



21 DAYS

OF PRAYER & FASTING

Jan 20th 2025 - Feb 10th 2025



NEW HOPE BAPTIST CHURCH
OAKLAND, CA.



2025 Fasting Guide

The central idea of fasting is the voluntary denial of a normal function for the sake of intense spiritual activity.

Daily Prayer Call: 1-425-650-1385 Code: 610713#. Prayer Call at 7am and 7pm

THE FOUR TYPES OF FASTS:

COMPLETE FAST- This fast calls for drinking only liquids, typically water with light juices as an option.

SELECTIVE FAST- This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, processed sweets, and bread from your diet. You consume water and natural juice for fluids with fruits and vegetables for food.

PARTIAL FAST- This fast is sometimes called the Jewish Fast or Intermittent Fasting and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST- This fast is common for those who do not have much experience fasting food, have health issues that prevent them from fasting, or wish to refocus certain areas of their life that are out of balance. For instance, someone might choose to abstain from using social media or watching television for the duration of the fast.

HOW TO BEGIN YOUR FAST

Step 1: Set your objective What are you hoping to accomplish as a result of this fast? A deeper relationship with God? Discernment about an important decision? Discipline in a certain area?

Step 2: Set aside daily time If you are hoping to grow spiritually, remember that fasting is more than abstaining from food. For maximum spiritual benefit, set aside time to be alone with the LORD. Perhaps meditating during your morning commute, sitting in your car a few minutes before you go into work, or laying in bed before you call it a night. Also, plan to join the daily New Hope prayer call at 7am and 7pm.

Step 3: Prepare yourself MENTALLY As you get ready to abstain from your normal consumption of food it's important to maintain a healthy, positive mindset and let go of distractions and negative emotions.

Step 4: Prepare yourself physically, consult your physician first, if you take prescription medication or have a chronic ailment.

Step 5: Invite accountability Of course, you can always fast by yourself but there's power in community. Consider inviting a family member or friend to join you in the fast. This is a great way to give and receive encouragement during the fast.

Step 6: Assess your environment Create an environment that supports your spiritual journey during the fast. For example, if you're fasting from alcohol, you probably shouldn't spend time at the bar. Declutter your physical space, minimize distractions, and create an environment where you can focus on your spiritual walk.

Step 7: Expect results Jesus told his disciples that some things only happen by prayer AND fasting. (Matthew 17:21) Get ready for God to blow your mind!

DAILY PRAYER FOCUS

Day 1 - Surrender - Romans 12:1-2 Focus:

Surrender your heart and will to God.

Day 2 - Repentance - John 1:9 Focus:

Confess and turn from any sin in your life.

Day 3 - Faith - Hebrews 11:1 Focus:

Strengthen your faith and trust in God's promises.

Day 4 - Gratitude - 1 Thessalonians 5:18 Focus:

Cultivate a heart of thanksgiving.

Day 5 - Holiness - 1 Peter 1:15-16 Focus:

Seek to live a holy and God-honoring life.

Day 6 - Renewal of the mind - Philippians 4:8 Focus:

Ask God to align your thoughts with His Word.

Day 7 - God's Will - Jeremiah 29:11 Focus:

Seek clarity and obedience to God's plan for your life.

Day 8 - Family- Joshua 24:15 Focus:

Pray for unity, love, and peace in your family.

Day 9 - Friendships- Proverbs 17:17 Focus:

Ask God to strengthen your friendships and make you a source of encouragement.

Day 10 - Forgiveness- Matthew 6:14-15 Focus:

Seek to forgive and be forgiven your relationships.

Day 11 - Church Community- Hebrews 10:24-25 Focus:

Pray for your church leaders, members, and ministries

Day 12 - Marriages- Ephesians 5:22-33 Focus:

Pray for strong, God-centered marriages.

Day 13 - Unity- Psalm 133:1 Focus:

Pray for unity in your community and church.

Day 14 - Those in need- Matthew 25:35-40 Focus:

Lift up those who are struggling physically, emotionally, or spiritually.

Day 15, Spiritual Growth- 2 Peter 3:18 Focus:

Pray for deeper spiritual maturity.

Day 16, Evangelism- Matthew 28:19-20 Focus:

Pray for boldness to share the Gospel.

Day 17, Next GENERATION- Psalm 78:4 Focus:

Pray for young people to know and serve God.

Day 18, Missions- Acts 1:8 Focus:

Lift up missionaries and global outreach efforts.

Day 19, Justice- Micah 6:8 Focus:

Pray for God's justice to prevail in the world.

Day 20, Revival- 2 Chronicles 7:14 Focus:

Pray for revival in your church and community.

Day 21, God's Glory- Matthew 5:16 Focus:

Commit to living a life that glorifies God in all things.