

## 21 Days of Prayer & Fasting

New Year New You 21 Days of Prayer and Fasting  
January 2, 2024 - January 25, 2024  
Daily (except for Sundays, 7th, 14th, and 21st)

Beginning January 2, 2024, St. Paul Baptist Church invites its entire congregation, including families and children, to participate in the Daniel Fast, a spiritual journey for renewal and growth inspired by Daniel 10:2-3. This fast involves a simple diet, abstaining from meats, wines, and luxurious foods, and is **coupled with praying three times daily—morning, noon, and evening**—using the bible verses and devotional thoughts that will be provided daily (via text and posted on the website). This initiative aims to deepen faith, strengthen community bonds, and foster individual spiritual transformation, offering an opportunity for everyone in the church to engage in a collective act of devotion and reflection.

### What Is the Daniel Fast?

Inspired by Daniel 10:2-3, the Daniel Fast is a time of focused devotion. During this period, Daniel abstained from choice foods, meats, wines, and lotions for three weeks, seeking spiritual clarity. We will follow this model closely, embracing simplicity in our diet and lifestyle to enhance our spiritual journey.

### Why Fast?

Jesus Christ emphasized throughout scripture that fasting is a personal exercise of commitment, conviction, and love. Jesus didn't say if you fast, but when you fast. In Matthew 6:16-18, Jesus said, 16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Fasting has the potential for a significant impact on our lives. Through fasting and prayer, the Holy Spirit can transform your life personally and God can speak to you in new and dynamic ways.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience, and observation, we are convinced that when God's people fast with a proper Biblical motive – seeking God's face, not His hand – with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation, and the world. Fasting and prayer can bring about revival – a change in the direction of our nation, the nations of the earth, the fulfillment of the Great Commission, and to the St. Paul Baptist Church.

Biblical fasting is, very simply, denying oneself something for the sake of seeking and honoring God. Prayer is connecting with God; fasting is disconnecting ourselves from the world. That's a great way to describe the feeling.

### **Foods to include in your eating plan during the Daniel Fast:**

**All fruits.** These can be fresh, frozen, dried, juiced, or canned. Fruits include but are apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**All vegetables.** These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, and veggie burgers are an option if you are not allergic to soy.

**All whole grains,** including whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

**All nuts and seeds,** including sunflower seeds, cashews, peanuts, and sesame. Also, nut butter, including peanut butter.

**All legumes.** These can be canned or dried. Legumes include dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, and white beans.

**All quality oils**, including olive, canola, grape seed, peanut, and sesame.

**Beverages:** spring water, distilled water, or other pure waters.

**Other:** tofu, soy products, vinegar, seasonings, salt, herbs and spices.

**Note:** Unsweetened plant-based milk and juices can be used in recipes or on cereal, but the only beverage on the Daniel Fast is water.

### **Foods to avoid on the Daniel Fast:**

**All meat**, animal, fish, and seafood products, including beef, lamb, pork, poultry, fish, and shellfish.

**All dairy products**, including milk, cheese, cream, butter, and eggs.

**All sweeteners**, including sugar, raw sugar, date sugar, honey, syrups, molasses, cane juice, date honey, and stevia.

**All leavened bread**, including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All leavening agents**, including yeast, baking soda, and baking powder.

**All refined and processed food products**, including artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep-fried foods**, including potato chips, French fries, and corn chips.

**All solid fats**, including shortening, margarine, lard, and foods high in fat.

**Beverages** including coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS** so you know the ingredients in the package.

### **FASTING TIPS**

Our journey begins on January 2, 2024, and we cannot wait to see how God uses this time of prayer and fasting in your life and the life of our church!

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His word, you will experience a heightened

awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened and you will feel refreshed. Our prayer is that this will be a significant time in your life when you experience God’s presence like never before.

Make it a priority to attend church during your 21-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.

If you are fasting with others, you may want to meet in a small-group setting before bible study or church services. You can share what God is showing you in your devotional time as well as spend time in prayer together.

If you mess up, don’t get discouraged. Just get back on track and keep going. God’s mercies “are new every morning” (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it.

**IN 2024, I AM BELIEVING GOD FOR...**

Personal Faith Goals: \_\_\_\_\_

Family: \_\_\_\_\_

School/Career: \_\_\_\_\_

Ministry: \_\_\_\_\_

**DAY 1 – He’s Worthy of Praise**

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*3 So I turned to the Lord God and pleaded with him in prayer  
and petition, in fasting, and in sackcloth and ashes.*

*4 I prayed to the Lord my God and confessed*

*Daniel 9:3-4 (NIV®)*

Daniel is praying for the rebellious people of his country whose interest is only in pleasing themselves and their desires. As the answer to counter what they are doing, he breaks out in praise and worship to God because He knows regardless of the situation, God is worthy to be praised! Church, remember that we should always find mercy and grace at the feet of Jesus through prayer and thanksgiving! We should always begin our prayers with praise and thanksgiving to Jesus, who alone is worthy of glory, honor, and praise.

### **PRAYER**

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*Thank you, Lord, for yet another day to worship and praise Your holy Name. Thank You for another day in Your presence; we give You glory and desire to please You as we meditate on Your goodness. For you have done great things for us, and we lift your Name on high, in that Name above all Jesus Christ, we pray,*

*Amen and Amen!*

### **DAY 2 – Confession is Good for the Soul**

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*we have sinned and done wrong. We have been wicked and have rebelled;  
we have turned away from your commands and laws.*

*Daniel 9:5 (NIV®)*

Praise can bring strength to our lives because usually, trouble is not far behind. This apparently happened to Daniel because he confesses their sins and disobedience against God and His righteousness. Confession allows you and I to agree with what our Lord already knows about us. Thus, we agree with Him, and we move forward in Him!

## PRAYER

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*My Lord and My Savior, I thank You for all that You have done, are doing, and are going to do in our lives. We admit our faults and failures before you right now because you alone are the standard that we live by and strive to be; thank you for forgiveness and mercy in Jesus' Name, I pray.*

*Amen and Amen!*

## DAY 3 – Forgiveness Releases Us

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*17 "Now, our God, hear the prayers and petitions of your servant. For your sake, Lord, look with favor on your desolate sanctuary. 18 Give ear, our God, and hear; open your eyes and see the desolation of the city that bears your Name. We do not make requests of you because we are righteous, but because of your great mercy. 19 Lord, listen! Lord, forgive!*

*Lord, hear and act! For your sake, my God, do not delay, because your city and your people bear your Name."  
Daniel 9:17-19 (NIV®)*

Daniel is laboring in prayer for his concern for what is happening in his city. His focus is on forgiveness and asking God to touch the hearts and minds of his people specifically. Because we are his children and the sheep of his pasture, we have experienced His forgiveness through Jesus Christ because He hears our cries and petitions; accept His love and allow yourself to be free because you are forgiven!

## **PRAYER**

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*Father, You are everlasting to everlasting, and we thank you for grace and mercy! We give you praise for loving us and freeing us from the penalty of sin and shame. God, as I fast and pray, give me a clean heart and clear my conscience to forgive myself as You have displayed forgiveness toward me. Thank you for repentance and restoration in that Name above all names, Jesus, my redeemer,*

*Amen and Amen!*

## **DAY 4 – Sacrificing for Strength**

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*11 "Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days."*

*Daniel 1:11-14 (NIV®)*

It's not easy to give up things you enjoy or to stop doing things you have grown so accustomed to doing regardless of your status in life. On this journey of praying and fasting, hopefully through your sacrificing of particular food and specific activities, God is strengthening you with His presence. Our focus on Him replaces the things we never thought we could do without as we grow stronger and stronger in spending time with our Lord!

## PRAYER

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*Jesus, You are the Center of our Joy because it is so true: all that is good and perfect comes from thee alone! As we continue on this congregational fast, we thank You for giving us the fortitude and attitude to say "no" to things that we crave and saying "yes" to Your will, "yes" to Your way, and "yes" to Your Word. We recognize the power of prayer and spending time in your Word. We ask for your continual concentration as we focus on You; in the Name of our Lord and Savior, Jesus Christ, we pray,*

*Amen and Amen!*

## DAY 5 – Our Souls Fire from Within

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*In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true, and it concerned a great war. The understanding of the message came to him in a vision. 2 At that time I, Daniel, mourned for three weeks. 3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.”*  
*Daniel 10:1-3 (NIV®)*

As a believer in Jesus Christ, you desire to grow closer to Him daily. It is through the practice of praying and fasting for spiritual growth and renewal that you can achieve this. The more time you spend in the presence of Almighty God, the more you will desire to be fed from within, for your soul is hungry for Him and Him alone. As a Christian, make sure you develop a thirst to drink from the living waters of the One who burns inside you through the power of the Holy Spirit.

## PRAYER

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*Jesus, You are the Center of our Joy because it is so true: all that is good and perfect comes from thee alone! As we continue on this congregational fast, we thank You for giving us the fortitude and attitude to say "no" to things that we crave and saying "yes" to Your will, "yes" to Your way, and "yes" to Your Word. We recognize the power of prayer and spending time in your Word. We ask for your continual concentration as we focus on You; in the Name of our Lord and Savior, Jesus Christ, we pray,*

*Amen and Amen!*

## DAY 6 – Lord, Help My Unbelief

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*“On the twenty-fourth day of the first month, as I was standing on the bank of the great river, the Tigris, 5 I looked up and there before me was a man dressed in linen, with a belt of fine gold from Uphaz around his waist. 6 His body was like topaz, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude. 7 I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves.”*

*Daniel 10:4-7 (NIV®)*

Often, when challenges come my way, I wonder if God is on my side. I know that intellectually, but inwardly, I ask, "Does He really care about my situation or circumstance? As I progress in this time of praying and fasting, my confidence in God is ever-increasing, and He assures me that through Him, all things are possible, for there is no doubt in my mind in what the Lord can and will do for me!

## PRAYER

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*Lord, I thank you for loving me even when I haven't always felt lovable because of my lack of unbelief. You have demonstrated your great love toward me in sending your one and only Son to die just for me. Now, Father, help me always trust you and realize that you are my Supplier, Supporter, and Sustainer as I go about my daily activities. I love you, give you glory, and encourage others to believe in you; in Jesus' Name, I pray,*

*Amen and Amen!*

## DAY 7 – Patience to Run This Race

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*“8 So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless. 9 Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. 10 A hand touched me and set me trembling on my hands and knees. 11 He said, "Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you." And when he said this to me, I stood up trembling.”*  
*Daniel 10:8-11 (NIV®)*

Determination is excellent when one achieves one's goals or objectives in life. As believers in the Lord Jesus Christ, our mission is to live out our faith and stay the

course prepared for us. The key is to remain patient and consistent in running the race set before us as we ultimately bring glory to God because He has been patient with us!

## PRAYER

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*My Father and God, I cannot thank you enough for helping me through the first week of prayer and fasting. I feel your constant companionship like I have never experienced before; thank you so much. It's just a blessing to have the opportunity to persevere in you through the power of the Holy Spirit. I thank You for never giving up on me and, in return, helping me to be patient with those around me; be my guide, I pray, in the strong and perfect Name of Jesus Christ, my Lord,*

*Amen and Amen!*

## DAY 8 – Staying True to God

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*"12 Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. 13 But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the King of Persia. 14 Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come." 15 While he was saying this to me, I bowed with my face toward the ground and was speechless."*

*Daniel 10:12-15 (NIV®)*

Ask yourself, "Where or what do you spend most of your time doing?" If you are not careful, this person, place, or thing can become your source of enjoyment or temporary happiness. We mustn't allow things to control our very being: our

heart, mind, or soul. All of us, unfortunately, have experienced that at one time along our various pathways.

## PRAYER

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*During this "New Year, New You" prayer and fasting season, take a spiritual inventory of yourself and ensure that you prioritize our God through the perfect work of Jesus Christ! Oh Lord our God, how excellent is thy Name in all the earth! We acknowledge you as our source of everything good and perfect, for no God is like you! Now, Father, so many things are vying for your attention. I pray that You will keep me in the hollow of your hands and not allow me to become distracted by material things or things money; allow the power of the Holy Spirit to saturate all of us to continue to follow You and to choose You over earthy possessions in the blessed Name of Jesus Christ,*

*Amen and Amen!*

## DAY 9 – Take Me Back Dear Lord

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*16 Then one who looked like a man touched my lips, and I opened my mouth and began to speak. I said to the one standing before me, "I am overcome with anguish because of the vision, my Lord, and I feel very weak. 17 How can I, your servant, talk with you, my Lord? My strength is gone and I can hardly breathe. 18 Again the one who looked like a man touched me and gave me strength. 19 "Do not be afraid, you who are highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength." Daniel 10:16-19 (NIV®)*

There is nothing like a special feeling or emotion that brings happiness to one's life, possibly a marriage, the birth of a first child, a new career, etc. These are days we, most likely, will never forget. One special day I fail to mention is when I gave

my life to the Lord, Jesus Christ, and the overwhelming joy that filled my heart and soul. With so many problems and issues around us, every now and then, think back to that wonderful time when Jesus came into your heart to save you, and know today that He is always with you!

## PRAYER

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*On this day, Lord, I thank you for the gift of remembering as I recall the day I gave my life to your Son and my Savior Jesus Christ! Indeed, it was a day of rejoicing as I dedicated myself to you in total adoration and submission. Father, when the pressures of life seek to steal my contentment, remind me of Your great love for me in that Jesus died just for you and me. Please help us to worship you despite our situation and circumstances. We know that You alone are worthy, and there is none like You; in Christ Jesus' Name, I pray,*

*Amen and Amen!*

## DAY 10 – Trust and Obey

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*“If you fully obey the Lord your God and carefully follow all his commands I give you today, the Lord your God will set you high above all the nations on earth. 2 All these blessings will come on you and accompany you if you obey the Lord your God: 3 You will be blessed in the city and blessed in the country.4 The fruit of your womb will be blessed, and the crops of your land and the young of your livestock—the calves of your herds and the lambs of your flocks.5 Your basket and your kneading trough will be blessed.6 You will be blessed when you come in and blessed when you go out.”*  
*Deuteronomy 28:1-6 (NIV®)*

Obedience, for me, can be challenging at times because there are times when I want to do it my way, and I don't want to answer anyone. While most of us have difficulty admitting this, if we are honest, we find ourselves feeling this way.

However, there are great benefits in your obedience to God, such as the blessing of the city and the blessing of those things that you put your hands to do based on God's promises here in Deuteronomy. If we trust and obey, we will experience great happiness in Jesus Christ!

## PRAYER

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*Lord, I submit myself to you right now because You are my God; You are my Strength and Shield; I praise Your Holy Name! Father, I pray that you will increase my faith. Let me be a willing vessel for You and know that You are a rewarder if I diligently seek after You in all things. We love you, Jesus, and give your name praise,*

*Amen and Amen!*

## DAY 11 – What a Fellowship

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*"But God demonstrates his own love toward us in this, While we were we were still sinners, Christ died for us."  
Romans 5:8 (NIV®)*

Have you considered how much God loves you? Do you really know and understand how valuable you are to Him? I appreciate that God sought and bought me with the redeeming blood of His Son, Jesus Christ. He desires to build our relationship with one another because He has already done the work, but it is up to you, and I seek to grow this relationship with Him by spending time with Him. Hopefully, through this time of prayer and fasting, as we worship and praise His Holy Name, we will grow in true fellowship with our God!

## PRAYER

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*Our Father, who art in Heaven, Holy is thy righteous and glorious Name! We thank you for your desire to fellowship with us and help us never take that for granted, for you loved us and sought us even when our minds were set on the trivial things of this world. I thank You that You never gave up on me, and I thank You that we can commune and fellowship with You through prayer, fasting, and the reading of Your Word; thank You for loving me; in that Name of Jesus, we pray and ask it all,*

*Amen and Amen!*

## DAY 12 – The Word is My Lamp

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*97 “Oh, how I love your law! I meditate on it all day long.98 Your commands are always with me and make me wiser than my enemies.99 I have more insight than all my teachers, for I meditate on your statutes.100 I have more understanding than the elders, for I obey your precepts.101 I have kept my feet from every evil path so that I might obey your Word. 102 I have not departed from your laws, for you yourself have taught me.103 How sweet are your words to my taste, sweeter than honey to my mouth!”*

*Psalm 119:97-103 (NIV®)*

The Holy Scriptures, God’s heartfelt letter to humanity, are vital in nurturing our faith as followers of the Lord Jesus Christ. Within these pages lies the breath of life, imparting encouragement and offering correction with the gentle touch of a loving parent. For me, the Bible is more than a book; it is a guide, a roadmap, a

GPS, and a compass, providing direction and wisdom on my journey through this vast and challenging world.

## PRAYER

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*God of Heaven, thank you for showing me the way from temporal to eternal through understanding your Word! Because the Word became flesh and lived among us in the person of Jesus Christ, we know there is life and liberty in your Word. We thank you for this Inspired letter that is so powerful and impactful that we need it every hour of every day. Father, remind us of the importance of reading and studying the Bible for application to our lives as we grow in the grace and knowledge of your Son Jesus; I pray,*

*Amen and Amen!*

## DAY 13 – Praying in Righteousness

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*7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.8 Let me hear joy and gladness; let the bones you have crushed rejoice.9 Hide your face from my sins and blot out all my iniquity.10 Create in me a pure heart, O God, and renew a steadfast spirit within me.*

*Psalm 51:7-10 (NIV®)*

The Word of God is paramount concerning praying and fasting as we learn the scriptures for our spiritual growth. Psalm 51 is a prayer often read during times of fasting because of its strong desire to fill every fiber of my soul with the presence of God. The words here reflect one who needs a change and desires to move toward godliness and goodness. This petition to God reminds me that my righteousness does not compare to God's righteousness, and my goal is to live a life that is pleasing in His sight.

## PRAYER

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*Everlasting Father, I stretch my hands to thee; order my steps in your Word and the things of righteousness. I love you and give you glory for who You are. You are the Rock of my Salvation! Lord, I aim to strive for a pure heart and renewed spirit to be all You want me to be. Now, I pray that You will allow Your light to shine through me so that those around me may have a glimpse of You as the "Great I Am." God, touch me and search my heart and remind me that I walk and live my faith, in the Name above all names, Christ Jesus, I pray,*

*Amen and Amen!*

## DAY 14 – Taking a Stand

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*7 I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves. 8 So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless. 9 Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. 10 A hand touched me and set me trembling on my hands and knees. 11 He said, "Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you." And when he said this to me, I stood up trembling. 12 Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.*

*Daniel 10:7-12 (NIV®)*

There is a saying, "If we don't stand for something, we will fall for anything." As Christians, we stand on the promises of God as we engage in the evils of this

world. I am reminded that I do not stand alone because our God is always with me. Because the corruption of this world cannot match His power, victory is secured because Jesus Christ has already overcome and defeated the enemy; thereby, we stand still and firm with our God as our Shield and stronghold.

## PRAYER

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*Father, You are King of Kings and Lord of Lords! For there is no power, no flesh and blood that can stand against You; for You are mighty and God all by yourself! I humble myself at your feet and know that You can keep me from falling as I stand against the wiles of the evil one who seeks to steal my joy. Allow your Spirit to protect and provide what I need to stand still in You and You alone, in Jesus' Name,*

*Amen and Amen!*

## DAY 15 – The Message of the Gospel

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*15 He said to them, "Go into all the world and preach the gospel to all creation.  
16 Whoever believes and is baptized will be saved, but whoever does not believe will be condemned.  
Mark 16:15-16 (NIV®)*

Every organization or company has a mission statement that defines the goals and objectives of a particular entity. Even our Lord and Savior, Jesus Christ, had a mission statement based on Luke 19:10 in which the 'Son of Man came to seek and save that which was lost.'" As a Christian, that message becomes my declaration as a follower of Jesus to share the Good News of the Gospel with those in my concentric circle. The Gospel message offers eternal life for those who believe that Jesus died on the cross and was buried in a borrowed tomb, but He was raised to defeat hell and the grave. That's why, as the songwriter says, "Go tell it on the mountain, over the hills and everywhere; go tell it on the mountain that Jesus Christ is born!

## PRAYER

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*Eternal God, You are our everlasting Father and our Prince of Peace through Jesus Christ, our Lord! We acknowledge your Son as the one in whom we believe and placed our faith as a result of His suffering on the cross to die for our sins. We hold to Him, knowing He did it "just for me." Now, Father, incline our hearts and minds to share the message of hope with those who recognize your Son as Lord and Savior. Lord, speak to our inner being to trust You as we share what You have done for us; we give You all the praise, and we give You all the glory in the power, precious Name of Jesus, who paid it all for me, we pray,*

*Amen and Amen!*