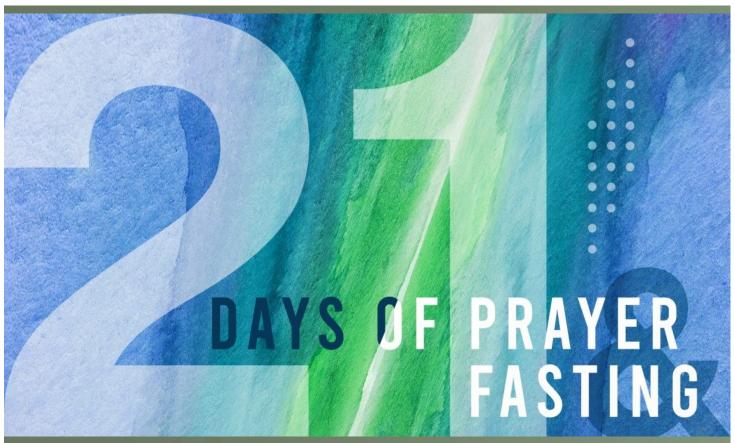


2024 Prayer & Fasting Devotional

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



Watts Chapel Missionary Baptist Church 3703 Tryon Road Raleigh, NC 27606 (919) 828-7348 www.wattschapel.org

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



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

among the spiritual practices that produce spiritual strength. Prayer and fasting are two Godordained 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.

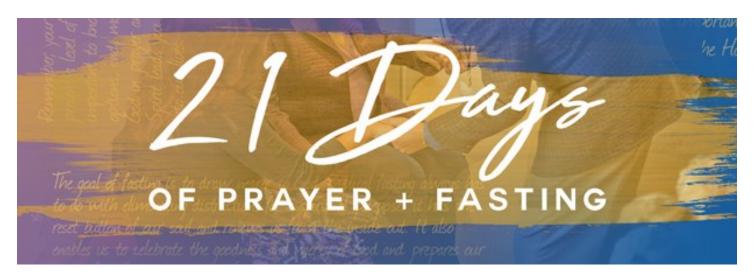
Preparing for the Season of Prayer and Fasting

- 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...



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