

21 Days of Fasting

Psalm 35:13; Daniel 9:3; 2 Chronicles 12:6-7; 1 Timothy 2:8; Matthew 17:21

From: Sunday, January 9th (8pm)

To: Saturday, January 29th (6am)

Fasting Requirements:

1. Fasting time is from 8pm every evening till 2pm the following day.
2. During fasting hours only water may be consumed.
3. During fasting hours prayer and meditation on the word of God must take place (this is at your discretion)
4. For the duration of the fast, all 21 days, unplug from all media and electronics (no movies, TV shows, sporting games, YouTube, Facebook, etc.) The only exception would be the church Sunday service, weekly devotions, and bible study. The time usually spent on those things must be gear towards the reading of the word and prayer.
5. During the duration of the fast only Christian/Gospel music can be played.
6. (Optional) Once a week one day of full fast (no meals, just water)

During mealtimes:

1. Mealtimes should consist of vegan meals: any fruit, vegetables, grains, legumes, nuts, and seeds may be used for consumption (raw or cooked your way).
2. During mealtimes no meat or meat products should be consumed (this includes but is not limited to milk, cheese, butter, eggs, etc.), that is anything coming from animals or animal products.
3. During mealtimes no drinks except water, 100% apple juice, coffee or tea may be consumed without any fillers (100% honey may be used...no milk or anything from animal products, no sugar or sugar substitutes at all).

NOTE: if you have a medical condition, please follow the directions of your doctor regarding your diet plan.

JANUARY 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1	09 Morning prayer Proverbs 1 Read this Proverb then pray for the wisdom to do what it states. Pray for God's wisdom and strength	10 Morning prayer Proverbs 2 Read this Proverb then pray for the Spirit of God to reign in your heart continually. Pray for this generation.	11 Morning prayer Proverbs 3 Read this Proverb then pray that the Lord will strengthen His church and use us to proclaim the gospel.	12 Morning prayer Proverbs 4 Read this Proverb then pray thanking and giving glory to God for His works and thank Him for His great name.	13 Morning prayer Proverbs 5 Read this Proverb then pray and thank God for being your refuge and defense in times of trouble. Pray for prodigals	14/15 Morning prayer Psalm 16 on Sat/Psalm 17 on Sunday. Read the Psalm for the assigned day, then pray the Psalm aloud word for word.
	Evening Prayer Read Psalms 1-2 twice and pray that the Lord will help you to always stand on His word.	Evening Prayer Read Psalm 3-4 twice, then pray for the local and universal church.	Evening Prayer Read Romans 12 twice, then pray that the Lord would use His church to impact culture.	Evening Prayer Read Psalm 9 then pray that the Lord will bring forth His justice on the earth and use you for His glory.	Evening Prayer Read Psalm 13 then pray that the Lord would deliver all those who call on His name, families.	Evening Prayer Pray each evening for the vision and mission of the church and that the Lord will lead the elders
2	16 Morning prayer Read Proverbs 6 and 7 then pray and thank God for the works of His hand. Pray the proverb aloud	17 Morning prayer Read Proverbs 8 & 9 aloud, then pray and thank God for His deliverance and healing of the nation and first responders	18 Morning prayer Read Psalm 23 aloud, 3 times and pray thanking God for being your Shepherd, also that He would guide NDCBF to all challenges	20 Morning prayer Read Proverbs 10-11 aloud. Then pray and ask God to guide you according to His lovingkindness.	21 Morning prayer Read Proverbs 12-13 aloud then pray that the Lord would help parents in leading their children to trust in Him, both young and old.	22/23 Morning prayer Read Psalm 29 on the 23 rd and Psalm 30 on the 24 th . Read each 5x and pray asking God for wisdom and guidance.
	Evening Prayer Read Psalm 20 aloud, then pray that the Lord would open doors for the gospel	Evening Prayer Read Psalm 22 3X aloud, then pray asking God to restore those marriages in crises.	Evening Prayer Read Psalm 24 aloud 3X and ask God to lead us to become true worshipers	Evening Prayer Read Psalm 26 3x aloud, then pray for the persecuted church and missionaries worldwide.	Evening Prayer Read Psalm 28 3x, then read it as your prayer to God. Put yourself in the place of the psalmist. Aloud	Evening Prayer Read Psalm 31-32 then pray for the church, God's forgiveness and our trust in Him.
3	24 Morning prayer Read Psalm 33 2x aloud pray for the move of the church and for our new location	25 Morning prayer Read Psalm 40 2X, then pray and ask of the Lord to sustain NDCBF and to use us as His witness	26 Morning prayer Read Psalm 46 4X, then pray and asked God to move on the heart of His people to worship Him	27 Morning prayer Read Psalm 51 3X the pray it aloud. Acknowledging your need for God's grace and mercy and repent	28 Morning prayer Read Psalm 61 & 62 3X then pray and asked of God for His favor on NDCBF and its leaders	29 Morning prayer Read Psalm 66 on the 30 th 3X and Psalm 67 6X on the 31 st . Each time pray what the psalmist states
	Evening Prayer Read Psalm 34 3X and pray for the families in the church, God's protection and deliverance.	Evening Prayer Read Psalm 42 3X, then pray that NDCBF would long after God and draw near to Him	Evening Prayer Read Psalm 47 5X then Psalm 48 2X and then cry out to God what is on your heart	Evening Prayer Read Psalm 54 5X and pray that He would deliver this nation from its rejection of Him	Evening Prayer Read Psalm 65 5X and pray for God's abundant favor for NDCBF	Evening Prayer Both evenings read Psalm 75-78, then thank God for His faithfulness.

