



## **21 DAYS OF PRAYER AND FASTING**

TMFBC family and friends God calls His church a “house of prayer” (*Isaiah 56:7b*). Let’s start the new year with a “called out” corporate prayer and fast. We must pray for an outpouring of God’s Spirit to be in sync with the theme God wants us to focus on in 2024: God’s “Grace is Amazing.” So, let’s consecrate ourselves and commit to prayer and fasting to hear from God and then be obedient to what God is calling us to do in 2024. Our 21-day corporate prayer and fasting period will be January 8 – 28, 2024. Let’s pray and fast so that we may experience revival, renewal, blessings, and that God will empower us to do what He is calling His church to do in 2024.

## **HOW TO GET STARTED?**

1. Pray and ask God to give you the determination to start and finish this spiritual initiative.
2. A primary goal for every participant must be to “*have a closer walk with the Lord.*” Do you need: direction, healing, restoration in your marriage, renewal in your relationship with your children/parents, to discover your spiritual gift(s), to understand God’s purpose for your life?
3. Establish and write down your goals in a journal or notebook. As you embark on this spiritual journey you must know you can receive spiritual fuel from God by praying back **Jeremiah 29:13**; it says, “And you will seek Me and find Me, when you search for Me with all your heart.”
4. Thank God in advance for all that He will show you and teach you during these 21 days.
5. Get started; expect God to move, expect God to answer prayers, and operate in faith. **Hebrews 11:6** says, “But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

## **“CONSECRATE” YOURSELF**

Consecration refers to people or things being separated to or belonging to God for His purposes. They are holy and set apart for the service of God. **Leviticus 19:2** says, “*You shall be holy, for the Lord your God am holy.*”

TMFBC family and friends you are requested to do the following during the 21 days of prayer and fasting:

1. Dedicate at least 20 minutes (per day) to read God’s word.
2. Dedicate at least 10 minutes (per day) in prayer.

3. Strive to participate on our S.H.O.P. (Sweet Hour of Prayer) teleconference January 9th, 16<sup>th</sup>, and 23rd from 7pm - 8pm. The call-in number is: 267-807-9605 – the passcode is: 948222.
4. Strive to participate in at least one of TMFBC's Bible study opportunities: Wednesday Noonday Bible study (12pm -1pm) in person at the church (401 W. Erwin Avenue – McKinney, TX 75069); Wednesday evening Bible study 7pm - 8pm, please call the church office (972-562-1877) for the Wednesday night web-ex video conference/teleconference number; or join us for Sunday morning Bible study 9am – 10am at the church.
5. Strive to join the church family for in-person corporate worship and the Word every Sunday starting at 10:15am or join us online at: YouTube - <https://www.youtube.com/channel/UCNPqbPdBTEBD7x1xjK4yDsw> or Facebook - <https://facebook.com/themckinneyfirstbaptistchurch>
6. Invite at least one person to join you for Tuesday S.H.O.P. (Sweet Hour of Prayer), Wednesday or Sunday Bible study, and/or Sunday worship and the word. Also, invite non-TMFBC members to join you in this spiritual initiative; our 21 days of prayer and fasting guide can be found on our church home page - [www.tmfbc.com](http://www.tmfbc.com) – under the tab Support and Resources.
7. Engage in at least three (3) random acts of kindness (one per week during our 21 days of prayer and fasting).

## PERSONAL INSPECTION

*“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” – 1 John 1:9.*

- Is my greatest affection more for things on earth than spiritual growth and serving God? Have I failed to center my thoughts and actions on reaching the unsaved and unchurched?
- Do I tend to worry and fret more than believe and trust God? Am I failing to claim God's promises and cast my cares upon Him?
- Is my home a testimony for Jesus?

- Am I robbing God by not tithing and/or grace giving?
- Am I willing and ready to forgive any wrong against me or against my family? Have I forgiven everyone?
- Am I stunting my spiritual growth by not consistently having a quiet time with God (reading the word, praying, listening to God, meditating on what I have read, and being obedient to what God is calling me to do or stop doing)?
- Have I resented God’s pruning by complaining about my sufferings and trials?
- Do I know what my spiritual gift(s) is and am I using it to glorify God? Pray that God reveals to you your spiritual gift(s) if you do not know it.
- Do I have the right attitude toward my fellow church members? Am I jealous of other member’s spiritual gift(s)?
- Do I have any relationships that are questionable or have the “appearance of evil?” Do I engage in any conversations or rendezvous I wouldn’t want my spouse or pastor to know about (either in person, by internet, texting, or telephone)?
- When one desires to receive the best from the Lord one must totally surrender to God – you must be willing to say to the Lord:
  - Lord I am Willing to Receive what You Give
  - Lord I am Willing to Lack what You Withhold
  - Lord I am Willing to Relinquish what You Take
  - Lord I am Willing to Suffer what You Inflict
  - Lord I am Willing to Be what You Require

## **FAST & PRAY GUIDELINES**

A biblical definition of fasting is a Christian’s voluntary abstinence from food for spiritual purposes. Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. Fasting is a spiritual discipline that goes so radically against the flesh and the mainstream of the culture we live in. Fasting as a purifying discipline helps us draw closer to Jesus the Christ and surrender our will to His ways. Without a spiritual purpose for your fast it is just a “diet.” There is something about fasting that sharpens

the edge of our intercessions and gives passion to our supplications. Fasting is one of the best friends we can introduce to prayer.

The prophets and apostles of the bible fasted for instance: Moses (*Deuteronomy 9:9, 18, 25-29*); Ezra (*8:21-23*); Elijah (*1 Kings 19:8*); Daniel (*Daniel 9:3*); and Paul (*2 Corinthians 6:5 and 11:27*) were men of faith and action who fasted for spiritual growth. Jesus fasted hence, we are to imitate our Lord and Savior. When we separate ourselves from the daily routine of eating food, preparing food, or whatever desired activity (watching TV, playing video games, golf, etc.) in our lives, then we can devote the extra time to prayer and reading/studying/meditating on God's Holy word. The hunger pangs or refraining from your designated activity will re-enforce our human frailty and our dependence on God. In *Mark 9:29* Jesus said, "This kind can come out by nothing but prayer and fasting." The result of sincere fasting and prayer is that God responds with deliverance and blessing.

## **TIPS FOR FASTING**

1. Do not jeopardize your health by ignoring your doctor's instructions regarding eating.
2. If you are physically unable to fast (i.e. diabetic) then substitute refraining from a desired activity (golf, TV, video games, etc.).
3. Pray for strength and focus before you start.
4. Make a list of specific things to pray for.
5. Increase your prayer time, especially in the early mornings whereby you may have the best opportunity for extended prayer.
6. Establish a regular quiet time and location to pray.
7. Regarding fasting on Wednesdays – fast from all solid foods; consume only water or liquid products (i.e. juice, milk, water, broth, malts, etc.) from 5am – 5pm.
8. If your flesh weakens, pray to the Lord for strength and perseverance. It's a good idea to have a "fast partner" because you can encourage and pray for each other. This is not a

competition or test – there is no failing – trust and pray unto God throughout this endeavor – follow your heart.

9. Remember Jesus’ teaching about fasting – it should be a normal part of a Christian’s life and need only to be seen by God. Jesus wants His people to adopt spiritual disciplines for the right reason, not from a selfish desire for praise. *Matthew 6:16-18* says, “Moreover when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting, assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your father who is in the secret place; and your father who sees in secret will reward you openly.” So we fasted and entreated our God for this, and He answered our prayer” (*Ezra 8:23*).



### **Day 1 - Monday, January 8th**

- *Read Psalm 66:18 and Acts 3:19*
- Confess and repent of your sins; pray for God’s strength to help you forgive all others who may have sinned against you (even if they don’t ask you for it); and pray for divine appointments every week to share the Gospel with an unsaved person and/or encourage someone who may be discouraged.

- Read and meditate on *1 Corinthians 10:13* & *1 John 1:9* and then confess to God those things that “regularly” tempt you and ask God to strengthen you to overcome your “signature sin(s).”
- Fast from the internet and texting – only use it for work or key communication needs “nothing recreational.”

## **Day 2 – Tuesday, January 9th**

- *Read 1 Peter 4:3 and Luke 14:16-24*
- Pray that God will grant you the will, desire, strength, and perseverance to stop engaging in any lifestyle sin mentioned in 1 Peter 4:3; pray every Christian would devote themselves to spiritual disciplines like Bible intake, prayer, fasting, worship, and evangelism; and pray for the courage to invite others to come worship with you at TMFBC (86% of people who start attending church do it because a friend invited them).
- Fast from TV all day.

## **Day 3 – Wednesday, January 10th**

- *Read John 17:1-26*
- Pray God will bring loving unity in our churches and a deep harmony between our churches; pray the Lord will help us to be steadfast, immovable, always abounding in the work of the Lord, knowing that our labor is not in vain in the Lord; and pray God’s people will understand and trust God in regards to His standard for worship attendance (read *Hebrews 10:24-25*, meditate on it, and then live it).
- Participate in your church’s Bible Study.
- Read the Guide to Fasting (pages 4-6).
- Fast from all solid foods from 5am – 5pm (if you cannot fast from food due to health reasons then fast from 5am – 5pm from a favorite food, dessert, or activity).

## **Day 4 – Thursday, January 11th**

- *Read 2 Corinthians chapters 2-3*

- Pray for your existing place of employment to become a place where the presence and blessing of God abounds through you; ask God to give you grace-filled words that will encourage and bless everyone you come in contact with; and pray every Christian would devote themselves to spiritual disciplines like Bible intake, prayer, fasting, worship, and evangelism.
- Fast all day from your favorite beverage (i.e. coffee, tea soda, sports drinks, smoothies)

### **Day 5 – Friday, January 12<sup>th</sup>**

- *Read Romans 8:18-39*
- Pray for everyone you know sick and shut in; pray for those you know are struggling with addictions, discouragement, and/or depression; and pray for those you know who are grieving the loss of a loved one.
- In a “quiet place” ask the Holy Spirit to identify any area of discontent or disappointment in which you are grumbling and complaining about. Allow the Holy Spirit to search you in your personal circumstances, your work, and your family. You may not like the circumstances, but all grumbling is an attack against God. Repent of grumbling or complaining, they often delay blessings.
- Fast from your favorite hobby (i.e. shopping, movies, golf, tennis, etc.).

### **Day 6 – Saturday, January 13<sup>th</sup>**

- *Read Jeremiah 1:7-9 and Psalm 119:9*
- Pray God will send us more youth and young adults to disciple; pray all TMFBC youth and young adults will share their faith with their unsaved friends/acquaintances; and pray God will grant all youth and college students memory recall grace regarding every test/quiz this semester.
- Read your Sunday Morning Bible Study lesson.
- Invite at least 1 person to join you for worship and the word in person and/or online of the church you are a member of.
- Fast from listening to secular music all day.

## **Day 7 – Sunday, January 14<sup>th</sup>**

- *Read Psalm 100:1-5 and Psalm 122:1*
- Pray for the spirit of the living God to move powerfully in the worship and the Word experience; pray the unsaved come to know Christ, the backslidden return to Christ, and the spiritually mature continue sharing Christ; and pray for your senior pastor and his family.
- Participate in your church's Sunday Morning Bible Study and the worship experience in person and/or online.

## **Day 8 – Monday, January 15<sup>th</sup>**

- *Read Acts 16:16-31*
- Pray for salvation and spiritual growth of political leaders in your city, state, nation, and the world; pray God will grant you discernment when you're ministering to friends/family regarding their trials and their walk with the Lord; and pray for the youth and adults incarcerated and/or in drug rehab centers will be encouraged to pray to God believing He will provide them deliverance from addictions and give them another chance.
- Fast from the internet and texting – only use it for work or key communication needs *nothing recreational*.

## **Day 9 – Tuesday, January 16<sup>th</sup>**

- *James 1:17-27*
- Pray that God will enable you to be swift to hear, slow to speak, and slow to wrath; pray that your desires will become aligned with God's will for your life; and pray God provides you wisdom and discernment to navigate through your personal issues of life daily based on the Word of God.
- Fast from TV all day.

## **Day 10 – Wednesday, January 17<sup>th</sup>**

- *Read Romans 13:1, Genesis 15:18-21, Zechariah 2:8*

- Pray for God to grant wisdom and discernment for our President (Joe Biden), Vice-President (Kamala Harris), the White House Cabinet, and pray for the 2024 presidential election process; pray for the peace of Jerusalem/Israel and for the innocent Palestinians caught up in the war in the Middle East; and pray for your emergency responders, police, and fire departments regarding every call to duty they answer.
- Participate in your church's Bible Study/worship experience.
- Read the Guide to Fasting (pages 4-6).
- Fast from all solid foods from 5am – 5pm (if you cannot fast from food due to health reasons then fast from 5am – 5pm from a favorite food, dessert, or activity).

### **Day 11 – Thursday, January 18th**

- *Read Colossians 3:12-17*
- Pray for a spirit of prayer to spread like wildfire across America that leads believers to seek God's deliverance from the moral and spiritual famine in the land; pray everyone not serving in the ministry of their spiritual giftedness in their local church be convicted to begin using their spiritual gift; and pray God will reveal any hidden idols in your life and show you areas you need to grow.
- Fast all day from your favorite beverage (i.e. coffee, tea soda, sports drinks, smoothies).

### **Day 12 – Friday, January 19th**

- *Read Psalm 51:1-10*
- Pray for God to give you a clean heart; pray for the Great Commission to be fulfilled as God's people answer His call to take the gospel to the ends of the earth starting with their sphere of influence; and pray God increases your faith to trust Him more and stand on His promises.
- Fast from your favorite hobby (i.e. shopping, movies, golf, tennis, etc.).

### **Day 13 – Saturday, January 20th**

- *Read Matthew 25:31-46*
- Pray God will bless every family that comes through TMFBC's food distribution and Dorcas closet line today; pray for divine appointments for the volunteers as they strive to be God's loving hands, feet, ears, and heart as we share material goods to those in need; and pray for persecuted Christians and missionaries worldwide to have all their needs met and a great harvest of unbelievers come to know Jesus as their Lord and Savior.
- Spend the morning in prayer "*Thanking God*" – no one knows like you what God has done and is doing for you.
- Read your Sunday Morning Bible Study lesson.
- Fast from listening to secular music all day.

### **Day 14 – Sunday, January 21st**

- *Read Psalm 34:8-10*
- Pray for the spirit of the living God to move powerfully in the worship experience; pray the unsaved come to know Christ, the backslidden return to Christ, and the spiritually mature continue sharing Christ; and pray for your senior pastor and his family.
- Participate in your church's Sunday Morning Bible Study and the worship experience in person and/or online.

### **Day 15 – Monday, January 22nd**

- *Read Luke 4:34-35 and Exodus 22:21-24*
- Pray for the Lord of the harvest to raise up and send out more laborers (including you) into His harvest; pray for singles, single mothers, and their children; and pray all men will become spiritual leaders of their homes and communities.
- Fast from the internet and texting – only use it for work or key communication needs *nothing recreational*.

### **Day 16 – Tuesday, January 23rd**

- *Read Philippians 4:6-7 and Proverbs 3:5-6*
- Pray the Lord would teach you to not be anxious for anything but to pursue Him with a relentless commitment to praying without

- ceasing, pray you will honor God in your conduct, speech, and your attire; and pray God increases your faith to trust Him more.
- Fast from TV all day.

### **Day 17 – Wednesday, January 24<sup>th</sup>**

- *Read Ephesians 5:33 and 2 Corinthians 6:14-18*
- Pray that husbands and wives will use good judgment as they relate to members of the opposite sex; pray Christians will not get involved in unequally yoked relationships (personal or in business); and pray for a mighty move of conviction and salvation upon communities of cultural influence (i.e., Hollywood, music industry, and athletes).
- Read the Guide to Fasting (pages 4-6).
- Fast from all solid foods from 5am – 5pm (if you cannot fast from food due to health reasons then fast from 5am – 5pm from a favorite food, dessert, or activity).

### **Day 18 – Thursday, January 25<sup>th</sup>**

- *Read John 15:1-7 and Ephesians 2:10*
- Pray all Satan’s plans for your life be defeated; pray for restoration of any broken relationships with family members; and pray for God to lead you to “do” the work He has prepared beforehand for you to do.
- Fast all day from your favorite beverage (i.e. coffee, tea soda, sports drinks, smoothies).

### **Day 19 – Friday, January 26<sup>th</sup>**

- *Read 2 Chronicles 7:12-14*
- Pray the Great Commission be fulfilled as God’s people answer His call to take the gospel to our sphere of influence and to the world; pray for the persecuted churches worldwide and for missionaries; and pray God would bring deep conviction of sin, spiritual brokenness, a holy fear of Him, and genuine repentance among His people.

- Ask God to grant you a divine appointment to witness to an unsaved person and/or encourage a saved person today.
- Fast from your favorite hobby (i.e. shopping, movies, golf, tennis, etc.)

### **Day 20 – Saturday, January 27th**

- *Read Psalm 50:15; Galatians 5:16-26; Matthew 18:21-22*
- Pray for God’s help for you to *love deeply* and to *forgive often*; pray that God will protect every house of prayer from dangers seen and unseen; and pray God give you the strength to walk in the spirit and not fulfill the lust of the flesh.
- Read your Sunday Morning Bible Study lesson.
- Engage in a “random act to kindness” today.
- Fast all day from all types of sweets/desserts/candy.

### **Day 21 – Sunday, January 28th**

- *Read Psalm 150*
- Pray for the spirit of the living God to move powerfully in the worship and the Word experience; pray the unsaved come to know Christ, the backslidden return to Christ, and the spiritually mature continue sharing Christ; and pray that revival break out first in you, and then it breaks out in your family, our congregation, community, schools, and government.
- Participate in your church’s Sunday Morning Bible Study and the worship experience in person and/or online.

TMFBC family and friends – you made it! If you have any questions or comments as it relates to the *21 days of prayer and fasting guide*, please contact Pastor Louis Rosenthal @ [lrosenthal@tmfbc.com](mailto:lrosenthal@tmfbc.com)

*I commit to participating in the “21 days of prayer and fasting” January 8 – January 28, 2024.*

---

*(Your Signature and Date)*