



Devotional Guide

Fasting Dates
January 5-25

Victory Sunday
January 26



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

Rev. Dr. Harry L, White, Jr.—Pastor

January 5-25, 2025

Greetings in the name of our Lord!

As we prepare to enter 2025, I invite each of you to embark on a sacred journey of prayer and fasting—a powerful means to draw closer to God, experience His deliverance, receive answers to your prayers, and witness His supernatural intervention in your life. For 21 days, let us humble ourselves before the Lord, seeking His guidance, strength, and transformation.

In this holy season, I encourage you to seek God's direction on how He would have you fast, and what He desires you to fast for in this pivotal season of your life. May His wisdom reveal the specific areas where He is calling you to surrender and grow.

We will begin our season of prayer and fasting on Sunday, January 5, 2025, and conclude on Saturday, January 25, 2025.

To help guide us through this time of devotion, I have prepared a daily prayer and fasting devotional. As we enter into this sacred time, I offer the following suggestions to help us seek the Lord with a pure heart and a deep commitment. Let us unite in prayer, fasting, and faith, trusting that God will move mightily in our lives.

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

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 calls us to seek Him through the spiritual disciplines of prayer and fasting (Matthew 6:5-18).

Jesus Himself set the example by praying and fasting for forty days and nights in the wilderness. Prayer is our sacred conversation with God—talking to a loving Father who listens and responds. Fasting, on the other hand, is the intentional act of abstaining from food for spiritual purposes, drawing us closer to God by denying ourselves and focusing on Him.

While prayer can be straightforward, combining it with fasting is often more challenging. The physical and mental demands of fasting can test us, yet the spiritual rewards of growing closer to God far outweigh the sacrifices. Through prayer and fasting, we encounter God's presence in profound ways, and we are transformed by His grace and power.



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 POWER OF **PRAYER** AND FASTING

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.

- 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.
-

THERE ARE SOME PEOPLE WHO SHOULD NO FAST

Pregnant women, women who have recently given birth, diabetics, individuals with heart conditions, and those suffering from gout, liver disease, kidney disease, cancer, bleeding ulcers, tumors, or blood disorders should seek alternatives. For these individuals, there is an option: participate in a "replacement fast." This involves abstaining from activities such as watching TV, playing computer games, browsing the internet, using social media like Facebook, talking on the phone, shopping, or any other habits you feel 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.

21
DAYS



IN HIS
PRESENCE

PRAYER &
FASTING

PRAYER

FOCUS

- Day 1. Spiritual growth and maturity and holiness (ongoing)
- Day 2. Missionaries and Renewed Minds
- Day 3. Christian churches and strong marriages
- Day 4. Graduating high school and college seniors
- Day 5. Educators and education personnel
- Day 6. Law enforcement officers and obedience to God
- Day 7. Counselors and mediators
- Day 8. Widows and widowers
- Day 9. Caregivers and ability to forgive
- Day 10. Military personnel and kindness
- Day 11. Physical health and teachability
- Day 12. Mental health (emotional) and our capital campaign
- Day 13. Co-parenting relationships and parent/child relationships
- Day 14. End to global warfare and deliverance from addictions
- Day 15. Political civility and responsible stewardship
- Day 16. Legislators (global, national and local)
- Day 17. Para-church organizations and charitable agencies
- Day 18. Seniors (Trailblazers) and love for neighbors
- Day 19. Forgiveness and reconciliation
- Day 20. Influencers and love for God
- Day 21. Salvation and strong church connections

DAILY BIBLE READING

the key to spiritual health

Day 1. Daniel 1

Day 2. Romans 12

Day 3. Proverbs 3

Day 4. Nehemiah 1:5-11

Day 5. Hebrews 11:1-40

Day 6. Daniel 3:1-30

Day 7. Matthew 14:22-36

Day 8. Luke 19:1-10

Day 9. Acts 9:1-31

Day 10. Job 1: 6-22

Day 11. Job 42:7-17

Day 12. 1 Samuel 1:1-28

Day 13. Exodus 20:1-21

Day 14. Ephesians 6:10-20

Day 15. Galatians 5:16-26

Day 16. 1 Corinthians 13:1-13

Day 17. 1 Thessalonians 4:1-12

Day 18. Mark 12:28-34

Day 19. Matthew 28:16-20

Days 20/21. Matthew 5:1—7:29



WHOLE GRAINS

Brown Rice, Oats, and Barley

LEGUMES

Dried Beans, Pinto Beans, Split Peas, Lentils, and 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, and Watermelon

VEGETABLES

Artichokes, Asparagus, Beets, Broccoli, Brussel 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 and Sprouts

LIQUIDS

Water, Unsweetened Soy Milk, Herbal (caffeine-free) Tea, 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

OPTION B

- NO Dairy (includes cheese, milk, sour cream, butter, yogurt, etc.)
- NO white sugar
- NO white bread
- NO overly processed foods
- NO fried foods
- 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

PRAYER & FASTING

JOURNAL







