



21 Days

OF PRAYER + FASTING

Prayer and Fasting Guide January 8-28, 2023

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Fasting Dates: January 8-28 | Victory Sunday: January 28

A CALL TO PRAY AND FAST

Watts Chapel Missionary Baptist Church

January 8-28, 2023

A Prayer and Fasting Guide by
Reverend Dr. Harry L. White, Jr., Pastor

Greetings! I am asking every member of the Watts Chapel Family to begin 2023 seeking God through participating in a season of prayer and fasting for **21 days**. Prayer with fasting is a proven method to draw closer to God, experience deliverance from strongholds, and receive answered prayers and to experience God's supernatural intervention.

Seek the Lord to guide you how He wants you to fast and what to fast for in this season in your life. We will begin our season of prayer and fasting on **Sunday, January 8, 2023** and conclude our season of praying and fasting on **Saturday, January 28, 2023**.

I have prepared a daily prayer and fasting devotional to direct our season of praying and fasting at Watts Chapel. I am offering the following suggestions as we begin 2023 praying and fasting unto God:

Options for Fasting and Prayer

Option 1: Fresh fruits, vegetables, and water only.

Option 2: Eat one healthy meal per day and eliminate all other meals.

Option 3: Eliminate sugar, soda, starches, and sweets from your diet for 21 days.

Option 4: Give up something you **NEED** to give up.



BECOMING STRONG IN SPIRIT

Prayer and Fasting Guide

by Pastor Harry White

21

DAYS OF
PRAYER
& FASTING

**Becoming spiritually strong
should be one of our
priorities in life.**

Ephesians 4:13-16

There are various spiritual
practices available to
Christians that desire to
develop spiritual strength.

**Worship, meditation, study,
fellowship, and solitude** are

among the spiritual
practices that produce
spiritual strength. **Prayer
and fasting** are two God-
ordained practices that
cultivate spiritual maturity
and develop spiritual
strength.

As Christians, God expects us to seek Him through the practices of prayer and fasting (Matthew 6:5-18).

Jesus prayed and fasted in the wilderness for forty days and nights. Prayer is talking to God who listens and responds because of His love for us. Fasting is voluntarily abstaining from food for spiritual purposes. Prayer can be rather easy but the combination of prayer and fasting is challenging. Despite the demanding nature of combining prayer and fasting, the rewards of drawing closer to Him far outweigh the cost of seeking Him through prayer and fasting.



Types of Fasts

*The **normal fast** is abstinence from all food except water.*
After fasting forty days and forty nights, he was hungry.
(Matthew 4:2)

*The **absolute fast** is to abstain from food and water.*
For three days he was blind, and did not eat or drink
anything. (Acts 9:9)

*The **partial fast** is the restriction of our diet rather than complete abstinence.*
“But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way (Daniel 1:8).

The Importance of Fasting and Praying

1. *Read Matthew 6:5, 16.* Jesus assumed his followers would fast and pray.
2. *Read Matthew 4:2.* As Jesus fasted and prayed experienced victory over temptation.
3. *Read Acts 13:2.* The early Christians fasted and prayed to make Spirit-led decisions.
4. *Read 2 Chronicles 20:2-3.* The Israelites fasted and prayed before a miraculous victory.
5. *Read Daniel 9:3.* Daniel fasted to receive guidance from God.
6. *Read Joel 2:12.* Fasting and praying demonstrate the depth of your desire to experience God's intervention.
7. *Read Isaiah 58:8.* Fasting and prayer is a means of experiencing renewed physical health and wellness.
8. *Read Isaiah 58:6.* Fasting and praying is a means to experience the supernatural power of Almighty God.
9. *Read Ezra 8:23.* Fasting and prayer gets God's attention.
10. *Read Exodus 34:28.* Fasting and praying is a means of receiving divine revelation.

Spiritually, you will experience a more successful fast when you spend time each day in prayer and communion with God. Establish a time during the day for quiet time and meditation on the Word of God. Study His Word and seek His face.



There are some people who should not fast. Pregnant women, post-pregnant women, diabetics, heart patients, and persons with gout, liver disease, kidney disease, cancer, bleeding ulcers, tumors, and blood disease. For those persons, there is an alternative. Participate in “a replacement fast” and abstain from watching TV, playing computer games, surfing the net, Facebook, talking on the telephone, shopping, or some other habit you NEED to give up.

Preparing for the Season of Prayer and Fasting

1. Ask God how God wants you to fast and pray.
2. Know that fasting is a spiritual discipline of sacrifice.
3. Do not expect everyone to get what you are doing.
4. Do not make fasting and prayer complicated.
5. Ask a small group of mature Christians to pray for your resolve and strength as you fast and pray.
6. Pray for the spiritual strength and a mature spiritual mentality during the season of prayer and fasting.
7. Do not eat a HUGE meal before you begin fasting and praying.



While You are Fasting and Praying

1. Stay in the Word of God.
2. Surround yourself with intercessors, encouragers and life-speakers.
3. Fast and pray with a partner or small group of like-minded Christians.
4. Expect spiritual attack, distraction and opposition.
5. Do not fast and pray to compete, impress others, force the hand of God or for any selfish reasons.
6. Be intentional about praying as you fast.
7. Take note (journal) about what God is doing in, with, through and around you.
8. If you make a mistake, ask for forgiveness and start again.
9. Keep focused on Almighty God.
10. Expect God to move in your life.

21 Days of Prayer & Fasting

1. Pray for assurance of salvation.
2. Pray for church health, growth & strength.
3. Pray for missionaries & missionary trips.
4. Pray for healthcare personnel.
5. Pray for safety of educational institutions.
6. Pray for law enforcement officers.
7. Pray for financial stability & wellness.
8. Pray for mental health & psychological wellness.
9. Pray for widows & widowers.
10. Pray for caregivers.
11. Pray for reconciliation for estranged family/friends.
12. Pray for physical health and wellness.
13. Pray for commitment to the Will of God.
14. Pray for deliverance from addictions.
15. Pray for elected officials & politicians.
16. Pray for media, influencers & thought leaders.
17. Pray for marriages.
18. Pray for singles.
19. Pray for incarcerated individuals.
20. Pray for differently abled individuals.
21. Pray for campus ministries/para-church ministries.



21 DAYS
— OF PRAYER —
AND FASTING

DANIEL FAST

21 DAYS OF PRAYER & FASTING

Option A

Sunday, January 8 - Saturday, January 28

FOODS TO EAT

WHOLE GRAINS: Brown Rice, Oats, Barley

LEGUMES: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

FRUITS: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

VEGETABLES: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

LIQUIDS: Water, Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juice (no added sugar), Honey

FOODS TO AVOID

Meat, Poultry, Fish

White Rice

Fried Foods

Caffeine, Coffee, Tea (including decaf)

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar or Sugar Substitutes

White Flour

Margarine, Shortening, High Fat Products

All Breads

Dairy (milk, butter, cheese, yogurt, etc.)





DANIEL FAST

21 DAYS OF PRAYER & FASTING

Option B

Sunday, January 8 - Saturday, January 28

THE NO LIST

NO Dairy

⇒ This includes cheese, milk, sour cream, butter, yogurt, etc.

NO white sugar

NO white bread

NO overly processed foods

NO fried food

NO soda

NO red meat

⇒ This includes pork, beef, etc.

NO pizza

NO white rice

NO white pasta

⇒ This includes semolina & unbleached wheat flour

NO chips

NO microwave/theater popcorn

Fasting Journal

Fasting Without Praying is Just Going Hungry...

[illegible]

**Your days should be filled with unselfish prayer.
During the fast, increase the frequency of your daily prayer time.**

[illegible]

**It is important to not brag or boast to others about fasting...
But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are
fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward
you. Matthew 6:17-18**



FASTING IS A GIFT THAT GOD HAS GIVEN
TO THE CHURCH IN ORDER TO HELP US
PERSEVERE IN PRAYER