



T A B E R N A C L E B A P T I S T C H U R C H

21 DAY

Church FAST

JANUARY 4 - 27

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Purpose of Fasting

21 DAY **Church FAST**
JANUARY 4-27



Fasting is a spiritual discipline to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year. Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God - reading the Bible, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God. Focus more on the details of connecting with God than the details of the menu and you will discover the blessings of fasting.

I'm encouraging the Tabernacle Baptist Church family to begin 2023 with a corporate fast. We will begin the year fasting for 21 days from Wednesday, January 4 - Friday, January 27, 2023. Fasting in January is much like praying in the morning to establish the will of God for your entire day. I believe that if we pray and seek God and give Him our first and best at the beginning of the year, He will honor the sacrifice and bless our ENTIRE year! Fasting should never bring harm to the body. If you have concerns, be sure to consult your health care provider before beginning the TBC Fast or making any major dietary change.

A handwritten signature in white ink, appearing to read "C. Goodman".

Rev. Dr. Charles E. Goodman, Jr.
Senior Pastor/Teacher, Tabernacle Baptist Church



TBCAUGUSTA



Daily Devotional Schedule

21 DAY Church
FAST
JANUARY 4-27

DAY 1 • JAN 4 • PRAYER FOCUS: DIRECTION

SCRIPTURES: GEN. 1-2, MATT. 1-2:12, PS. 1:1-6, PROV. 1:1-6

DAY 2 • JAN 5 • PRAYER FOCUS: UNDERSTANDING

SCRIPTURES: GEN. 3-4, MATT. 2:13-3:6, PS. 2:1-12, PROV. 1:7-9

DAY 3 • JAN 6 • PRAYER FOCUS: WISDOM & FAITH

SCRIPTURES: GEN. 5-7, MATT. 3:7-4:11, PS. 3:1-8, PROV. 1:10-19

DAY 4 • JAN 7 • PRAYER FOCUS: RENEWED MIND

SCRIPTURES: GEN. 8-10, MATT. 4:12-25, PS. 4:1-8, PROV. 1:20-23

SABBATH | SUN • JAN 8

DAY 5 • JAN 9 • PRAYER FOCUS: BALANCE

SCRIPTURES: GEN. 11-13:4, MATT. 5:1-26, PS. 5:1-12, PROV. 1:24-28

DAY 6 • JAN 10 • PRAYER FOCUS: DIVINE PURPOSE

SCRIPTURES: GEN. 13:5-15, MATT. 5:27-48, PS. 6:1-10, PROV. 1:29-33

DAY 7 • JAN 11 • PRAYER FOCUS: HEALTH

SCRIPTURES: GEN. 16-18:15, MATT. 6:1-24, PS. 7:1-17, PROV. 2:1-5

DAY 8 • JAN 12 • PRAYER FOCUS: FINANCE & PROVISION

SCRIPTURES: GEN. 18:16-19, MATT. 6:25-7:14, PS. 8:1-9, PROV. 2:6-15

DAY 9 • JAN 13 • PRAYER FOCUS: SPIRITUAL GIFTS

SCRIPTURES: GEN. 20-22, MATT. 7:15-29, PS. 9:1-12, PROV. 2:16-22

DAY 10 • JAN 14 • PRAYER FOCUS: DISCIPLESHIP

SCRIPTURES: GEN. 23-24:51, MATT. 8:1-17, PS. 9:13-20, PROV. 3:1-6

SABBATH | SUN • JAN 15

DAY 11 • JAN 16 • PRAYER FOCUS: INTENTIONAL LIVING

SCRIPTURES: GEN. 24:52-26:16, MATT. 8:18-34, PS. 10:1-15, PROV. 3:7-8

DAY 12 • JAN 17 • PRAYER FOCUS: FAMILIES

SCRIPTURES: GEN. 26:17-27, MATT. 9:1-17, PS. 10:16-18, PROV. 3:9-10

DAY 13 • JAN 18 • PRAYER FOCUS: CHURCH & COMMUNITY

SCRIPTURES: GEN. 28-29, MATT. 9:18-38, PS. 11:1-7, PROV. 3:11-12

DAY 14 • JAN 19 • PRAYER FOCUS: EVANGELISM

SCRIPTURES: GEN. 30-31:16, MATT. 10:1-23, PS. 12:1-8, PROV. 3:13-15

DAY 15 • JAN 20 • PRAYER FOCUS: POVERTY/FOOD DESERTS

SCRIPTURES: GEN. 31:17-32:12, MATT. 10:24-11:6, PS. 13:1-6, PROV. 3:16-18

DAY 16 • JAN 21 • PRAYER FOCUS: SOCIAL JUSTICE

SCRIPTURES: GEN. 32:13-34, MATT. 11:7-30, PS. 14:1-7, PROV. 3:19-20

SABBATH | SUN • JAN 22

DAY 17 • JAN 23 • PRAYER FOCUS: CHURCH UNIVERSAL

SCRIPTURES: GEN. 35-36, MATT. 12:1-21, PS. 15:1-5, PROV. 3:21-26

DAY 18 • JAN 24 • PRAYER FOCUS: UNITY

SCRIPTURES: GEN. 37-38, MATT. 12:22-45, PS. 16:1-11, PROV. 3:27-32

DAY 19 • JAN 25 • PRAYER FOCUS: PANDEMIC

SCRIPTURES: GEN. 39-41:16, MATT. 12:46-13:23, PS. 17:1-15, PROV. 3:33-35

DAY 20 • JAN 26 • PRAYER FOCUS: SCHOOL SYSTEM

SCRIPTURES: GEN. 41:17-42:17, MATT. 13:24-46, PS. 18:1-15, PROV. 4:1-6

DAY 21 • JAN 27 • PRAYER FOCUS: GOVERNMENT

SCRIPTURES: GEN. 42:18-43, MATT. 13:47-14:12, PS. 18:16-36, PROV. 4:7-10



Fasting Options

21 DAY Church FAST
JANUARY 4-27

1. THE DISCIPLES FAST

FASTING TO BREAK ADDICTIONS.
MATTHEW 17:20-21

2. THE EZRA FAST

FASTING TO SOLVE PROBLEMS AND SEEK PROTECTION.
EZRA 8:21-23

3. THE SAMUEL FAST

FASTING TO WIN PEOPLE TO CHRIST AND PETITION GOD TO POUR HIMSELF OUT ON MANKIND.
1 SAMUEL 7:1-8

4. THE ELIJAH FAST

FASTING TO BREAK EVERY YOKE.
1 KINGS 19:2-18

5. THE WIDOW'S FAST

FASTING SO THAT OTHERS NEEDS WILL BE MET.
1 KINGS 17:12

6. THE SAINT PAUL FAST

FASTING FOR WISDOM AND INSIGHT FROM GOD.
ACTS 9:9-19

7. THE DANIEL FAST

FASTING FOR GOOD HEALTH AND OBEDIENCE TOWARDS GOD.
DANIEL 1:12-20

8. THE JOHN THE BAPTIST FAST

FASTING FOR A STRONGER TESTIMONY AND INFLUENCE.
MATTHEW 3, LUKE 1:15

9. THE ESTHER FAST

FASTING FOR PROTECTION FROM THE EVIL ONE.
ESTHER 4:16

OPTION #1: ABSTAIN FROM ALL FOODS AND DRINKS.

FOCUS: FOR WISDOM AND INSIGHT FROM GOD. (ST. PAUL FAST)

OPTION # 2: FRUITS AND VEGETABLES ONLY.

FOCUS: FOR GOOD HEALTH AND OBEDIENCE TOWARDS GOD. (DANIEL FAST)

OPTION #3: ABSTAIN FROM ALL SODAS AND SWEETS; NATURAL SWEETENERS AND FRUITS ARE OKAY.

FOCUS: TO SOLVE PROBLEMS AND SEEK PROTECTION FROM THE EVIL ONE. (EZRA & ESTHER FASTS)

OPTION #4: ABSTAIN FROM ALL TYPES OF FRIED FOODS AND BREADS.

FOCUS: TO WIN PEOPLE TO CHRIST; FASTING SO THAT OTHERS NEEDS WILL BE MET; FOR STRONGER TESTIMONY AND INFLUENCE. (SAMUEL, WIDOWS AND JOHN THE BAPTIST FASTS)

OPTION #5: ABSTAIN FROM MEATS AND SWEETS.

FOCUS: FASTING TO BREAK ADDICTIONS AND EVERY YOKE. (DISCIPLES AND ELIJAH FASTS)

SUGGESTED FOOD GUIDELINES

WHOLE GRAINS: BROWN RICE, WHITE RICE

LEGUMES: DRIED BEANS, LIMA, NORTHERN, GARBANZO, PINTO, RED, BLACK, KIDNEY, GREAT NORTHERN, NAVY, SPLIT PEAS, LENTILS, BLACK-EYED PEAS

NUTS: ALMONDS, PEANUTS, PECANS, SUNFLOWER SEEDS

FRUITS: APPLES, APRICOTS, AVOCADO, APPLESAUCE, BANANAS, BLACKBERRIES, BLUEBERRIES, BOYSENBERRIES, CANTALOUPE, CHERRIES, CRANBERRIES, DATES, FIGS, GRAPEFRUIT, GRAPES, GUAVA, HONEYDEW MELON, NECTARINES, KIWI, LEMONS, LIMES, MANGOS, MANDARIN ORANGES, PAPAYAS, PEACHES, PEARS, PINEAPPLES, PLUMS, PRUNES, RAISINS, RASPBERRIES, STRAWBERRIES, TANGERINES, WATERMELON.

VEGETABLES: ARTICHOKES, ASPARAGUS, BEETS, BROCCOLI, BRUSSEL SPROUTS, CABBAGE, CARROTS, CAULIFLOWER, CELERY, CHILI PEPPERS, COLLARD GREENS, CORN, CUCUMBERS, DANDELION GREENS, EGGPLANT, ENDIVE, GARLIC, GINGER ROOT, GREEN BEANS, KALE, LEEKS, LETTUCE, MIXED VEGETABLES, MUSHROOMS, CRANBERRIES, CRANBERRIES, MANDARIN ORANGES, PINEAPPLES, PEACHES, PEARS, PINEAPPLES, PLUMS, PRUNES, RAISINS, RASPBERRIES, STRAWBERRIES, TANGERINES, WATERMELON.

LIQUIDS: SPRING WATER, DISTILLED WATER, 100% ALL-NATURAL FRUIT JUICES, 100% ALL-NATURAL VEGETABLE JUICES

OILS: HERBS; OLIVE OIL; SALAD DRESSINGS: VINAIGRETTE HOMEMADE USING VINEGAR, OLIVE OIL AND HERBS; HOMEMADE FRENCH & ITALIAN

SWEETENERS: HONEY, MAPLE SYRUP

21 Church FAST

JANUARY 4-27

COVENANT

DURING THE FAST, I WILL SPECIFICALLY PRAY FOR:

I WILL FAST BEGINNING _____ AND WILL END ON _____.

SO WE FASTED AND PETITIONED OUR GOD ABOUT THIS, AND HE ANSWERED OUR PRAYER.

EZRA 8:23

I BELIEVE THAT GOD IS THE ONLY ANSWER TO MY PRAYER AND THAT FASTING WILL DRAW ME CLOSER TO HIM. THEREFORE, GOD BEING MY STRENGTH AND GRACE BEING MY BASIS, I COMMIT MYSELF TO THE TBC 2023 CHURCH FAST.

SIGNED: _____

DATE: _____

