bible)

Thursday Proverbs 16:9 (New International Version)

Friday Psalm 32:8 (English Standard Version)

Saturday Jeremiah 33:3 (New American Standard Version)

Sunday Proverbs 12:15 (King James 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**