



# 2024 Prayer & Fasting Devotional

**Fasting Dates: January 7-27 | Victory Sunday: January 28**



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**Rev. Dr. Harry L. White, Jr., Pastor**

# A CALL TO PRAY AND FAST

Watts Chapel Missionary Baptist Church

January 7-27, 2024

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

**Greetings!** I am asking every member to begin 2024 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, 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 7, 2024** and conclude on **Saturday, January 27, 2024**.

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 2024 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 Prayer and Fasting

Giving God the space to do what only  
he can do

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 Praying and Fasting

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.



# PRAY FOR...

1. Record number of participants in the fast (encouragement for those participating)
2. Gainful employment and job security
3. Physical health, wellness and fitness
4. Reconciliation/restoration from estranged relationships
5. Parent-child relationships
6. Young adults (18-30)
7. Seniors
8. Elected officials and 2024 elections
9. Charitable/non-profit organizations
10. Safety at educational institutions
11. Commitment to the Great Commandment
12. Commitment to the Great Commission (Matthew 28:16-20)
13. Spiritual growth
14. Peace of mind
15. Joy of the Lord
16. Direction, wisdom in decision making
17. Financial stability/wellness
18. Missions initiatives and missionaries
19. Leaders
20. Facility renovations and new construction plans
21. Discernment and commitment to the will of God

# DANIEL FAST

## 21 DAYS OF PRAYER & FASTING

### Option A

**Sunday, January 7 - Saturday, January 27**

#### **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 7 - Saturday, January 27**

### **THE NO LIST**

- **NO** Dairy (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 (includes pork, beef, etc.)
- **NO** pizza
- **NO** white rice
- **NO** white pasta (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.**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**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**