

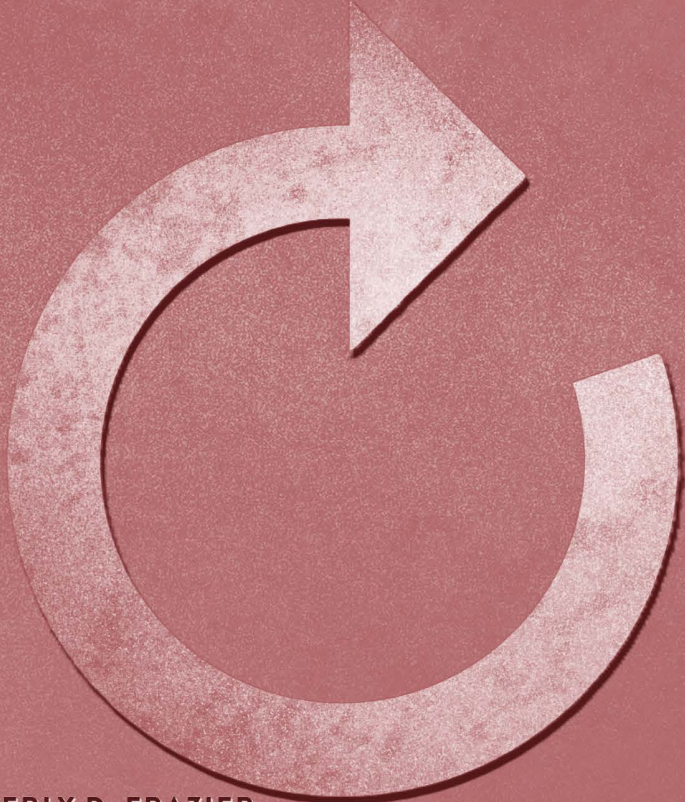


MORNING STAR CHURCH | 2024

RESET 2024

FASTING GUIDE

January 7-28, 2024



REV. DR. BEVERLY D. FRAZIER

DISCLAIMER: Before starting your fast, you should speak to your doctor. You must not rely on the information in this manual as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.

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Congratulations on your decision to undertake this spiritual journey at the beginning of 2024!

It is a great sacrifice, but you will not be disappointed, for if you seek God, you will find him. Fasting and consecration at the beginning of the year sets the tone for the entire year!

The word for this year's fast is "RESET". We have ushered in the New Year and we do so with gratefulness for all that God is in our lives and all the good things that we expect in 2024. Calendar years are a way in which we measure the events of our lives, enabling us to excel.

The 21-Day Fast 2024 begins Sunday, January 7th and ends Sunday, January 28th. During this 21-day Fast and Consecration, in expectation of abundant living, we'll seek to be totally surrendered and submitted to the will of God for our lives for this year and beyond. The journey "RESET" is not a destination; rather it is just that, a journey.

When Daniel began his fast, it was to seek understanding and get some answers to questions. Don't miss those special times in the presence of the Lord when you will receive direction and see things more clearly, by focusing on the process of fasting. God's got good things in store for you!!!



WELCOME TO YOUR
spiritual journey

7 Steps to A Successful Fast:

1. Choosing Your Fast
2. Prepare a Time and Place for Daily Prayer
3. Prepare for the Physical Challenges of Fasting
4. Make a Prayer List
5. Journal your Fasting Journey
6. Plan to Consecrate during the fast
7. Be sure to drink plenty of water

Lastly, YOU ARE NOT ALONE in this fasting journey. There are hundreds of thousands of Christians worldwide who participate in prolonged fasts at the beginning of the year and, I am with you all the way. You can expect daily fasting devotionals, which will include scriptures, inspirations, fasting journal entries and more.

The Lord richly bless each of you for your hunger and thirst for spiritual things and great breakthroughs in 2024!

WELCOME TO YOUR
spiritual journey

Today you may be asking yourself, "Does it take all of this? Why am I doing this? Surely, God is not requiring this of me."

These are reasonable questions to ask yourself as you are coming to the end of your first day of the 21-Day Fast. The answer to your questions is, "no." Fasting is not required for salvation. The finished work of Jesus has more than adequately covered our sins. It is by grace alone, through faith and not works that we are saved.

So, why then do we fast?

Fasting is one of several spiritual disciplines (meditation, prayer, study, worship, service, etc.) that we engage in as believers for the purpose of spiritual development. In other words, as seen in scripture, we are challenged to grow in Christ. As we develop physically and as we age from infancy into adulthood, likewise, we also develop spiritually as we grow and are strengthened in our Christian walk. We have no greater example of the importance of fasting than in the life of Christ himself (see *Matthew 4:2*).

Jesus fasted before He began his public ministry (see *Luke 4:1-2*). How can we do less when we are called to be the light of the world and salt of the earth? Surely, we too need the benefits of fasting to carry out our God-given purpose.

Jesus also made clear the importance of fasting to His disciples once He, the bridegroom, was gone (see *Mark 2: 19-20*). As long as Christ was present with the disciples, He did not require them to fast, but like those disciples of John the Baptist, they were expected to fast once he was no longer with them in the flesh.

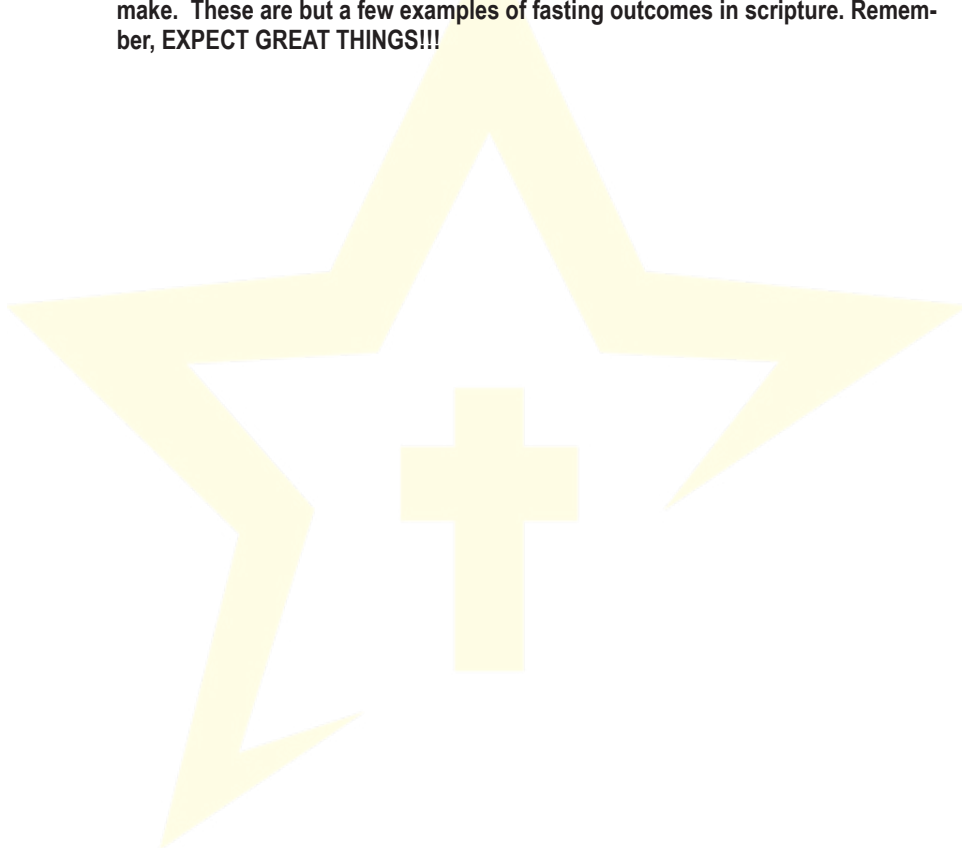


THE IMPORTANCE *of fasting*

Still, on another occasion, he pointed out that some difficult things could only be accomplished through prayer and fasting (see Mark 9:29). While some translations omit the word “fasting” in this text, scripture shows us in both the Old and New Testaments the power of fasting for both spiritual and physical breakthroughs.

So, as we begin our journey, remember you are in good company! Jesus modeled fasting for us. It is not required but is well worth the sacrifice!

Expect greater anointing for your ministry, healing in your body, movement in things that have been tied up or held back and clarity in decisions you have to make. These are but a few examples of fasting outcomes in scripture. Remember, EXPECT GREAT THINGS!!!



THE IMPORTANCE *of fasting*

There are three fasting resources that I would recommend. These resources are good whether or not this is your first time on a prolonged fast or you have been engaging in prolonged fasts for many years.

First, I highly recommend a fasting journal. It is a great way to stay focused during the fast, maximize this time of consecration and seek God's purpose and plan for your life. Jentezen Franklin has a fasting journal that I really enjoyed using during my 21-day fast a few years back. I use my own journal now but highly recommend this one.

Second, if you want to read more about fasting in the Bible, there are two books that I recommend. One is "Fasting for Spiritual Breakthroughs." It is a guide to nine biblical fasts and shares some important insights on the power of fasting and prayer. The other is "Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God."

Resources:

Fasting for Spiritual Breakthrough by Elmer L. Towns (Author), William Bright (Foreword)

Fasting Journal: Your Personal 21-Day Guide to a Successful Fast by Jentezen Franklin (Author)

Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God by Jentezen Franklin (Author)

FASTING
resources

As the deer pants for the water brooks, So my soul pants for You, O God. --Psalm 42:1

Fasting is more than doing without food or changing your diet!

The Bible teaches us that fasting should not be a religious activity void of real meaning or a true connection to God. It is a spiritual discipline, like others (i.e. prayer, meditation, scripture reading, etc.), which requires more than the act of abstaining from food. **It is a beautiful opportunity to get closer to God and nurture your spiritual growth.**

In order to get the most of your 21-day journey of fasting and praying, you should plan to consecrate during the fast.

Consecration simply implies that during our fast we are not enthralled in our usual distractions – those things that fill our lives with noise – noise that keeps us from hearing God.

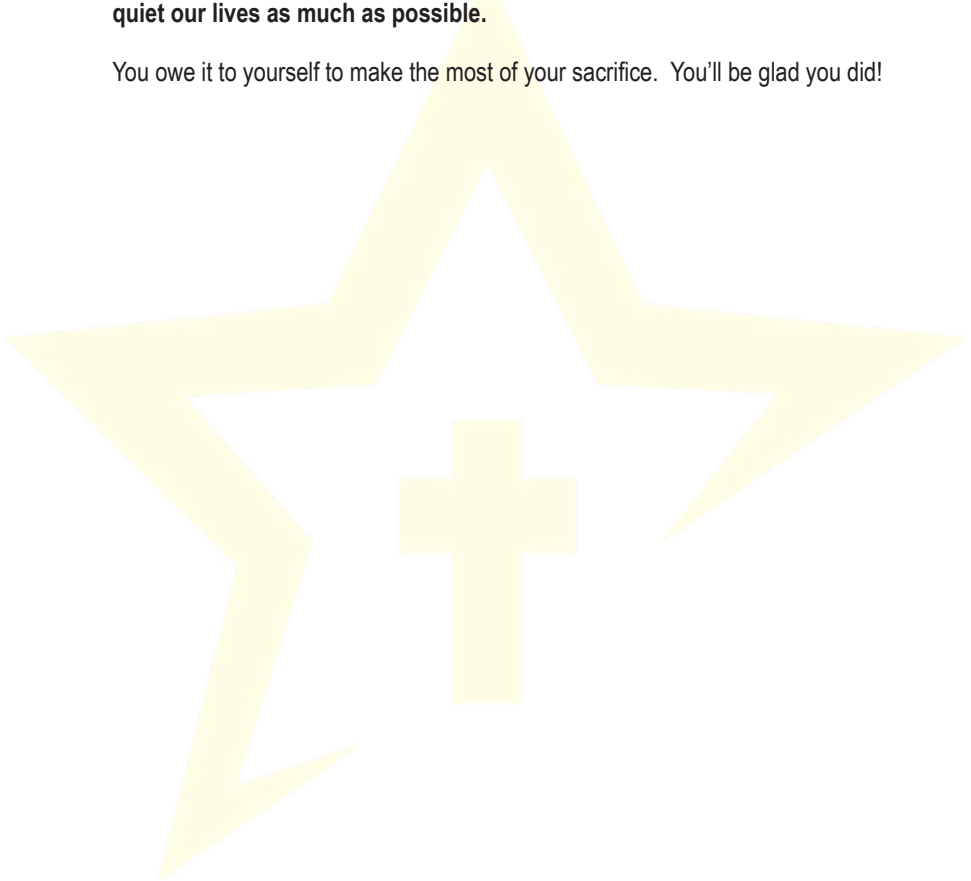
The challenge is to avoid or greatly reduce our social activities such as, watching television, going to the movies, engaging on social media, talking on the telephone and attending events for social purposes, and other non-essential activities that will take us away from our time of prayer and meditation while fasting.

CONSECRATION
during fasting

My favorite illustration of how fasting connects us to God requires envisioning the old antenna on TVs and radios. The purpose was to adjust the antenna just right so that you could get the right frequency for the best reception. Consecration during fasting is adjusting your spiritual antenna so that you hear God more clearly and connect with Him for direction, clarity, a greater sense of peace, and a better understanding of what the Holy Spirit is doing in your life. Basically, we just want to spend time in His presence.

During the 21 days of fasting and praying, we should make a real attempt to quiet our lives as much as possible.

You owe it to yourself to make the most of your sacrifice. You'll be glad you did!



CONSECRATION *during fasting*

“My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto thee, and will look up.” (Psalm 5:3)

Fasting is a powerful spiritual discipline! When coupled with prayer, it is even more powerful! Without prayer, fasting can be reduced to simply going without food. **It is, therefore, imperative to not only pray when you can throughout the day, but also to set a time and place to pray daily!**

Early in the morning is preferable to many since it is at the beginning of the day and will set the tone for the rest of the day. Also, morning prayer is preferable because of its significance in scripture. There are many awesome encounters with God and his people that took place *“early in the morning.”* Nonetheless, for some, setting a time to pray in the evening is best because of their schedules. **Whichever time you choose, be sure to set a time and place to pray!**

To help with focusing during your prayer time, you can use a recording of your favorite gospel song or hymn. You can focus on a scripture text and allow the Holy Spirit to speak to you from a Bible verse, or, you can simply sit in a quiet place of praise and worship while keeping your ears keen to hear God’s voice.

You may include a daily scripture, meditation and song during your prayer and devotion time. Also, during your time in prayer and meditation, you should have your fasting journal with you so that you can refer to your prayer list. You can call out your requests to God or even wave them before the Lord during your prayer time.

SETTING A TIME AND PLACE *for prayer*

Remember, prayer is communication with God, which means you expect that God will speak with you during your time of prayer and meditation. So, no matter the amount of time you set aside for prayer, be sure to allow some of that time to just rest in the presence of the Lord. Fasting heightens your sensitivity to spiritual things, so expect to experience God in very meaningful ways.

Lastly, approach your prayer time with a spirit of expectancy.

EXPECT GREAT THINGS!!!



SETTING A TIME AND PLACE *for prayer*

The benefits of fasting far outweigh its challenges. Not only will we benefit physically by taking a break from processed foods and our traditional rich diets during the holidays, but the physical benefits of fasting are just the beginning. We fast primarily because of spiritual benefits, which are priceless! The sacrifice is well worth the results because God is faithful to hear our cry!

The fewer the number of calories you take in, the more you will experience physical challenges while fasting. For example, if you are on the Daniel Fast, you are eating fruits and vegetables, lentils, grains etc. and you are getting calories. However, because of the abstinence from meat, sugar, bread, and other items, you will experience some withdrawal discomfort.

This is also true for those on the one-meal fasts (*with soup or a meal*) but may be more of a challenge because caloric intake has been drastically reduced.

The first three days of the fast are probably the most difficult. You will probably experience headaches, hunger, and perhaps even dry mouth. While these symptoms usually subside after the first few days, there are a few things I can suggest you do to limit their severity:

1. Take a mild laxative at the beginning of your fast
2. Take an enema or mild laxative every 5-7 days
3. Abstain from eating sugar and simple carbohydrates
4. Plan to drink plenty (about 3 quarts) of water daily
5. Don't engage in strenuous exercise or physical activity
6. Get plenty of rest.

OVERCOMING PHYSICAL CHALLENGES

of fasting

Let me explain...

One way to limit headaches during your fast is to **take a mild laxative** or enema before you begin. Once you begin the fast, I would suggest **an enema every 5-7 days**, if needed. This will reduce the toxins and help in the physiological changes or adjustments we experience with fasting.

Another thing you will experience is withdrawal from sugar and carbohydrates. These effects usually consist of strong cravings, strong hunger pains and even some sluggishness. The best way to reduce these symptoms is to **abstain from eating sugar and simple carbohydrates on your fast**. However, drinking lots of water will help considerably. **Again, plan to drink plenty of water daily; about 3 quarts.**

As the fast progresses, remember prolonged fasts have a greater physical impact on your energy level. So, **don't plan to workout at the gym or engage in other strenuous physical exercise** until after the fast. You will also need to **get plenty of rest** to maintain your strength as the fast progresses. This is particularly true if you are on the soup or one meal fast because of the drastic reduction of caloric intake.



OVERCOMING PHYSICAL CHALLENGES

of fasting

Lastly, the physical benefits of fasting are numerous, such as heart health and diabetes prevention, weight loss, detoxification and cleansing, mental health, freedom from addictions and many more (<http://www.nbcnews.com>, *How Does Fasting Affect the Human Body?*). **If you are under medical care and/or are taking medications, you should consult your physician before fasting.**

While the physical challenges of fasting are real, remember, you are not alone! The Lord is with you!!! Also, there are hundreds of thousands of Christians fasting at the beginning of the year! And, I am with you! Just take it one day at a time! You will make it! You can do this! You will be glad you did!!!

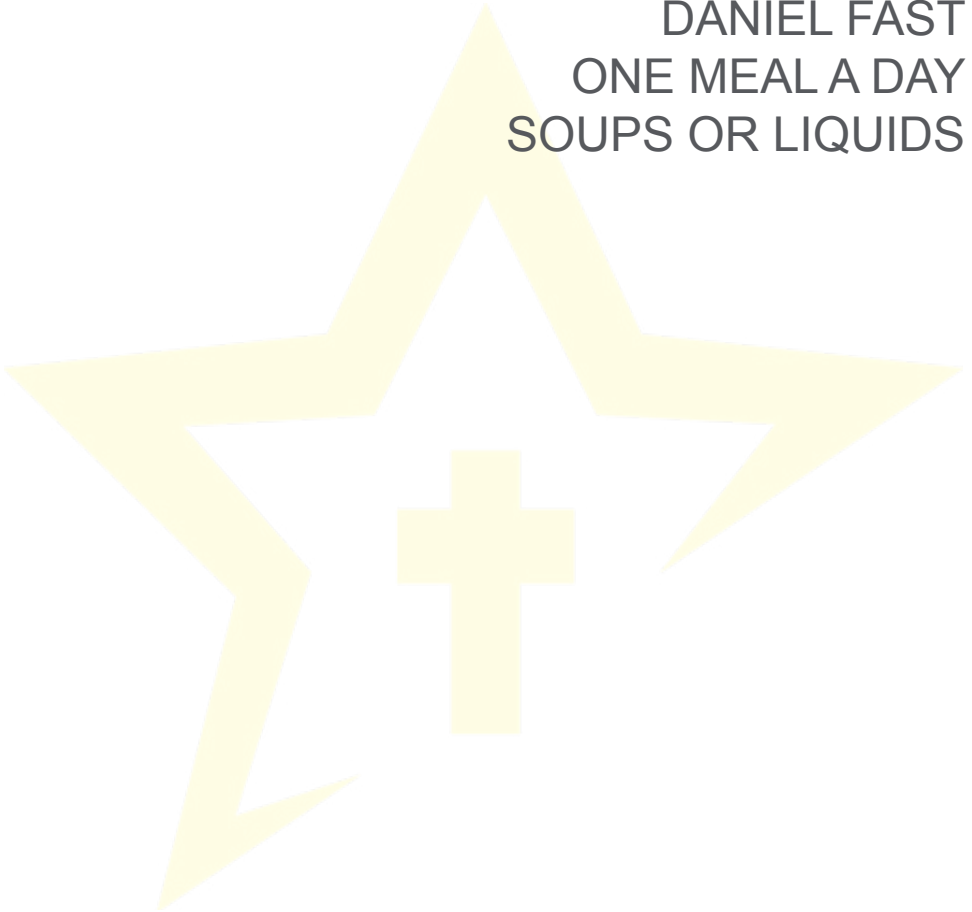


OVERCOMING PHYSICAL CHALLENGES *of fasting*

TYPES

of fasts

DANIEL FAST
ONE MEAL A DAY
SOUPS OR LIQUIDS



DANIEL FAST

Daniel 10:3: I ate **no pleasant bread**, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Don't be afraid or intimidated and think you cannot do this fast because **YOU CAN!** You may follow the fast as described below or modify for some health or other pertinent reasons. (For example, some add fish and other seafood but avoid poultry, pork and red meats.

The guide provided below is just that, a guide. **Remember God knows your heart and it is God who accepts your sacrifice!** However, if you modify your fast, be sure to maintain your integrity in committing to your modifications. You will be glad you did!

Foods to INCLUDE in your diet during the Daniel Fast:

- All fruits. These can be fresh, frozen, dried and juiced.
- All vegetables. These can be fresh, frozen, dried and juiced.
- All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta.
- All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also, nut butters including peanut butter.
- All legumes. These can be canned or dried. Legumes include, but are not limited to, dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans and white beans.
- All quality oils including but not limited to olive, canola, grape seed, peanut and sesame.
- Beverages: spring water, distilled water or other pure waters.
- Other: All seasonings, salt, herbs and spices. But remember using too much salt may diminish some of the physical benefits of fasting. It should be used sparingly.

A GUIDE TO THE *daniel fast*

Foods to AVOID on the Daniel Fast:

- All meat and animal products including but not limited to beef, lamb, pork, poultry and fish
- All dairy products including but not limited to milk, cheese, cream, butter and eggs.
- All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses and cane juice.
- All leavened bread and baked goods.
- All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives
- All deep-fried foods including but not limited to potato chips, French fries and corn chips.
- All solid fats including shortening, margarine, lard and foods high in fat.
- Beverages: carbonated beverages, energy drinks and alcohol.

Note: Fasting alone is just modifying your diet. If you want more out of your 21 days of fasting, be sure to read the other six topics (Finding a Place and Time to Pray, Consecration While Fasting, Journal Your Fast, etc.) to enhance your fasting experience and get ready for an awesome 2024!!!

A GUIDE TO THE *daniel fast*

ONE-MEAL-A-DAY FAST

On this fast you eat one meal a day, usually in the middle of the day, say around 3:00 pm or so unless you work at night. The time of day you eat is strictly up to you.

There is no scripture precedent for this fast, it was designed to give some sustenance during a prolonged fast, as opposed to a strictly liquid fast with broth and water.

On this fast, it is recommended that you abstain from sugar and simple carbohydrates as they can cause problems with your blood sugar levels, making you very sluggish after eating. Your one meal should be mostly protein and vegetables without lots of fats and oils.

This list of foods to include and avoid is provided as a guide for the One Meal-A-Day Fast. Don't be afraid or intimidated and think you cannot do this fast because YOU CAN! Remember God knows your heart and it is God who accepts your sacrifice.

Foods to Include on the One Meal-A-Day Fast:

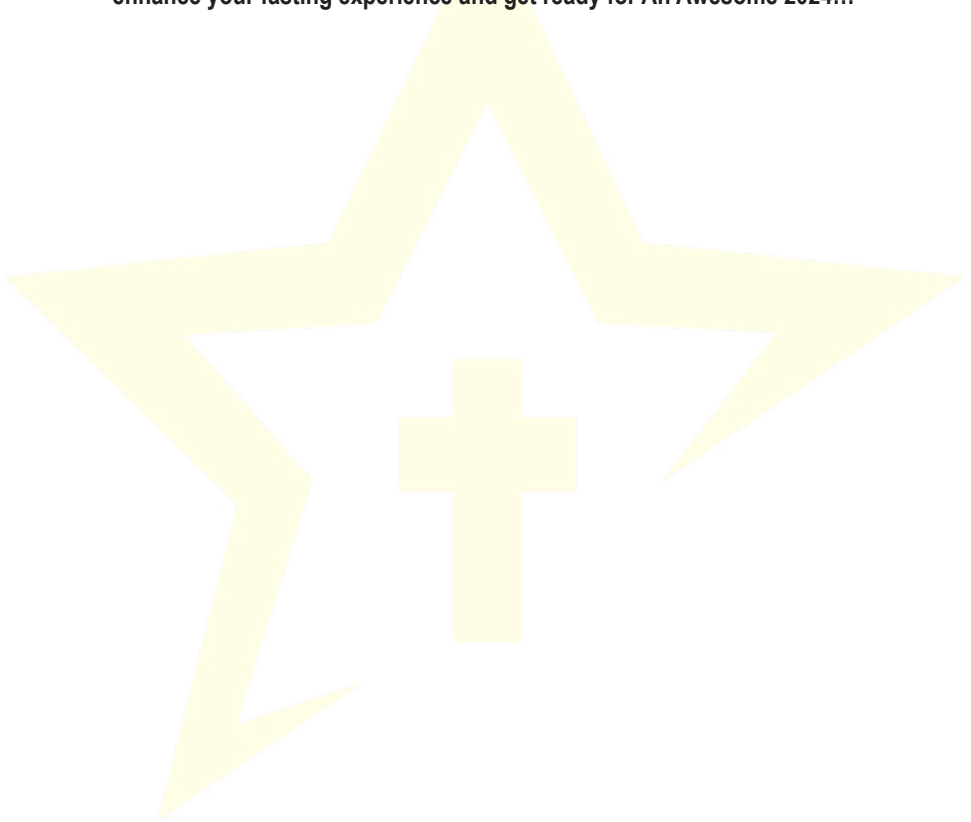
- All fruits and vegetables.
- All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta and whole wheat tortillas.
- All legumes. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.
- All foods cooked in quality oils including but not limited to olive, canola, grape seed, peanut and sesame.
- Beverages: Spring water, distilled water or other pure waters.
- Other: All seasonings, salt, herbs and spices. But remember using too much salt may diminish some of the physical benefits of fasting and should be used sparingly.

A GUIDE TO
soup or liquid fast

Foods to Avoid on the One Meal-A-Day Fast:

- All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses and cane juice.
- All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives
- All deep-fried foods including but not limited to potato chips, French fries, corn chips.
- Beverages: carbonated beverages, energy drinks and alcohol.

Note: 21 Days of fasting alone is just modifying your diet. If you want more out of your 21 Days of fasting, be sure to read the other 6 topics (Finding a Place and Time to Pray, Consecration While Fasting, Journal Your Fast, etc.) to enhance your fasting experience and get ready for An Awesome 2024!!!



A GUIDE TO *one meal-a-day fast*

SOUP OR LIQUID FAST

Don't be afraid or intimidated and think you cannot do this fast because YOU CAN! Remember God knows your heart and it is God who accepts your sacrifice!

As the title implies, on this fast, you eat one bowl of soup a day. It is suggested that you have your soup in the middle of the day, say around 3:00 pm or so, unless you work at night. The time of day you eat is strictly up to you.

There is no scripture precedent for this fast, it was designed to give some sustenance during a prolonged fast, as opposed to a strictly liquid fast with broth and water.

A Bowl of Soup

Your soup should be mostly broth but can be any type of soup you prefer. However, you should take caution in choosing soups after the first three days or so. For example, heavy cream based soups like chowders can cause discomfort, so I recommend soups that are easily digestible. This is due to the fact that as the fast progresses, you will become more sensitive to the ingredients in your soup. You will find that simple soups with mostly broth is best. Also, I would avoid any soup with pork or red meat – again, this is just for your benefit as you progress in your fast.



A GUIDE TO
soup or liquid fast

Liquids

If you are using only liquids in your fast, you will be either drinking broth and/or juices. If you choose to buy juice, be aware of the fact that many purchased juices have a high sugar content and low nutritional value. Therefore, you may want to juice your fruits and vegetables yourself and/or purchase high quality vegetable and fruit juices. If you are juicing, you can proceed as if you were on the Daniel Fast but only use juiced fruit and vegetables. I recommend juicers that emulsify as opposed to the traditional juicers that leave out or discard nutrient-rich pulp. Again, however, this is totally your choice.

Note: Fasting alone is just modifying your diet. If you want more out of your 21 days of fasting, be sure to read the other 6 topics (Finding a Place and Time to Pray, Consecration While Fasting, Journal Your Fast, etc. to enhance your fasting experience and get ready for an awesome 2024!!!



A GUIDE TO
soup or liquid fast

JOURNALING YOUR FASTING JOURNEY

One thing that has always been a tremendous blessing to me during any prolonged fast is to journal my prayer requests, spiritual experiences and reflections of my times in prayer and meditation. However, even if you decide not to journal or keep track of your fast in some way, you should create a prayer list. I found that creating a prayer list is a wonderful way to keep a record of the things that you want to keep before the Lord during the fast.

I create several prayer lists: one with spiritual goals and desires; another for those for whom I am praying for salvation, healing and deliverance; yet another for personal needs and wants; and yet another for city, state, national and global governments and humanity as a whole; and so on.

I cannot underscore the power of the journey of prolonged fasting. It is a wonderful time of renewal that begins with writing down what it is you are fasting for or about. Sometimes in prayer, I just wave my list before the Lord. For while God already knows what we are in need of before we ask, He uses the vehicle of prayer for us to make known our request to Him.

During your fast, you will gain clarity on issues and receive answers to questions that you have before God. **Use your fasting journal to capture those moments of enlightenment, and visions and times of refreshing in the presence of the Lord.**

You can purchase a journal, use a notebook you have around the house or create an online or word document (offline) to chronicle your 21-day journey of fasting and prayer. Your choice, but whatever method you choose, I encourage you to make the choice to journal. You'll be glad you did!

JOURNALING YOUR *fasting journey*

DAY 1

Praise the Lord! You have made it to Day 1 of the 21-Day Fast and Consecration 2024!

Again, congratulations on your decision to undertake this spiritual journey at the beginning of 2024! Fasting and consecration at the beginning of the year sets the tone for the entire year!

At the beginning of this your first day, I am sure some of you are wondering if you can do it another 20 days, but I challenge you not to think of 20 more days, rather to think of just one more day.

Taking one day at a time is quite empowering.

Don't forget when God gave the children of Israel manna in the wilderness, he only gave them enough for each day. Likewise, today's mercies will bring new strength to endure. So, don't despair, the Lord strengthens you daily.

You will make it -- One day at a time!

DON'T FORGET:

1. Prepare A Time and Place for Daily Prayer.
2. Consecrate your life to Christ
3. Create your prayer list, if you have not done so already. Don't forget those family and friends for whom you want to intercede.
4. Physical Challenges of Fasting
5. Record your fasting expectations and experiences in your Fasting Journal today.
6. Be sure to drink plenty of water!

FASTING
essentials

DAY 2

YEAH! You are really doing this ... And you are NOT ALONE!

Today is a good day to be reminded of the reason you are doing this fast.

You may have begun to experience a few physical challenges yesterday, the first day of your fast. **DON'T WORRY, IT IS TO BE EXPECTED.** The first three days of the fast are probably the most difficult. You will probably experience headaches, hunger, and perhaps even dry mouth. While these symptoms usually subside after the first few days, there are a few things you can do to limit their severity.

TODAY'S AFFIRMATION:

I will trust the Lord for strength, victory and focus as I seek His face early in the New Year. I will take one day at a time, thanking Him for today and trusting him for tomorrow because His mercies are new every morning!

DON'T FORGET:

1. Prepare a Time and Place for Daily Prayer
2. Plan to Consecrate During Your Fast
3. Create Your Prayer List
4. Prepare for The Physical Challenges of Fasting
5. Be sure to drink plenty of water!

FASTING
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DAY 3

Don't Quit!!

If you have not adhered to your fast, don't be discouraged and above all, DON'T GIVE UP! The Bible tells us that the righteous fall seven times but rise up again (*Proverbs 24:16*). You overcome falling by getting up. So, don't worry. Just begin where you left off. Follow the postings of each day, as they give you solid spiritual and physical steps to staying on track during this time of fasting and consecration.

Congratulations on making the choice to get up and continue with the fast!

TODAY'S AFFIRMATION:

Today, Lord, I surrender all to you! I will not give up, even if I have not done everything "right" on this fast. I am the righteousness of God and proclaim victory in your name. Thank you for being the God of another chance!

DON'T FORGET:

1. Complete your prayer list, if you have not done so.
2. Limit your social activities and increase your time in prayer, meditation and Bible reading and study.
3. Expect Great Things!!!

FASTING
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DAY 4

Getting in the Zone!

For me, Day 4 is usually the day when two things start to happen:

First, it is the day I start to really feel a difference on how easily I can get into the presence of the Lord or to feel His presence with me. It is amazing! You don't have to push past as much of yourself or stuff that gets in the way. You can simply reach a place of being in God's presence with much less effort. The scriptures tell us that there is joy in the presence of the Lord and it is such a peaceful joy.

Second, it is usually on around Day 4 when I begin to feel one of the greatest benefits of fasting and that is the feeling of being above my problems. I call it living in the "Zone." Your problems are still there but you don't see them in the same way. They don't seem to bear down on you and burden you the way they did before. There is something about fasting and praying that elevates your spirit and allows you to begin to see things through the eyes of faith and hope.

TODAY'S AFFIRMATION:

Lord, I thank you for the positive change in my life. I thank you for the shifting and the realignment. I thank you for renewing my spirit for living life as you have ordained. I thank you that I possess all I need in order to fulfill my destiny. Thank you for a new day!!!

DON'T FORGET:

1. If you have not had a bowel movement over the last three days, consider an enema or very mild laxative.
2. Expect your healing or the healing of those for whom you are praying!
3. Rehearse healing scriptures!

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DAY 5

Developing a Daily Habit of Prayer

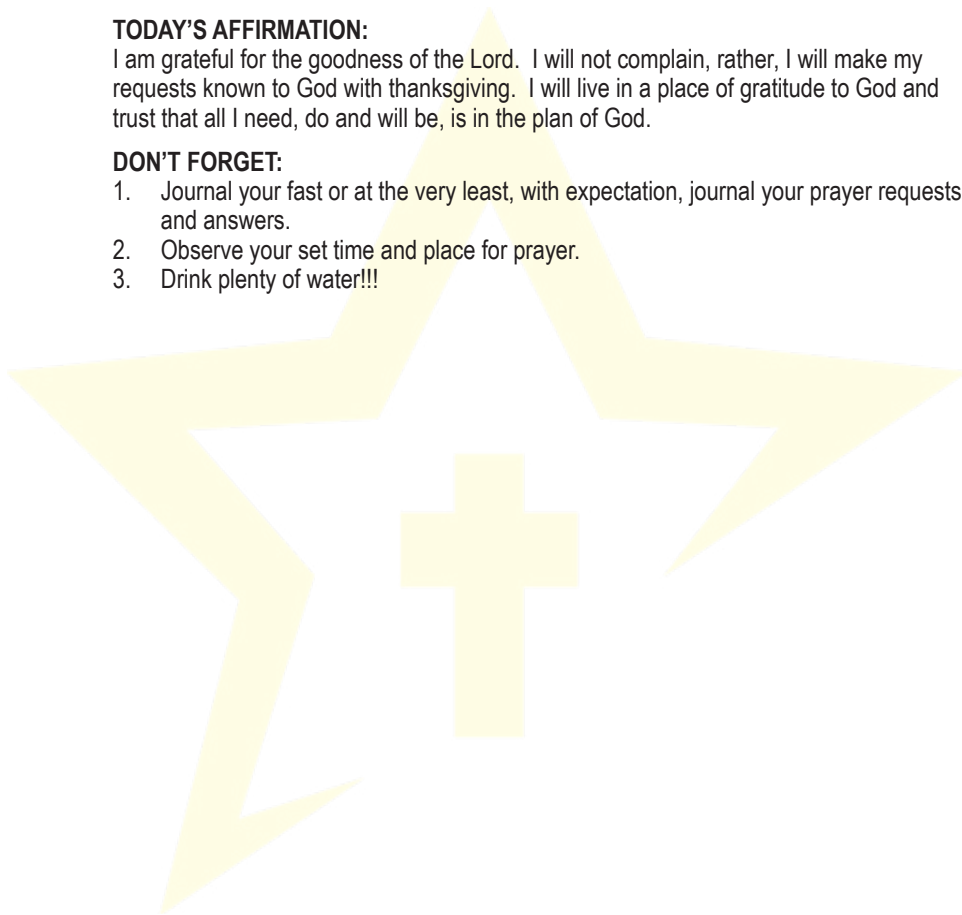
Although we enjoy being in the presence of the Lord, there are so many distractions that keep us from our prayer and devotion time. While we are exhorted by scripture to pray without ceasing, the avoidance of taking the time to sit, sing, read and pray is a challenge for most of us. Although some churches do not, many churches have daily prayer times for corporate gatherings of believers who are fasting during this time.

TODAY'S AFFIRMATION:

I am grateful for the goodness of the Lord. I will not complain, rather, I will make my requests known to God with thanksgiving. I will live in a place of gratitude to God and trust that all I need, do and will be, is in the plan of God.

DON'T FORGET:

1. Journal your fast or at the very least, with expectation, journal your prayer requests and answers.
2. Observe your set time and place for prayer.
3. Drink plenty of water!!!



DAY 6

God Will Turn It Around For You!

Whatever you need “*turned around*” - be it a broken relationship, a wayward child, a job or career change, the terror of lack or not enough, or health problems - just know that God has not forgotten about you. Neither are His ears too out of range to hear you, nor His arms too short to help you.

Fasting should not be employed to demand things of God or to use Him as a genie in a bottle; scripture however, shows us that fasting gets God’s attention. Many times when fasting was used in the scriptures, it was used in desperate situations (see *Esther 4:16, Jonah 3:5, Ezra 8:23*). No matter how desperate your situation or how long things have been going in the wrong direction, be encouraged because God is turning them around for you.

TODAY’S AFFIRMATION:

I am grateful for the goodness of the Lord. I will not complain, rather, I will make my request known to God with thanksgiving. I will live in a place of gratitude to God and trust that all I need, do and will be, is in the plan of God!

DON’T FORGET:

1. List at least 5 things for which you are grateful.
2. Testify of God’s goodness. Share at least one of those things to encourage someone else.
3. Say “*thank you*”.

FASTING
essentials

DAY 7

Weekend Challenge!!!

Welcome to your first weekend, days 7 & 8 of your 21-day fasting journey. Congratulations on making it!!! Don't worry if you made a mistake; don't quit! The Lord honors your sacrifice and is faithful to hear your cry.

For most, the weekend is a time to catch up on all the things you don't have time to get to during the week. You run errands and complete important personal tasks. What time is there to get to all those things otherwise? However, as you go on your way, don't forget the 21-day Weekend Challenge!

That is, challenge yourself to spend a little more time in spiritual disciplines - having devotion, reading scripture and praying. Remember, during the fast, you want to pull yourself in as much as possible so that your fast is not simply going without food or changing your diet for a period. Fasting can change your life in profound ways. So, go ahead, take the challenge! It is well worth your time!

TODAY'S AFFIRMATION:

The Lord has strengthened me to complete that which I have started. I will be steadfast and unmovable in my resolution to seek the face of God in fasting and prayer. I am doing a good thing and will not be stopped, for the Lord is being glorified in my sacrifice.

DON'T FORGET:

1. Review posts for days 1-6!
2. Take the Weekend Challenge - Spend more time praying, reading, and studying scripture over the weekend!
3. Journal your answered prayers and breakthroughs.
4. Pray for others on the fast.

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essentials

DAY 8

Eight is the number of new beginnings, a time to start again. You may feel that you need a new beginning in your life or in a part of your life. Today is a day to be reminded that God is a God of another chance. Forgive yourself for what you should have done and trust the thing that God is doing in you. Renewal sometimes requires restoration but God wants to give you more than what was lost or stolen. Put the past behind you and embrace the future. Today is the day to embrace the new thing that God is doing in your life.

TODAY'S AFFIRMATION:

I am made in the image of God. I am made in the likeness of God. I will live in the creativity, love and power of my creator. I will not lack. I will live in His abundance. I will be triumphant in God's love today. I see in me the image and likeness of my heavenly Father, who loves me unconditionally.

DON'T FORGET:

1. If you have not already, add your community, the nation, and/or world to your prayer lists.
2. If you are doing the one meal or bowl of soup, you should probably have taken an enema by now to avoid the effects of little fiber and roughage intake.
3. Encourage someone who is on the fast.

FASTING
essentials

DAY 9

“As they ministered to the Lord, and fasted, the Holy Ghost said, separate me Barnabas and Saul for the work where unto I have called them.” Acts 13:2 (KJV)

This passage highlights a powerful revelation about fasting. It brings to our attention the power of combining fasting with worship. Ministering to God in song, reading His word, praying and meditating are all forms of worship. If you have not been adding prayer and devotion to our time of fasting, you are missing a powerful element of this spiritual discipline. Combined with worship, fasting enables you to hear from God more clearly. Maybe you will not hear in the same manner as is found in this passage, but God will make His will known and His direction clear. Seeking for new direction and clearer understanding? Make time to worship during this fast and poise yourself to hear from God.

TODAY’S AFFIRMATION:

I have whatever I need for the tasks that God has given me. He has equipped me even though I may not see the provision. In His abundance, I have every gift and talent required to do His will. By faith, I move in obedience to God’s will and purpose in my life.

DON’T FORGET:

1. Build your worship muscles. Spend at least 15 minutes in song, prayer, Bible reading and daily praise. You can add on there.
2. List 10 things for which you are grateful.
3. Drink plenty of water.

FASTING
essentials

DAY 10

Day 10 is Hallelujah Day!!! You are at the halfway mark. Don't lose focus now. You are almost there - a place of victory! Don't worry about the 11 days left; each day, just think about one more day. I know by now that you are experiencing the presence of God in your prayer and worship time. As I look back on my fasting journal, I can see the progress that I've made toward renewal. Life can be so overwhelming at times that we just need to get from under the pressure of whatever is bringing us stress and literally see ourselves giving our cares over to the Lord. The Bible tells us to cast our cares on Him because He continues to care for us. Fasting enables you to let go and let God have His way.

Anything having real value is worth its cost. Fasting is not a pleasurable experience to say the least. In fact, the Bible describes it as an affliction of the flesh, but the sacrifice is well worth the benefits.

TODAY'S AFFIRMATION:

The Lord has strengthened me to complete that which I have started. I will be steadfast and unmovable in my resolution to seek the face of God in fasting and prayer. I am doing a good thing and will not be stopped, for the Lord is being glorified in my sacrifice.

DON'T FORGET:

1. Be sure your conviction to finish is sure. Your desire for victory must exceed the cost of denial.
2. Add your local church and the body of Christ at-large to your prayer list.
3. Don't give up even if you have fallen during the fast. You'll make it, if you get up and commit to finishing that which you have begun.

FASTING
essentials

DAY 11

Today you are closer to the end of your fast than you were at the beginning. In other words, you have more distance behind you than you do in front of you! Hallelujah!!!!

Stay the course! If you made some mistakes, DON'T QUIT! The victory is yours for the having. You are engaging in a great spiritual discipline, which confirms your dependence on God as our source. The Lord sees your sacrifice and meets you at the point of your need and desire to know more of Him.

In addition to being a day of transition to victory, for those on the soup or straight liquid fast, it is also the day you really feel the full gravity of going with few or no caloric intake, especially those of you on one of the more restrictive fasts.

TODAY'S AFFIRMATION:

I am determined to stay the course! Today, I am reminded that God is a rewarder of them that diligently seek Him! I am emboldened in faith that my body, mind and soul are being renewed. I continue with the assurance that God is going before me in my 2024 and making every crooked place straight, filling low valleys and bringing down mountains! (Luke 3:5).

DON'T FORGET:

1. Be sure to get the extra sleep and rest you need. It will help a lot.
2. I can't over emphasize it, DRINK PLENTY OF WATER! It will make a dramatic difference in how you feel.
3. Lastly, do your enemas every 5-7 days to reduce headaches. The Lord strengthen and keep you as you triumph these next 10 days!

FASTING
essentials

DAY 12

As we begin our approach to the last days of the second week of this fast, we take a breath to inhale the goodness of the Lord. It is possible, that we have not seen the manifestation of all the things that we have put before the Lord during this fast. This is a good day to simply be grateful - grateful to know and be in relationship with God; grateful to have a heart to seek Him and to be in His presence; and grateful for His faithfulness to answer our cries.

What do you have to be grateful for today? For what are you thankful? How many blessings can you count?

TODAY'S AFFIRMATION:

Today, Lord, I will declare your goodness and gracious love bestowed to me continually. I am the blessed of the Lord and, by faith, receive all that God has for me. I trust in the God who does ALL THINGS well!

DON'T FORGET:

1. Bless someone by encouraging him or her to count their blessings!
2. Wave your prayer requests before the Lord, casting all your cares on our God who cares for you.
3. Journal your times in the presence of the Lord!

FASTING
essentials

DAY 13

Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. -1 Chron. 4:10 NIV

The secret to prolonged productivity ...

If one of your new year's resolutions is to be more productive in some area of your life, I have a secret: making prayer a daily habit releases the enabling that makes hard tasks easy.

It is so easy to make prayer an exercise for prayer warriors but this is a mistake. You don't have to be the praying mother of the church to diligently exercise the power of prayer in your life. God always meets us where we are in our walk with Him. The goal is not someone else's prayer life. The goal is to go where God takes you in your own prayer life. While I admire the discipline of Hannah, Jabez prayed a simple prayer and God answered and blessed him.

Don't fear the journey of a closer relationship with God. Don't let those who have "hijacked spirituality" - that is, made it a mystical, spooky thing - deter you from a deeper relationship with God. Spirituality is simply an acknowledgment that my life is better with God involved with the affairs of life.

FASTING
essentials

DAY 13

Developing a daily habit of setting a time and place to pray is a powerful discipline that leads to increased productivity because you are inviting God into planning of the day, every task, the resources needed to complete the task and so on (*1 Cor. 3:9*).

TODAY'S AFFIRMATION:

I can do all things through Christ that strengthens me. I am moving into a new dimension in my spiritual walk in 2024. I embrace a deeper relationship with the Father and will develop a daily habit of a place and time to pray. I will have a more productive 2024.

DON'T FORGET:

1. Plan the place and time for your daily habit of prayer. Begin with a few minutes and add on as you progress.
2. You can use recordings of your favorite hymns and worship songs, include a scripture passage, and an inspirational reading.
3. Begin your prayer with thanksgiving; present your request to the Lord, include prayers for others, the nation, and the world; and end with quiet time of meditation.

FASTING
essentials

DAY 14

Welcome to the end of the second week of the 21-day fast and the first day of the Weekend Challenge. At this juncture in the fast, I trust it bears repeating ...

Fasting is more than doing without food. It is a spiritual discipline, like others (i.e. prayer, meditation, scripture reading, etc.), which requires more than the process of abstaining from food.

The Bible teaches us that fasting should not be a religious activity void of real meaning or true connection to God. In our day, activities limiting our time watching television, engaging in social media, and other non-essential activities that would take us away from our time of prayer and meditation while fasting.

Consecration simply implies that during our fast, we should not be enthralled in our usual distractions that fill our lives with noise that keeps us from hearing God. During the 21 days of fasting and praying, we should make a real attempt to quiet our lives as much as possible.

During our Weekend Challenge, I encourage you to make every effort to spend extra time in prayer, meditation and scripture reading. These disciplines help us to experience God in ways that will renew, restore and rejuvenate our spirit. Go ahead, take the challenge. You will not regret it!

TODAY'S AFFIRMATION:

I will make an effort today to spend extra time praying, reading the scriptures and other spiritual books, meditating, singing or listening to songs - to enjoy the presence of the Lord. I will spend quiet time today in anticipation of greater and better!

DON'T FORGET

1. List at least 5 things for which you are grateful.
2. Testify of God's goodness. Share at least one of those things to encourage someone else.
3. Say "thank you".

FASTING
essentials

DAY 15

This is the Lord's day - the Christian sabbath - a day filled with church and tasks to get ready for the work week. As you wind down for the evening, consider journaling your fast. At this juncture in the fast, I trust it bears repeating ...

One thing that has always been a blessing to me during any prolonged fast is to journal my prayer requests, spiritual experiences and reflections of my times in prayer and meditation. But even if you decide not to journal or keep track of your fast in some way, you should definitely create a prayer list. I found creating a prayer list is a wonderful way to keep a record of those things that you want to keep before the Lord during the fast.

I create several prayer lists: one with spiritual goals and desired; another for those for whom I am praying for salvation, healing and deliverance; yet another for personal needs and wants; and yet another for city, state, national and global governments and humanity as a whole; and so on.

I cannot underscore the power of the journey of prolonged fasting. It is a wonderful time of renewal that begins with writing down what it is you are fasting for or about. Sometimes in prayer, I just wave my list before the Lord. For while God already knows what we are in need of before we ask, He uses the vehicle of prayer for us to make known our requests to Him.

During your fast, you will gain clarity on issues and answers to questions that you have before God. Use your fasting journal to capture those moments of enlightenment, and use a notebook you have around the house or create an online or word document (offline to chronicle the last week of your journey of fasting and prayer. Your choice, but whatever method you choose, I encourage you to make the choice to journal. You'll be glad you did!

TODAY'S AFFIRMATION:

As I enjoy this the Lord's day, I will take time to make or add to my prayer list and continue or begin to consider the past few weeks. I am strengthened by my journey so far to continue and trust God for a "Turnaround" in areas of my life that need a new direction! Thank you Lord!

DON'T FORGET:

1. If you have not already, add your community, the nation, and our world to your prayer lists.
2. If you are doing the one meal or bowl of soup fast, you should probably have taken an enema by now to avoid the effects of little fiber and roughage intake.
3. Encourage someone who is on the fast.

FASTING
essentials

Earlier in the fast, I wrote about developing a daily habit of prayer. Today, I want to share with you some helpful steps in sustaining your daily prayer time. As I mentioned before, there are so many distractions that keep us from our prayer and devotion time. While we are exhorted by scripture to pray without ceasing, the avoidance of taking the time to sit, sing, read and pray is a challenge for most of us. Although some churches do not, many churches have daily prayer times for corporate gatherings of believers who are fasting during this time.

The real challenge, then, is for those who do not have these corporate gatherings of prayer during the 21-day fasts and for those who cannot make the prayer times at their local churches. Lastly, the challenge is for those who want to develop a daily habit of prayer beyond the 21-day fast.

How, then, do we develop a habit of daily prayer and devotion in which we consistently take time to spend with God?

Step 1: Set a Time and Place

I am not a morning person, to say the least. However, I acknowledge that early in the morning is the best time to pray. It sets the tone for the day and it is free from all distractions of the day that can keep you from praying at all. It is unequivocally, the best time to pray for all these reasons and so many more.

SUSTAINING A DAILY *habit of prayer*

I have set a prayer conference call for my church during the week Monday - Friday at 6:00am and 6:30pm. We pray for about an hour and it has been a tremendous blessing in just a few short months. From healing from depression to turnaround in family situations and more -- the testimonies are encouraging and speak to the faithfulness of God.

However, although we should always strive to, some of us will not consistently reach the goal of early morning prayer. Therefore, set a time and place during the day in which you can sit, without interruption to pray. For stay-at-home moms or those who are retired, this may be at the noon hour. For others, it may be in the evening. Whatever your set time is, be consistent in developing this habit of daily prayer.

Step 2: Have a Plan

In this step, a daily devotional can be a great tool. There are several great ones available at your local Christian bookstore. There are also several online versions that are very good. In addition, there are fasting journals with built in devotionals especially for the 21-day fast also available (see "fasting resources" on the Greater Works Ministry Facebook page).

However, if you do not have access to a devotional, you simply want your prayer time to consist of the following: (1 reading the scripture; (2 studying or meditating on the scripture; (3 listening or singing spiritual hymns or worship music; (4 praying (which always begins with thanksgiving and ends with listening; and lastly, (5 journaling.

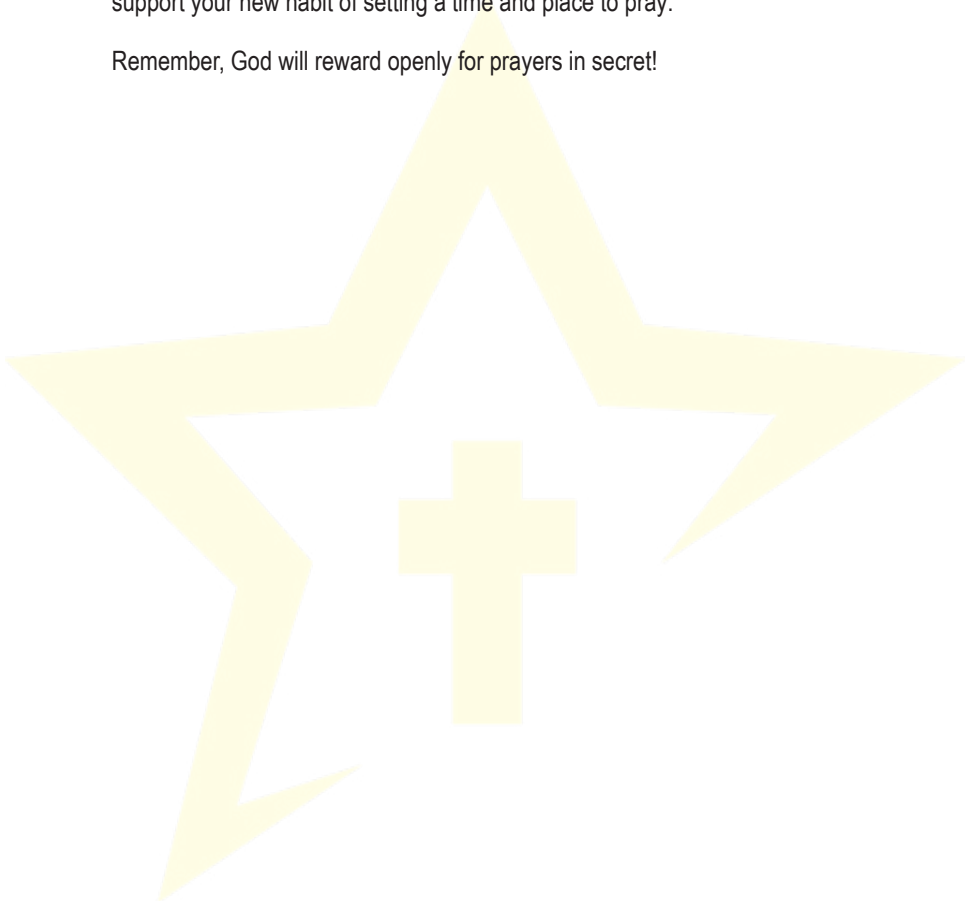
The time you spend in prayer and devotion is up to you but I would suggest at least 15 minutes is a good place to start. You can build from there.

SUSTAINING A DAILY *habit of prayer*

Step 3: Hold Yourself Accountable

In this step, you find a way to hold yourself personally accountable by finding some means, say your prayer journal, personal calendar, or even electronic devices to set a time daily to pray. This is not a step to send you on yet another guilt trip for something else you did not do that you should have during the day. Rather, this step is to remind us daily that the most important thing we can do in a day is to spend time in prayer. You may also find a prayer partner, who will pray with you. While this does not replace your personal time with God, it is powerful nonetheless and is another way you may want to support your new habit of setting a time and place to pray.

Remember, God will reward openly for prayers in secret!



SUSTAINING A DAILY
habit of prayer

DAY 16

While fasting is an affliction of the flesh for spiritual purposes, it is also a pathway to a deeper relationship with God. In fasting, you feel a closeness to God that you do not experience from prayer or personal devotions alone. In hitting the RESET button with this year's fast, it helps you to receive the new things God wants to bring into your lives and to remove what is no longer serving us. In renewing our souls, we change our trajectory for the year.

As we consecrate ourselves in spiritual disciplines, such as prayer, worship, reading and studying the word of God, the presence of God is made real to us a fresh. The Lord reminds us of a divine invitation! If we seek him first, everything we need will be added unto us!!! Seek the Lord and you will find Him! Cry out to God and He will hear you and answer you! And, when he shows up, He takes care of everything that concerns you! What a powerful and prophetic reminder of the faithfulness of God!!!

Step 1: Set a Time and Place

Step 2: Have a Plan

Step 3: Hold Yourself Accountable

Remember, God will reward openly for your prayers in secret!

TODAY'S AFFIRMATION

I will pray without ceasing! I will pray in the Spirit and with understanding! I will mix my prayer with faith and believe that God hears my requests and will answer them. I will pray the scriptures that declare what God has already decreed in my life.

DON'T FORGET

1. Set a time for daily prayer. You'll be glad you did.
2. Modify your plan, if you need to do so - just don't give up!
3. Invest in a prayer resource to encourage you in your prayer life.

FASTING
essentials

DAY 17

We are on the home stretch - the last five days of our 21-day fasting journey! Praise the Lord! As we prepare to end this year's glorious time of fasting, it is a good time to think about how to maintain a habit of fasting and prayer throughout the year. Truth is, for all of the magnificent examples of fasting and their wondrous results, there is no scripture on fasting on a daily, weekly or even monthly basis. However, many church fathers and mothers have found and chronicled the benefits of regular weekly or monthly fasting. Those of us who have been exposed to, or are presently a part of, ministries that teach and support regular fasting are familiar with fasting one day a week or 3-day Esther fasts once a month. Yet, others participate in corporate fasts during Easter or other times specified by the church leadership throughout the year. If you do not have that support, planning a regular fast can be quite a challenge. So, you should pray about what God is impressing upon you.

One example of those who engage in weekly fasts is that they usually abstain from all food until a specific time of the day, 3pm, 4pm, or 6pm. Those who engage in monthly fasts, as mentioned, abstain from all food and sometimes water, for three days, which begins 6am on the first day and ends around 3pm on the third day. These regular fasts are another way to engage in a powerful spiritual discipline throughout the year. There is however, one thing that is important to consider.

It is so easy to use your regular fasting as a pillar of religiosity. This is not beneficial; in fact it can be very harmful. Jesus rebuked the Pharisees for their religious perspectives on fasting and declared that they had no reward from God but had already had their reward in their boasting and pride in their religiosity. It is also easy to make the habit of fasting an empty exercise done in rote and without meaning. Regular fasting must be accompanied with the same passion as periodic prolonged fasting.

FASTING
essentials

DAY 17

There must be a giving of self in an increased activity of prayer, devotion and time in the presence of the Lord during the fast. For example, on your lunch hour the day you fast, you can take that time to read scripture, pray or meditate. Weekly or monthly fasts and abstaining from your regular social activities to focus on spiritual activities will keep your regular fasting from getting stale and lacking meaning in any real way.

Whatever you decide, just know that fasting is a way to keep you above the fray of the demanding pressures and worries of life. It illumines the power of God and diminishes the weight of the cares of this world. Fasting gives fresh perspective and fresh enabling of the Holy Spirit.

TODAY'S AFFIRMATION

I will commit to a habit of fasting and prayer in 2024. I want something that I have never had, so I must do something I have never done. My fasting and prayer will not be for others to see and give me praise, but to my God, who is faithful. I will live a life of consistent spiritual disciplines that will give me a closer walk with God and truly live life to its fullest.

DON'T FORGET

1. Reduce physical activity if you are feeling a little weaker - this is dependent on the severity of the fast you have chosen. Just rest more and pace yourself.
2. Plan your habit of prayer and fasting for the year. Don't worry about failing. Just don't give up. Fasting and prayer is worth the fight.
3. Drink plenty of water and if you are having one meal or one bowl of soup daily, you should have taken an enema or light laxative if you have not had a bowel movement in more than 4 days.

FASTING
essentials

DAY 18

If you are a veteran faster, you know what to expect breaking your fast. If you are not, there are a few things that you need to know. The more restrictive your fast or the smaller the amount of food you have been taking in, the more difficult returning to your normal diet will be - which brings me to another point. This is the perfect time to make some dietary changes. If you do not make that decision now, you will have a harder time after breaking the fast.

For example, if you want to reduce fried or processed food, sugar or simple carbohydrates, and so on, this is the time to make a conscious decision to have a healthier diet going forward. Having done this for many years, I can tell you that if you do not have a plan, within a few weeks or less, you will be back to your normal diet and weight. Think and pray about what you want to do. Then, make a plan and take it one day at a time getting the support you need to change your diet for the better. You might even want to see a dietitian or find a book on the topic.

So, back to the topic at hand ...

Don't break your fast with fried foods, lots of sugar or salt cured meats, etc. You get the picture. Your body will react poorly to having to process these foods after having such a restrictive diet for the last 21 days. Therefore, it is best to break your fast with small meals consisting of very small amounts of fat, sugar, salt and other rich ingredients for the next week or so. This will give your body a chance to assimilate to a normal diet.

If you have been on soup or broth, you should be even more careful about how much and what kinds of food to eat during the first days and even weeks after you break the fast.

DAY 19

As we come to these last few days of the fast, I just want to encourage you by saying that you have done a good thing and should expect to receive the benefits of fasting and prayer for the months and days to come. In addition to our physical and material blessings, fasting and prayer also has profound spiritual blessings.

Fasting and prayer is a total surrender to the will of God for our lives. It is a declaration that rings true deep within our souls. It is the understanding that there is more and better in life, although it might not be what we planned or in the way we imagined. It is dependence on an all-wise God who has purposed us from our mother's womb.

Fasting and prayer leads us to a place of peace and wholeness - nothing missing, nothing broken. This is not true because suddenly we have all we've ever wanted but because we are in a never-ending process of submission to God's direction for our lives. And, though it's not always easy, there is no more peaceful place to be than in the will of God.

I found this quote and thought it would bless you as you are ending your time of fasting and prayer at the beginning of 2024.

"Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food. Through it, we learn by experience that God's word to us is a life substance, that is not food ("bread" alone that gives life, but also the words that proceed from the mouth of God (*Matt. 4:4*). We learn that we too have meat to eat that the world does not know about (*John 4:32, 34*). Fasting unto our Lord is therefore feasting - feasting on Him and on doing His will." ~Dallas Willard

FASTING
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DAY 19

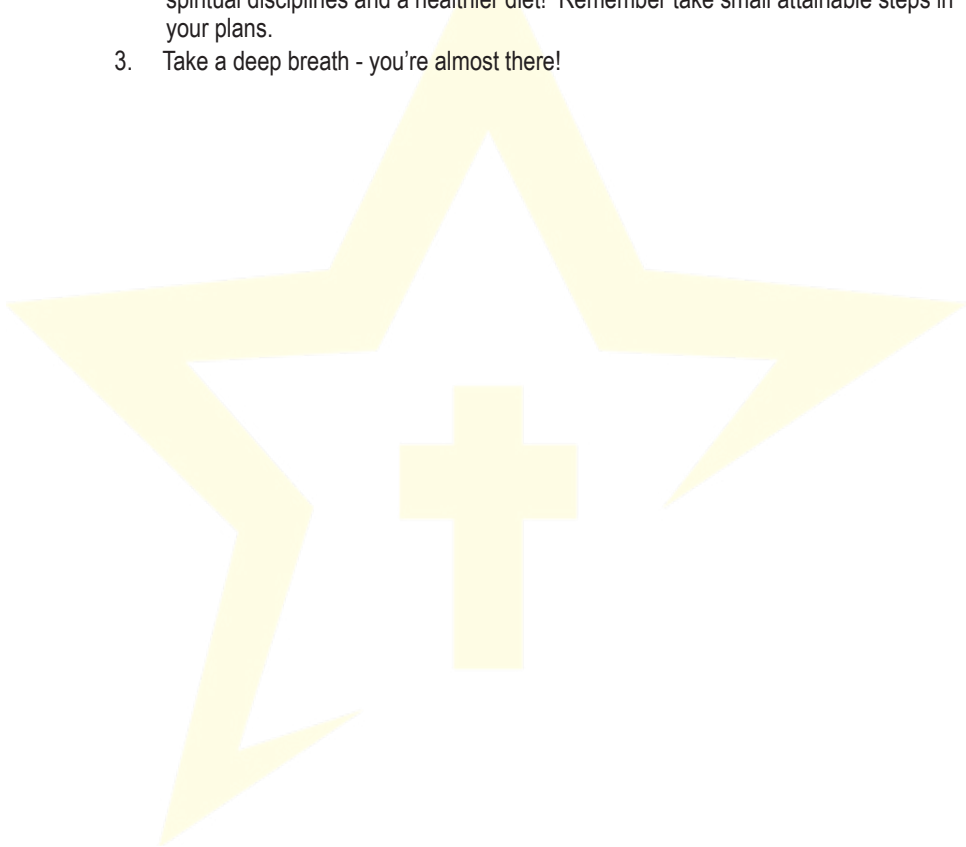
TODAY'S AFFIRMATION

I will open my heart and mind to what God will do in my life in 2024!

I am renewed in my spirit and will live life to its fullest. The Lord is living in me! I possess all I need in order to fulfill my destiny. Thank you Lord for a new day!!!

DON'T FORGET:

1. Read posts over the past week for help transitioning from the fast.
2. Make plans for a new and better life by maintaining a closer walk with God through spiritual disciplines and a healthier diet! Remember take small attainable steps in your plans.
3. Take a deep breath - you're almost there!



FASTING
essentials

DAY 20

Get Ready, Get Ready, Get Ready! One more day! Hallelujah!

For those of you who have not seen the full manifestation of what you have been praying about these 21 days, don't dismay. Let me encourage you to have faith in God! God may not do what we want, when we want it but this week, He does all things well. We trust that though His ways are not our ways and His thoughts not our thoughts, He is faithful! And, so we expect the fulfillment of prayers and petitions.

This passage was on my heart this morning:

1 Kings 44:43-45 ... He said to his servant, "Go up now, look toward the sea." So he went up and looked and said, "There is nothing." And he said, "Go back" seven times. It came about the seventh time, that he said, "Behold, a cloud as small as a man's hand is coming up from the sea." And he said, "Go up, say to Ahab, 'Prepare your chariot and go down, so that the heavy shower does not stop you.'" 45 *In a little while the sky grew black with clouds and wind, and there was a heavy shower. And Ahab rode and went to Jezreel ...*

In this passage, we see that Elijah was relentless in checking to see if there were any signs of rain. He expected to see God move. So, be steadfast in your expectation that God will answer your prayer. He sent his servant seven times to look for a sign. Seven is God's number of completion. God knows the timing; just keep a spirit of expectancy because there is a day of completion for your wait. When the servant finally returned with a favorable response, it was such a minor development that you wonder why Elijah was so encouraged. The cloud was the size of your hand - way up in the sky but Elijah knew that God was up to something big! He told the servant, though he only saw a very, very small cloud, to get ready for the downpour. And, in a "little while," the cloud grew black and there was a heavy rain. In the words of Bishop T.D. Jakes, *Get Ready, Get Ready, Get Ready!*

FASTING
essentials

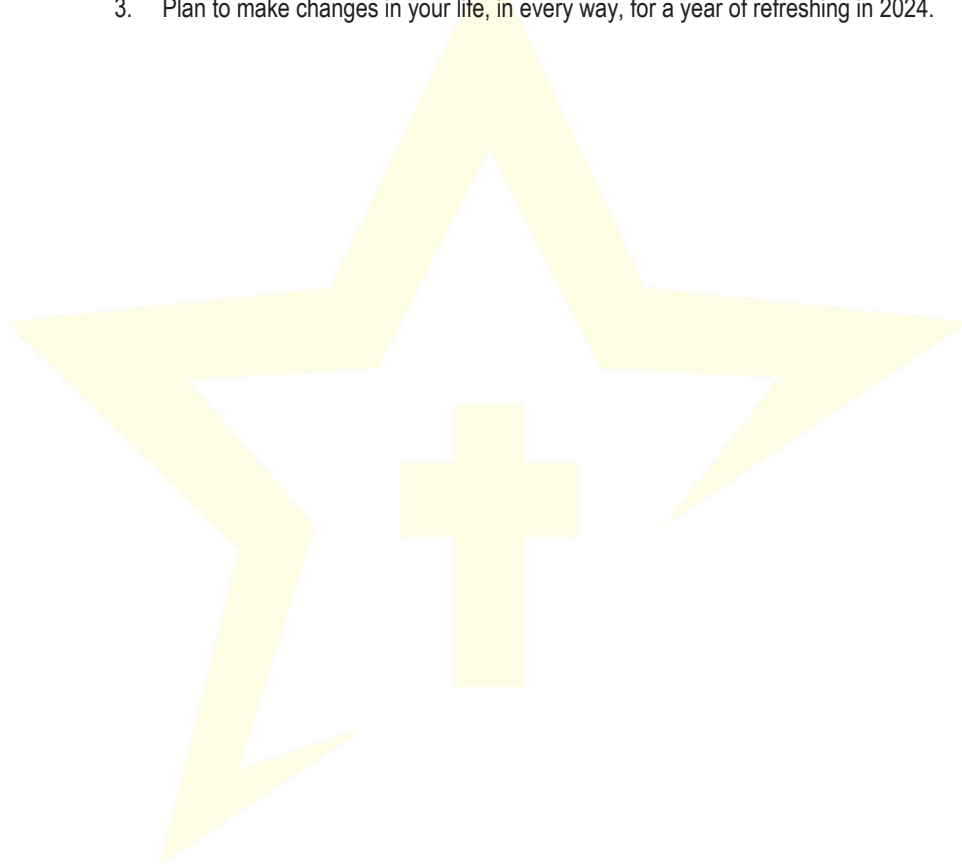
DAY 20

TODAY'S AFFIRMATION

I trust God that the small sign that He is working is enough for me to believe the answer is on the way. I will prepare for the turnaround in my life that is coming. God will not only send the rain in my drought, he will send a downpour. Get Ready, Get Ready, Get Ready!

DON'T FORGET:

1. Remember to prepare to Break the Fast and Maintain a Life of Fasting and Prayer.
2. Take time to thoughtfully plan breaking the fast.
3. Plan to make changes in your life, in every way, for a year of refreshing in 2024.



FASTING
essentials

DAY 21

You did it!!!

The Lord Abundantly Bless You in 2024!

As we come to the end of these 21 days of fasting and prayer, early in the new year, I offer this prayer for you:

I declare and believe over each one of you, the blessings of the Lord that make rich and add no sorrow. That your prayers and petitions be granted as God has marvelously planned your destinies. I declare favor like you have never seen! That God will open doors to new opportunities. That his healing will be realized in every instance of sickness and disease. And, that you have more than enough for every need according to God's riches! I declare that you are restored in joy, and peace, and have victory over every conflict.

I declare that God will bring every high place down and that every crooked place in your life will be made straight. I declare that turnaround is released in every area of your life that needs new direction-be it physical, spiritual, financial or relational.

I declare and believe with you that all of your unfulfilled promises be realized in 2024! That you are many steps closer to your new destiny and even higher heights. That the joys of 2024 will overwhelm the sorrows of 2023. That your best days are yet to come and God is glorified more than ever before in all that you do and say.

In Jesus' name. Amen.

FASTING
essentials

Listen to the words of this Day 5 testimonial:

"Thanks to Morning Star Church for including me in this year's fast. At first, I was a bit put off by the length of the fast since I have just started developing a closeness with God that I have never had. As we know, when God places you in a certain direction, he moves mountains to get you to where he needs you to be so I had no choice but to accept the challenge. After reading the wonderful preparation notes it enabled me to get a better understanding on fasting and how to successfully complete the process.

I am so glad I accepted and pushed to participate in the fast. At Day-5, I feel more enthused about God, my journey and his greatness than ever before. The daily prayer calls have allowed me to start my day in a positive direction by creating a shift towards having a different perspective on life. The Healing call this week connected with me the most since it allowed me to change my perspective on where I am/was. By hearing the prayer requests of others, I started to realize what I thought was a mountain was nothing more than God's way of elevating my life by pushing me to take steps even though I felt unsteady.

In my devotions and meditations, I have connected with God closer than I could have every hoped for. I challenge others to make the commitment, I have seen God's hand in my life just in these few days that I have participated and look forward to where and who I will be after this process. I know if he is doing it for me, he can do it for all."

- Morning Star Supporter



FASTING
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ENCOURAGING

our local community with hope

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disciples to make disciples



Rev. Dr. Beverly D. Frazier, SENIOR PASTOR

PRAY WITH US

(DURING 21 DAY FAST)


MORNING CONFERENCE CALL
MONDAY - FRIDAY 6:00 A.M.

EVENING CONFERENCE CALL
MONDAY - FRIDAY 7:00 P.M.

PHONE NUMBER
(267) 930-4000

ACCESS CODE
588-228-157#

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DISCLAIMER

Before starting your fast, you should speak to your doctor. You must not rely on the information in this manual as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.



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