

FIRST BAPTIST CHURCH OF GLENARDEN

10x BETTER MAN 2023 FAST

HOSTED BY:
MEN'S MINISTRIES

WELCOME!

We are so excited to bring our new year in with prayer and fasting! In preparation for our 2023 January Fast, we have included helpful information for your review.

We will begin fasting on **Monday, Jan. 2**, and end on **Monday, Jan. 23**. This year, we want to emphasize **prayer** and **fasting** because prayer is the key. While the fast is 21 days, we will be praying and reading God's word the entire month. Our goal is to get closer to God by spending more time with Him and in His Word as we start our new year.

THE POWER AND PRIVILEGE OF FASTING

WHY ARE WE FASTING?

- ▶ Deepen our relationship with God
- ▶ Seek His perfect will in our lives

WHAT ARE WE FASTING?

- ▶ Meats
- ▶ Sweets
- ▶ Whatever else you choose to fast

HOW LONG ARE WE FASTING?

We are fasting for the 21 days.

WHEN DO WE BEGIN AND END?

We begin on Jan. 2, 2023, and end on Jan. 23, 2023. You should resume eating on Jan. 24, 2023, and it is recommended that you start with small portions.

WHAT DO I DO WITH MY TIME?

- ▶ Devote yourself to prayer. Join our daily prayer call.
- ▶ Devote yourself to reading God's Word in the book of Psalms and other Bible passages (as outlined in the fast Calendar). The book of Psalms encourages men to be authentic and transparent with God and to enjoy living in His loving presence.
- ▶ Consider journaling gratitude and what God is showing you through the fast, and the reading of His word.
- ▶ Read inspiring books and literature.
- ▶ Watch and listen to inspirational programs.
- ▶ Enjoy watching sports with family and friends.

IMPORTANT NOTE

Before undertaking any fast (from food), each man should consult with their physician to determine if their respective health condition would permit a fast. If your health condition does not permit a fast of this type, do not attempt this fast!

10x BETTER MAN 2023 FAST Calendar

WEEK ONE

WHAT DO I EAT?

(Suggested, not obligated)

Fruits, Nuts and Vegetables

Sunday, Jan. 1

Scripture: Isaiah 58: 3-7, Daniel 1:1-21, Joel 1:12

Prayer Focus: Pray for God to grant you grace to surrender your body, mind, heart and spirit to Him for the fast and beyond. Identify specific areas where you desire God to bring breakthroughs in your life and people that matter to you.

Monday, Jan. 2 (FAST BEGINS)

Scripture: Psalm 30

Prayer Focus: Pray for God to clothe you each day in the whole armor of God.

Tuesday, Jan. 3

Scripture: Psalm 31

Prayer Focus: Pray for God to grant grace and strength to live a life of slowing, stillness, silence (to listen to the Spirit), solitude (space alone with Him) and sabbath (to rest and enjoy Him).

Wednesday, Jan. 4

Scripture: Psalm 32

Prayer Focus: Pray for strength to crucify the flesh and become more like Jesus. Pray for the Joint New Year's Revival.

Thursday, Jan. 5

Scripture: Psalm 33

Prayer Focus: Pray that the people taking Bible Institute classes will grow in their faith and become more like Jesus.

Friday, Jan. 6

Scripture: Psalm 34

Prayer Focus: Pray that we would humble ourselves, pray, seek God's face and turn from our wicked ways so we hear from Heaven, God forgives our sin and heal our land.

Saturday, Jan. 7

Scripture: Psalm 35

Prayer Focus: Pray for God's divine direction for our Pastor and First Lady. Pray a hedge of protection around Pastor and his family.

Sunday, Jan. 8

Scripture: Psalm 36

Prayer Focus: Pray for our Women's Ministries (QE, DDS, Focus Studies, Grace Magazine, Hagar, Homemakers, Monthly Women's Fellowships, Sisters for Your Journey, SID, Sisters of Hannah, Tamar, Wives Support and Women in Need).

WEEK TWO

WHAT DO I EAT?

(Suggested, not obligated)

Fruits, Nuts, Vegetables and Soups

Monday, Jan. 9

Scripture: Psalm 37

Prayer Focus: Pray for 10x Better Men to be men of humility and generosity leaving others better off for the glory of God (BID, JAG, MCC, Half Time, Samson's Dilemma, Food for Family, Focus Studies, Prayer Warriors, Men of Strength, The Combine, The Huddle).

Tuesday, Jan. 10

Scripture: Psalm 38

Prayer Focus: Pray for 10x Better Men to be on guard, standing firm in the faith, exhibiting courage and doing all things with love (BID, JAG, MCC, Half Time, Samson's Dilemma, Food for Family, Focus Studies, Prayer Warriors, Men of Strength, The Combine, The Huddle).

Wednesday, Jan. 11

Scripture: Psalm 39

Prayer Focus: Pray for singles to know they are complete living with the fullness of life and power that comes from God.

Thursday, Jan. 12

Scripture: Psalm 40

Prayer Focus: Pray for healing and deliverance from unforgiveness, addictions and idols.

Friday, Jan. 13

Scripture: Psalm 41

Prayer Focus: Pray for husbands and wives to live in humility, surrender to God daily and serve one another from love and not for love.

Saturday, Jan. 14

Scripture: Psalms 42 & 43

Prayer Focus: Pray for mended and stronger relationships (mother/daughter, father/daughter, father/son, mother/son, husband/wife, sister/sister, brother/brother)

Sunday, Jan. 15

Scripture: Psalm 44

Prayer Focus: Pray for our seasoned seniors, sick, shut-in and bereaved.

WEEK THREE

WHAT DO I EAT?

(Suggested, not obligated)

Fruits, Nuts, Vegetables, Soups and Salad

Monday, Jan. 16

Scripture: Psalm 45

Prayer Focus: Pray to hear God's voice clearly.

Tuesday, Jan. 17

Scripture: Psalm 46

Prayer Focus: Pray for boldness to speak God's love and truth.

Wednesday, Jan. 18

Scripture: Psalms 47 & 48

Prayer Focus: Pray for souls to be saved. Pray that God will use you to witness to men, women and children.

Thursday, Jan. 19

Scripture: Psalm 49

Prayer Focus: Pray for your finances and proper money management. Pray for our church's finances to increase through tithes and offerings (100% tithers).

Friday, Jan. 20

Scripture: Psalm 50

Prayer Focus: Pray for our 2023 Church Conferences (speakers and attendees).

Saturday, Jan. 21

Scripture: Psalm 51

Prayer Focus: Pray for our church family to grow deep in our identity in Christ and regularly put on compassion, kindness, humility, gentleness, patience, forbearance, forgiveness and love.

Sunday, Jan. 22

Scripture: Psalms 52 & 53

Prayer Focus: Pray for our President and all the leaders of our country, state and county.

Monday, Jan. 23 (FAST ENDS)

Scripture: Psalm 54

Prayer Focus: Pray for strength to persevere in being a 10x better man spiritually, physically, emotionally, relationally, mentally and financially.

Tuesday, Jan. 24 (RESUME EATING)

Scripture: Psalm 55

Prayer Focus: Pray for God to grant you strength to be the husband, friend, fiancée, dad (bonus dad), and/or leader that esteems others as better than yourself.

Wednesday, Jan. 25

Scripture: Psalm 56

Prayer Focus: Pray for God to strengthen you and other men with inner strength by His Spirit.

Thursday, Jan. 26

Scripture: Psalm 57

Prayer Focus: Pray that your heart and that of other men is rooted and grounded in God's love and you are made strong.

Friday, Jan. 27

Scripture: Psalm 58

Prayer Focus: Pray that you and your family experience how wide, how long, how high, and how deep God's love is.

Saturday, Jan. 28

Scripture: Psalm 59

Prayer Focus: Pray for God to grant grace to wait on Him to renew your strength so that you experience wings as eagles.

Sunday, Jan. 29

Scripture: Psalm 60

Prayer Focus: Pray for God's strength to protect from yielding to temptation of all kinds.

Monday, Jan. 30

Scripture: Psalm 61

Prayer Focus: Pray for God to grant you power to live a 10x life (for His glory) physically, emotionally, relationally, mentally, vocationally, and financially.

Tuesday, Jan. 31

Scripture: Psalms 62 & 63

Prayer Focus: Pray for grace and strength to release your life and relationships to God daily and throughout 2023.

10x
BETTER
MAN
2023 FAST