



FIRST BAPTIST CHURCH OF GLENARDEN

**2023**

THE 21-DAY  
*Prayer Journey*  
WOMEN'S FAST

**GUIDE**

HOSTED BY:  
**WOMEN'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 praying and fasting on **Monday, Jan. 2**, and end on **Sunday, Jan. 22**. This year, we want to emphasize on prayer and fasting because prayer is the key. Our goal is to get closer to God by spending more time with Him and in His Word as we start our new year.

For the first 21 days of this year, we will pray, fast and join together on a conference call **Monday through Friday beginning Monday, Jan. 2, from 5:30 a.m. – 5:45 a.m.** You may join us live or if you miss the call for that day, you can listen to the recording on our website.

**To listen to the playback, visit [www.fbcglenarden.org/womensfast](http://www.fbcglenarden.org/womensfast).**

The call will only last for 15 minutes and will consist of a brief encouraging word from the focus of the day, prayer and end with praise and worship music.

This year, we will read **“The 28-day Prayer Journey: A Daily Guide to Conversations with God” by Chrystal Evans Hurst**. You may purchase the book from the FBCG Media Center or order the book online.

On **Monday, Jan. 2** we will not conduct a live prayer call; however, please take a moment and listen to the recorded call at **[www.fbcglenarden.org/womensfast](http://www.fbcglenarden.org/womensfast)**.

Perhaps God is calling you to do something different, try something new or seek Him like never before. We want to encourage you to rise early, join us on the call and then sit still to hear what the Lord wants to say through prayer and fasting.

When we are still, we position ourselves to hear from God. There are so many things that He wants to tell us and reveal to us, but we must sit still! We are excited that you are joining us on this journey.

# WHY PRAY AND FAST?

There are some things that will only be changed because of prayer and fasting. Would you want to miss something that God has for you only because you did not pray and fast?

## **Matthew 17:21**

However, this kind does not go out except by prayer and fasting.

The Bible tells us to fast and to call a group together to cry out to the Lord.

## **Joel 1:14**

Consecrate a fast, call a sacred assembly; gather the elders and all the inhabitants of the land into the house of the Lord your God and cry out to the Lord.

# WHAT IS PRAYER?

Prayer is communicating and taking time to commune with God. We are told throughout the Bible to pray and to pray without ceasing (1 Thessalonians 5:17). One of the keys to a successful fast is staying in close communication with God. Fasting without prayer is simply skipping a meal.

# WHAT IS A FAST?

To fast is to purposefully and voluntarily abstain from a pleasurable activity. This spiritual discipline is effective in focusing our attention away from the flesh and toward God. Fasting is also an effective response to challenging physical or emotional situations, circumstances, relationships and needs.

In Scripture, fasting is almost always linked to abstaining from food. However, there are other ways to fast as well. Anything that can be given up temporarily in order to focus on and grow closer to God can be considered a fast. Some may choose to abstain from sweets, television, the Internet and certain types of foods or activities.

Fasting should be limited to a set time (1 Corinthians 7:5), especially when the fasting is from food. Some may choose to fast from sunup to sundown.

Please Note: You should not begin a fast from food, medicines or prescribed treatments without first consulting your personal physician. Some people may not be able to physically fast from food, but everyone can temporarily give up something in order to draw closer to God.

# THREE TYPES OF FAST

Normal Fast – To abstain from all forms of food and only drink water. (Luke 4:1-2, Matthew 4:2-3, Genesis 24:33)

Absolute Fast or Total Fast – To abstain from all food as well as water. This type of fast can be extremely dangerous if not done properly. Therefore, it is a limited fast and should last for a maximum of three days. (Acts 9:9, Ezra 10:6, Esther 4:16, Exodus 34:28, Deuteronomy 9:9, Deuteronomy 9:18)

Partial Fast – To abstain from certain foods such as meats, sweets, carbohydrates, etc.; or, you may only eat certain types of foods like fruits, vegetables and whole grains. (Daniel 1:12-15, Daniel 10:2-3, Matthew 3:4)

# THE BENEFITS OF FASTING

Prepares the Penitent Heart – Joel 2:12-13

Adds Power for Spiritual Service – Matthew 17:21

Aids in Pursuing God – Daniel 9:3

Aids in Focusing on God – Joel 2:12

Rewarded When Done Discreetly – Matthew 6:16-18

Puts Us in a Posture of Humility – Psalm 35:13

Weapon in Spiritual Warfare – Esther 4:16

Sets the Captives Free – Isaiah 58:6

Ushers in Healing – Isaiah 58:8

Aids in Receiving Direction – Acts 13:2

Get Specific Prayers Answered – Ezra 8:23

Aids in Receiving Revelation – Daniel 9:3, 21-22

# TIPS ON FASTING

Everyone should consult their physician prior to beginning a fast. Those who are under a physician's care, on medications, currently ill or have a history of eating disorders must be especially careful.

When the designated time of fasting has been completed, it is important to transition out of the fast with care. You must end your fast gradually. Rushing into a diet of solid foods following a fast can produce serious side effects.

When the desire for the thing you are fasting from rises up, recognize that is the flesh opposing the spirit. Press against it during your time of fasting with prayer, praises to God and meditation in His Word.

Fast as unto God. Make your fast as a form of worship and present it as an offering to the Lord. (Zechariah 7:5, Acts 13:2)

# ADDITIONAL FASTING RESOURCES

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Bible Study on Fasting, Sept. 28, 2004 and Oct. 5, 2004  
by Pastor John K. Jenkins Sr.

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“A Hunger for God” by John Piper

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“Fasting” by Jentezen Franklin

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“Prayer and Fasting” by Dr. Kingsley A. Fletcher

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“The Tongue Fast: 30 Days to Taming Your Tongue”  
by Deborah Smith Pegues

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“Fasting for Spiritual Breakthrough: A Guide to Nine Biblical Fasts”  
by Elmer L. Towns

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“Tony Evans Speaks Out on Fasting” by Tony Evans

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“The Power of Prayer and Fasting: 21 Days That Can Change Your  
Life” by Marilyn Hickey

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“The Surrender Fast” by Dr. Celeste Owens

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“The Hidden Power of Prayer & Fasting” by Mahesh Chavda

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2023  
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CALENDAR

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PRAYER JOURNEY WEEK ONE

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**Monday, Jan. 2**

Read Pages 7-10

**Praise and Thanksgiving**

**Scripture:** Psalm 22:3

**Prayer Focus:** Praising and Thanking God for His Spiritual Work in Our Hearts

**Song:** "You Deserve" - Crystal Rucker

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**Tuesday, Jan. 3**

Read Pages 13-16

**Repent**

**Scripture:** Psalm 139:23-24

**Prayer Focus:** God's Invitation to Repent

**Song:** "Running Back To You" - Commission

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**Wednesday, Jan. 4**

Read Pages 19-22

**Ask**

**Scripture:** John 15:7

**Prayer Focus:** God Sees and Hears Us When We Pray

**Song:** "Just Ask In my Name" - Reverend Milton Brunson



## Thursday, Jan. 5

Read Pages 25-28

### Yield

**Scripture:** Proverbs 3:5-6

**Prayer Focus:** Surrendering to God

**Song:** "I Surrender All to You" - William McDowell

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## Friday, Jan. 6

Read Pages 31-34

### Family and Friends

**Scripture:** Proverbs 27:17

**Prayer Focus:** The Needs of Others

**Song:** "I Need You to Survive" - Hezekiah Walker

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## Saturday, Jan. 7

Read Pages 37-39

### Saturday Challenge

**Scripture:** Mark 12:30-31

**Prayer Focus:** Praying for the Neighbors Near Us

**Song:** "The Best is Yet to Come" - Donald Lawrence

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## Sunday, Jan. 8

Read Pages 42-45 | Reflections Pages 47-48

### Sabbath Prayers

**Scripture:** Isaiah 52:7

**Prayer Focus:** Praying for Your Pastor

**Song:** "A Leader's Faith (A Song for Pastor's Appreciation)"

- LaRue Howard

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## PRAYER JOURNEY WEEK TWO

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### Monday, Jan. 9

Read Pages 51-55

#### **Praise and Thanksgiving**

**Scripture:** 1 Chronicles 16:34

**Prayer Focus:** Thanking God for Physical Gifts

**Song:** "Because of Who You Are" - Harold Ray Ford

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### Tuesday, Jan. 10

Read Pages 58-61

#### **Repent**

**Scripture:** 1 John 1:9

**Prayer Focus:** Ongoing and Chronic Struggles

**Song:** "Wait on You" - Elevation Worship & Maverick City

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### Wednesday, Jan. 11

Read Pages 64-68

#### **Ask**

**Scripture:** Psalm 120:1

**Prayer Focus:** Bold Prayers to God

**Song:** "Hiding Place" - Don Moen (Live Worship)

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### Thursday, Jan. 12

Read Pages 71-74

#### **Yield**

**Scripture:** Proverbs 3:6

**Prayer Focus:** Yielding to God Through Obedience

**Song:** "More Than Anything" - Lamar Campbell

**Friday, Jan. 13**

Read Pages 77-80

**Family and Friends**

**Scripture:** 3 John 1:4

**Prayer Focus:** Praying for the Needs of Family & Friends

**Song:** “Speak to My Heart” - Donald Hayes

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**Saturday, Jan. 14**

Read Pages 83-87

**Saturday Challenge**

**Scripture:** 2 Corinthians 5:7

**Prayer Focus:** Praying for Our Communities

**Song:** “I Thank You For It All” - Marvin Sapp

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**Sunday, Jan. 15**

Read Pages 90-94 | Reflections Pages 95-96

**Sabbath Prayers**

**Scripture:** Matthews 5:14-16

**Prayer Focus:** Praying for Our Church

**Song:** “Here I Am to Worship” - William McDowell

## PRAYER JOURNEY WEEK THREE

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### Monday, Jan. 16

Read Pages 99-102

#### **Praise and Thanksgiving**

**Prayer Focus:** The Relationships in Our Lives

**Scripture:** Psalms 147:7

**Song:** "Every Praise" - Hezekiah Walker

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### Tuesday, Jan. 17

Read Pages 105-108

#### **Repent**

**Prayer Focus:** Remembering God's Faithfulness When We Pray

**Scripture:** Psalm 69:5

**Song:** "Most Beautiful" - All Nations (reprise)

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### Wednesday, Jan. 18

Read Pages 111-114

#### **Ask**

**Prayer Focus:** Praying for Ourselves With the Confidence That God is Listening

**Scripture:** 1 John 5:14

**Song:** "You Know My Name" - Tasha Cobb

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### Thursday, Jan. 19

Read Pages 117-122

#### **Yield**

**Prayer Focus:** Consider What to Surrender to God

**Scripture:** Isaiah 46:4

**Song:** "Goodness of God" - CeCe Winans



**Friday, Jan. 20**

Read Pages 125-128

**Family**

**Prayer Focus:** The Needs of Others

**Scripture:** Ephesians 6:18

**Song:** “Intercession” - Kim McFarland

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**Saturday, Jan. 21**

Read Pages 131-135

**Saturday Challenge**

**Prayer Focus:** Praying for the Needs of Our Nation

**Scripture:** 2 Chronicles 7:14

**Song:** “Heal Our Land” - Kari Jobe & Elevation

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**Sunday, Jan. 22**

Read Pages 138-141 | Reflection Pages 143-144

**Sabbath Prayers**

**Prayer Focus:** Praying for Faithful Servants in the Church

**Scripture:** 1 Timothy 2:1-4

**Song:** “I’ll Say Yes” - Brian Courtney Wilson

