



7 DAYS OF

# PRAYER

& FASTING

*for a Better Life in 2021*

The FCBC Prayer Ministry invites you to draw closer to God and get the spiritual guidance you've been looking for with a 3-part corporate fast entitled: **Prayer and Fasting for a Better Life in 2021**.

By faith, the FCBC Prayer Ministry will administer three (3) corporate fasts at varying times throughout the year!

In the past year, a lot has changed, and much has been affected by a global pandemic, social injustice, and a revealing political climate.

As we take strides to move closer to a new state of normalcy and a better life in 2021, have you considered the following:

*What does God have in store for your life and family?*

*What does God have in store for our church?*

*What does God have in store for our community and country?*

James 1:3 says, **because you know the testing of your faith produces perseverance.**

Start your spiritual journey and persevere with a **7-day Daniel Fast** beginning **January 3<sup>rd</sup> – 9<sup>th</sup>** so that you may gain wisdom, direction, and a hunger for God in 2021.

## WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate our intake of food for a specific time and spiritual purpose. The purpose is not to suffer, but to guard against impure thoughts, deeds, and words with increased prayer.

*When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you.*

*Matthew 6:16-18*

## WHY FAST?

Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing! There are many good reasons, and even health benefits, for fasting:

Fasting gives us more time for prayer. We can use the time normally spent eating as time in prayer to seek what God has in store for our lives. In the Bible, fasting is always connected with prayer. **Scripture reference Acts 13:2-3**

Fasting demonstrates the depth of our desire when praying for something. It shows we are serious enough about our prayer request to pay a personal price. God honors deep desire and praying in faith. **Scripture reference Joel 2:12**

Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy! **Scripture reference Isaiah 58:6**

Fasting is not so much about food as it is about focus.

Fasting is not so much about saying no to the body as it is about saying yes to the Spirit.

Fasting is not about doing without, it is about looking within.

Fasting is an outward response to an inward attitude and cry of the soul.

Fasting is not a means of seeking God's blessings, as much as it is a means of seeking God.

Fasting is not a test for super saints, it is not a means of twisting God's arm, and it is not a magical formula for getting through to God.

Fasting is feasting on the Lord. Looking to him for comfort, power, strength, guidance, forgiveness, and hope.



## PRAYER & FASTING FOCUS - Part 1

As we strive for a Better Life in 2021, the ultimate goal is to draw closer to God through prayer and fasting. Our journey will begin with a spiritual posture and focus on **FORGIVENESS**. Read and reflect on the following passage to begin your 7-day fast.

## THE PROCESS OF FORGIVENESS

*As far as the east is from the west, so far has  
He removed our transgressions from us.  
Psalm 103:12*

An unforgiving spirit is a malignancy in a person's soul that spreads like cancer. Yet the father offers a sure healing process for the heart that is consumed with bitterness.

The process of **forgiveness** begins with **REPENTANCE**.

When we repent, we assume responsibility of our unforgiving spirit and ask God to forgive our sins and pardon us from our resentment. We must forgive ourselves, others, and release the situations that offended us.

Repentance requires the following:

**Responsibility:** We must recognize that we have done wrong.

**Regret:** We must have a true remorse for doing wrong and for the pain and problems we've caused.

**Resolve:** We must be committed to never repeat the act regardless of the temptation or situation.

We cannot truly experience the joy of God's forgiveness until we follow His model and pardon those who've wronged us. We must not allow the cancer of bitterness to continue in our hearts. **Life is better and much sweeter when the heart is tender and not tainted.**

## HOW FASTING WORKS



Read and meditate  
on the daily  
scripture



Pray each day for your-  
self, family, the church,  
the community, and  
our country



Follow the Daniel  
Fast for 7 days

Beginning **January 3<sup>rd</sup>** - **January 9<sup>th</sup>** read a scripture, pray, and fast.

## DAILY SCRIPTURES

### DAY 1 — *James 5:16*

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

### DAY 2 — *Luke 6:37*

Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

### DAY 3 — *Hebrews 12:15*

Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;

### DAY 4 — *James 4:7*

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

### DAY 5 — *Matthew 6:15*

But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

### DAY 6 — *Romans 12:2*

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

### DAY 7 — *Ephesians 4:31*

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice

## THE DANIEL FAST

### WHAT TO EAT

vegetables  
fruits  
beans and legumes  
whole grains (unrefined or unleavened)  
nuts & seeds  
water and 100% juices



### WHAT TO AVOID EATING

sweeteners  
breads  
meat  
eggs  
dairy products  
white rice & white flour  
fried or leavened foods  
caffeine and sodas  
high fats

### WHAT TO DO IF YOU BREAK

**YOUR FAST:** Thank God for the food you've eaten, recenter your focus, feast on God, and continue your fast until completion.

*Please seek the advice of a medical professional before beginning a fast if you are pregnant, nursing, or have any preexisting medical conditions.*

*Contact Val Blakely, Prayer Ministry Director, at (865) 258-2877 with questions.*

## SUGGESTED SONGS OF PRAISE DURING THE FAST

A Heart That Forgives – Kevin LaVar  
Bow Down And Worship Him – Benjamin Dube  
I Don't Mind Waiting – William McDowell  
Do It Lord – Benjamin Dube ft Jekalyn Carr