

TYPES OF FAST

Physical Options

Partial Fast #1- An example of this is the Daniel Fast which consist of Fruit, Vegetables, and Water. Please see the list of foods you can eat and to avoid if you decide to partake in a Daniel Fast.

Partial Fast #2- Abstaining from eating any type of food in the morning and afternoon. *Examples: 6am-6pm; 6am-3pm.*

Partial Fast #3- Eliminating Sweets, Caffeine, and/or other food items such as meat or dairy.

Normal Fast #4- Liquids Only (Not Recommended for those who are fasting for the first time)

Remember: Fasting is not just about giving up the physical (Food, Social Media); It is also about giving that time to God!

Social Options (Soul Fast)

1. Eliminating Social Media (Instagram, Facebook, Twitter, Snap Chat, etc.)
2. Eliminating Television and Movies
3. Both

Tools To Help During Fast

1. Spend time daily with God

Recommendation: SOAP Method

S- Scripture (Write the verse or verses that spoke to you during your reading)

O- Observation (Write down the context of what the con- text of the scripture is. What is happening? Who is it happening to? Why is it happening?)

A- Application (How does the scripture and observation apply to what is happening to you or in your environment)

P- Pray (Write a Prayer to God based on what you just learned and ask Him to help you apply this truth in your life.)

2. Prayerfully consider partnering with someone during the fast for accountability.

3. Daily Devotion (Each day we will release a Video on Facebook and Youtube at 8:00 a.m. with a scripture and encouraging short message)

4. When the desire of the thing you are fasting from rises up, recognize that it is the flesh warring against the spirit. Press against this with prayer, praises to God, and meditation in the Word of God.

5. Fast as unto God. Make your fast as a form of worship and present it as an offering to God (Zechariah 7:5, Acts 13:2)

Week 1- Thrive with my Faith

- Day 1-Hebrews 11:1-6
- Day 2-Proverbs 3:5-6
- Day 3- Matthew 17:20
- Day 4- Matthew 9:27-34
- Day 5- Mark 10:46-52
- Day 6- 1 John 5:4
- Day 7-Hebrews 6:12

Week 2- Thrive with my Family

- Day 1 - 1 Corinthians 12:12-27
- Day 2- John 15:12-15
- Day 3- Proverbs 18:24
- Day 4-Ephesians 5:22-25
- Day 5 -Ephesians 6:1-4
- Day 6 - Mark 3:25
- Day 7- Joshua 24:15

Week 3- Thrive with my Finances

- Day 1- Exodus 20:3-5
- Day 2- Proverbs 3:9-10
- Day 3- Matthew 6:21
- Day 4- Matthew 25:14-30
- Day 5-2 Corinthians 9:1-6
- Day 6- Proverbs 6:6-8
- Day 7-Proverbs 10:4-5



ST. JAMES HOLT CROSSING
BAPTIST CHURCH



THRIVE 2025
Psalm 1:1-6

21 DAYS
PRAYER AND FASTING

January 09 -29, 2025

We are so excited to bring in our new year with 21 days of Prayer and Fasting. We have provided this guide that will help you on this journey.

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WHY PRAY AND FAST?

There are some things that will only be changed through prayer and Fasting. We believe that seeking God like we never have before must involve prayer and fasting. (Matthew 17:21)

WHAT IS PRAYER?

Prayer is communication and communion with God. It is more than just a monologue, it is a dialogue. We are told throughout the Bible to pray continually (1 Thessalonians 5:17). Any impactful fast must include prayer. Fasting without prayer is simply skipping a meal.

WHAT IS FASTING?

Fasting is the intentional abstention from a pleasurable activity. This spiritual discipline allows us to turn away from our flesh and give our attention to God.

Fasting is not just about giving up the physical (Food, Social Media); It is also about giving that time to God!

Things you can do Before the Fast

1. Pray- Pray and decide which fast you would like to do.
2. Set Goal- Determine the Goal of your Fast (Be Specific): Get Closer to God, To Know God Better, Break- through, Clearer Spiritual Vision, Healing, Miracle, Direction, Guidance, Help making a major decision (Marriage, Moving, Buying a House, Etc.)
3. Plan- Plan Your Meals Ahead of Time. If you are participating in the Daniel Fast, make sure you have plenty of fruits and vegetables on hand.

DANIEL FAST

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 pea- nut 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.

ALL QUALITY OILS

Including but not limited to olive, canola, grape seed, peanut, and sesame.

BEVERAGES

Spring water, distilled water or other pure waters, 100% fruit juice.

OTHER

Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to Avoid During

ALL MEAT AND ANIMAL PRODUCTS

Including but not limited to beef, lamb, pork, poultry, and fish. ALL

DAIRY PRODUCTS

Including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS

Including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

ALL LEAVENED BREAD

Including Ezekiel Bread (it contains yeast and honey) 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, and 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.

Psalm 1

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers. 4 Not so the wicked! They are like chaff that the wind blows away. 5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. 6 For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.