

PRAYER + FASTING GUIDE

MULTIPLIED *Grace*

21 DAYS OF
PRAYER & FASTING

JAN 09 - JAN 29

FIRST MEMORIAL
BAPTIST CHURCH

firstmemorialbc.org/fast

First Memorial Baptist Church

A YEAR OF MULTIPLIED GRACE • JOHN 1:16

Daily Prayer Points:

- Thank God for everything He's done for you and FMBC (provision, protection, health etc.) (Ps 100:4; 1 Thess. 5:18; Ps 103:1-14)
- Pray for forgiveness and cleansing from sin (2 Chr 7:14; Ps 24:3-4; 1 John 1:7-10)
- Pray that God's will be done, and His kingdom will come upon our lives, church, communities, and nation (Matt 6:10,33)
- Pray for an outpour of God's goodness, mercy, and compassion (Exodus 33:19; Rom 9:15,18; Jer 31:20; Deut 13:17; Lk 18:38)
- Ask God to empower and fill you with His Holy Spirit (Acts 1:8; 1 Corinthians 4:20; Luke 10:19; Ephesians 3:20)
- Ask God to open your eyes to His vision and plans for FMBC and your life (1 Corinthians 2:9, Habakkuk 2:1-2)
- Pray for a great spiritual awakening/revival-For the salvation of those that do not know Jesus (Matthew 6:10, Acts 14:27; 2:2,5-8,41; 1 Corinthians 16:9)
- Pray against (rebuke) every wind/storm that is blowing against you and FMBC... (Mark 4:37; Number 11:31; Jonah 1:4)
- Declare/pray peace and blessing over specific areas of your life – health, relationships, marriages, finances etc. (Mark 4:38-39; Job 22:28-30; Luke 17:6; Mark 11:23)

Additional specific prayer points each day:

MONDAY

Pray for the fulfillment of God's great plans for your life and FMBC (Genesis 1:26-28; Psalm 8:4-5; Psalm 3:3; Ezekiel 13:18)

TUESDAY

Pray that God would give you and FMBC unprecedented breakthrough-be specific about areas where you desire breakthrough... (Isaiah 43:19, John 10:10; Romans 11:29; Psalm 91)

WEDNESDAY

Ask the Lord to provide every resource needed to fulfill your destiny and FMBC's vision (Psalm 23:1; Luke 9:2-4; Haggai 2:8; Psalm 50:10; Luke 12:32)

THURSDAY

Pray for revelation of specific strategies/keys needed for restoration in this season of life (1 Corinthians 2:9, Genesis 22:11-13; Exodus 14:15-16; Exodus 7:1; Proverbs 16:9; Exodus 12:35-36)

FRIDAY

Ask God to bless FMBC, and make us a source of blessing (Acts 20:35; Genesis 12:2)

SATURDAY

Pray against every contrary power that is at work against you and FMBC, and God's plan for our lives (Isaiah 54:17; 1 Peter 5:8; Luke 10:19; 2 Corinthians 10:4; Matthew 18:18; Psalm 68:1-2)

SUNDAY

Ask God for discernment of what God is doing in this season of your life, and what we should be doing (Isaiah 60:4; 1 Chronicles 12:32)

Foods to INCLUDE in your diet during the 21-Day Fast (Remember, READ THE LABELS!)

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

Fish and Poultry ONLY

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

****Foods to AVOID in your diet during the 21-Day Fast (Remember, READ THE LABELS!)**

Meat, including but not limited to beef, lamb, pork.

All dairy products including but not limited to milk, cheese, cream, butter.

All refined sweeteners including but not limited to sugar, raw sugar, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.



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