

FIRST BAPTIST CHURCH OF GLENARDEN INTERNATIONAL

21

DAYS *of*
PRAYER
and FASTING

JANUARY 6–26, 2025

WELCOME

We are so excited to bring in our new year with prayer and fasting! In preparation for the 21-day fast, we've provided this guide for your review.

We will begin fasting on Monday, Jan. 6, and end on Sunday, Jan. 26. This year, we want to emphasize prayer and fasting because prayer is the key. Perhaps God is calling you to do something different, try something new or seek Him like never before. 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.



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 FASTING?

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. One may choose to abstain from television, social media, certain types of foods or activities.

Fasting should be limited to a set time (I Corinthians 7:5), especially when the fasting is from food. Some may choose to fast from sun up to sun down. 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 FASTS

1. Normal Fast

To abstain from all forms of food and only drink water.

(Luke 4:1-2, Matthew 4:2-3 and Genesis 24:33)

2. 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 and Deuteronomy 9:18)

3. Partial Fast

To abstain from certain foods such as meats, sweets, carbohydrates, etc. Alternatively, you may only eat certain types of foods like fruits, vegetables and whole grains.

(Daniel 1:12-15, Daniel 10:2-3 and Matthew 3:4)

BENEFITS OF FASTING

Prepares the Penitent Heart

Joel 2:12-12-13

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

Mathew 6:16-18

Puts Us in a Posture of Humility

Psalms 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 his or her physician before 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*)

DAILY FOCUS GUIDE

JANUARY 6–12, 2025

- Jan. 6 **Becoming A Disciple (More Like Christ)** (*Romans 8:29*)
- Jan. 7 **Becoming A Disciple (More Like Christ)** (*John 13:4*)
- Jan. 8 **Becoming A Disciple (More Like Christ)** (*Philippians 2:5*)
- Jan. 9 **Becoming A Disciple (More Like Christ)** (*Ephesians 5:1-2*)
- Jan. 10 **Becoming A Disciple (More Like Christ)** (*1 John 2:6*)
- Jan. 11 & 12 **Time of Reflection**

JANUARY 13–19, 2025

- Jan. 13 **Week of Prayer**
- Jan. 14 **Week of Prayer**
- Jan. 15 **Week of Prayer**
- Jan. 16 **Week of Prayer**
- Jan. 17 **Week of Prayer**
- Jan. 18 & 19 **Time of Reflection**

JANUARY 20–26, 2025

- Jan. 20 **Discipling Others (Help Others Become Like Christ)** (*Matt. 28: 19-20*)
- Jan. 21 **Discipling Others (Help Others Become Like Christ)** (*2 Timothy 2:2*)
- Jan. 22 **Discipling Others (Help Others Become Like Christ)** (*Matthew 4:19*)
- Jan. 23 **Discipling Others (Help Others Become Like Christ)** (*Colossians 1:28*)
- Jan. 24 **Discipling Others (Help Others Become Like Christ)** (*Proverbs 27:17*)
- Jan. 25 & 26 **Time of Reflection**



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