

FAST

JANUARY 2021



better
MAN

THE POWER AND PRIVILEGE OF FASTING

WHY ARE WE FASTING?

- ▶ To deepen our relationship with God
- ▶ To seek His perfect will in our lives

WE ARE FASTING

MEATS

SWEETS

WHATEVER YOU CHOOSE TO FAST

HOW LONG ARE WE FASTING?

21 DAYS

WHEN DO WE BEGIN AND END?

BEGIN – JAN. 2

END – JAN. 22

Resume eating - Jan. 23 (*Start with small portions.*)

WHAT DO I DO WITH MY TIME?

- ▶ Devote yourself to prayer (as outlined on "Things to Pray for During the FAST").
- ▶ Devote yourself to reading God's Word in the book of Ecclesiastes and other Bible passages (as outlined in the Calendar FAST).
- ▶ The book of Ecclesiastes challenges men to get authentic wisdom by viewing ALL of life from God's perspective.
- ▶ 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.

WHAT DO I EAT?

(Suggested not obligated)

JAN. 2– JAN. 8

Fruits, Nuts and Vegetables

JAN. 9– JAN. 15

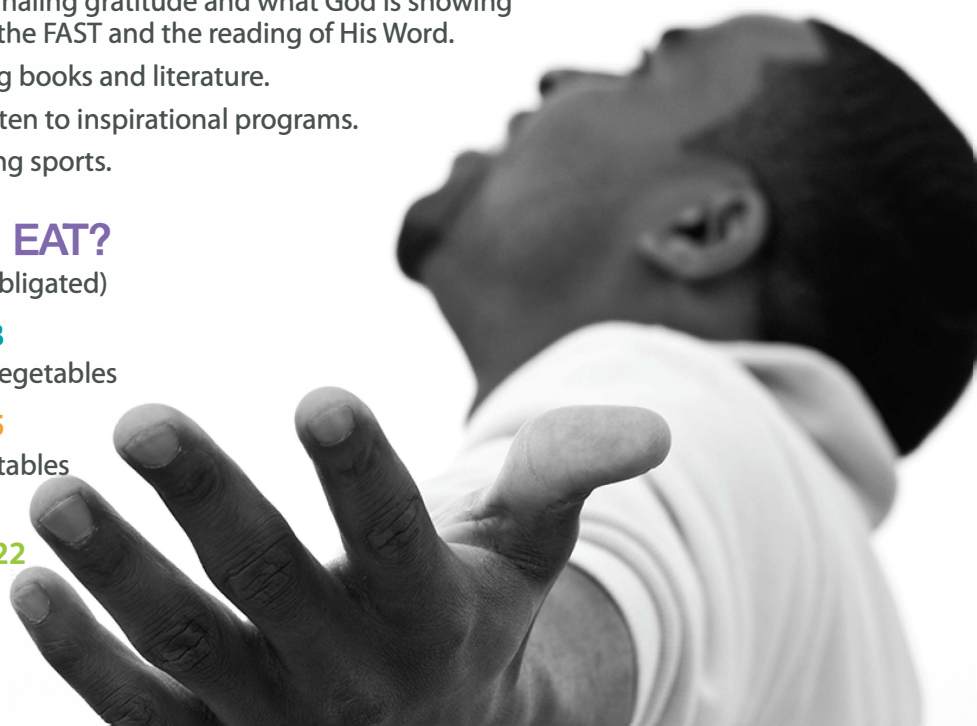
Fruits, Nuts, Vegetables
and Soups

JAN. 16– JAN. 22



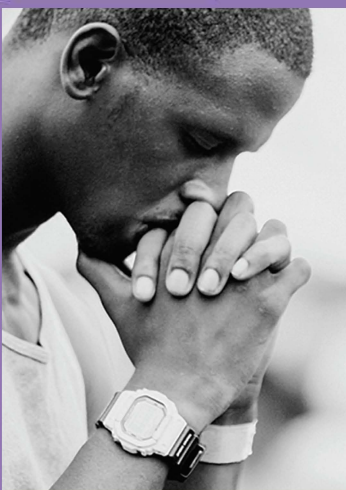
IMPORTANT NOTE

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!



FAST

THINGS TO PRAY FOR DURING THE FAST



- JAN. 2** Pray for God's protection for our church family, our nation and our world as we face the COVID-19 virus. Pray for a vaccine and cure for the virus. Pray for healing and comfort for those who are sick and mourning.
- JAN. 3** Pray for God's divine direction for our Pastor and First Lady. Pray a hedge of protection around Pastor and his family.
- JAN. 4** Pray for spiritual discernment and yielding to the Holy Spirit's prompting as our church practices "Doing Life Together" (doctrine, fellowship, breaking bread and prayer).
- JAN. 5** 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 heals our land.
- JAN. 6** Pray for strength to crucify the flesh and become more like Jesus. Pray for the Joint New Year's Revival.
- JAN. 7** 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).
- JAN. 8** Pray for our Men Following Christ (BID, The Huddle, JAG, MCC, Samson's Dilemma, Half Time, Focus Studies, Prayer Warriors and Men of Strength). Pray for MFC to be one team and one sound for the glory of God.
- JAN. 9** Pray for MFC (BID, The Huddle, JAG, MCC, Samson's Dilemma, Half Time, Focus Studies, Food for Family, Prayer Warriors and Men of Strength) that we are on guard, stand firm in the faith, be strong, be courageous and do all things with love.
- JAN. 10** Pray for deliverance for those battling with addictions and sexual sins.
- JAN. 11** Pray for holy and sanctified singles.
- JAN. 12** Pray for godly marriages.
- JAN. 13** Pray for mended and stronger relationships (mother/daughter, father/daughter, father/son, mother/son, husband/wife, sister/sister, brother/brother).
- JAN. 14** Pray for our seasoned seniors, sick, shut-in and bereaved.
- JAN. 15** Pray to hear God's voice clearly.
- JAN. 16** Pray for boldness to speak God's love and truth.
- JAN. 17** Pray for souls to be saved. Pray that God will use you to witness to men, women and children.
- JAN. 18** Pray for your finances and proper money management. Pray for our church's finances to increase through tithes and offerings (100% tithers).
- JAN. 19** Pray for our 2021 church conferences (speakers and attendees).
- JAN. 20** 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.
- JAN. 21** Pray for our President and all the leaders of our country, state and county.
- JAN. 22** Pray for strength to persevere in being a 10x better man spiritually, physically, emotionally, relationally, mentally and financially.

FAST 2021

					1 ISAIAH 58:3-7 JOEL 2:12	2 DANIEL 1:1-21 FAST BEGINS
3 ECCLESIASTES 1:1-9	4 ECCLESIASTES 1:10-18	5 ECCLESIASTES 2:1-13	6 ECCLESIASTES 2:14-26	7 ECCLESIASTES 3:1-11	8 ECCLESIASTES 3:12-22	9 ECCLESIASTES 4:1-16
10 ECCLESIASTES 5:1-10	11 ECCLESIASTES 5:11-20	12 ECCLESIASTES 6:1-12	13 ECCLESIASTES 7:1-14	14 ECCLESIASTES 7:15-29	15 ECCLESIASTES 8:1-17	16 ECCLESIASTES 9:1-9
17 ECCLESIASTES 9:10-18	18 ECCLESIASTES 10:1-10	19 ECCLESIASTES 10:11-20	20 ECCLESIASTES 11:1-10 FAST ENDS	21 ECCLESIASTES 12:1-7 RESUME EATING	22 ECCLESIASTES 12:8-14	23 JOHN 15:1-11
24 PSALM 90	25 PSALM 91	26 HABAKKUK 1:1-8	27 HABAKKUK 1:9-17	28 HABAKKUK 2:1-3, 3:17-19	29 EZEKIEL 36:24-30	30 LUKE 9:23-27, GALATIANS 2:20
31 1 CORINTHIANS 13:1-8						