

TABERNACLE BAPTIST CHURCH

21 DAYS OF
Prayer AND **FASTING**
JAN 8-31, 2024



Purpose of Fasting



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 2024 with a corporate fast. We will begin the year fasting for 21 days from Monday, January 8 - Wednesday, January 31, 2024. 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.

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

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Daily Devotional Schedule

Week 1: Unified Mind

Jan 8-13

Focus: Finding unity of self.

DAY 1 • JAN 8 • FOCUS: I AM WORTHY

Scriptures: Matthew 6:26, 2 Timothy 1:7

DAY 2 • JAN 9 • FOCUS: I AM WELL MADE

Scriptures: Genesis 1:27, Psalm 139:14

DAY 3 • JAN 10 • FOCUS: I AM WORTHY OF LOVE

Scriptures: Matthew 22:37-39, Mark 12:31

DAY 4 • JAN 11 • FOCUS: I AM MADE FOR GREAT WORKS

Scriptures: Ephesians 2:10, Isaiah 64:8

DAY 5 • JAN 12 • FOCUS: I AM NOT FINISHED

Scriptures: 1 Peter 3:3-4, Colossians 3:12

DAY 6 • JAN 13 • FOCUS: I AM GOD'S BELOVED

Scriptures: Romans 5:8, Joshua 1:9

SABBATH REST | SUN • JAN 14 (BREAK FROM FAST)

Week 2: Unified Household

Jan 15-20

Focus: Finding unity within your home, family, friends and tribe.

DAY 7 • JAN 15 • FOCUS: I WILL TAKE CARE OF MY HOME

Scriptures: 1 Timothy 3:5, Psalm 133:1

DAY 8 • JAN 16 • FOCUS: I WILL DO MY PART

Scriptures: Proverbs 31:15-17, Ecclesiastes 9:10

DAY 9 • JAN 17 • FOCUS: I WILL HONOR OTHER'S CONTRIBUTION TO MY LIFE

Scriptures: Exodus 20:12, Romans 12:10

DAY 10 • JAN 18 • FOCUS: I WILL PLACE PEOPLE IN THEIR PROPER PLACE IN MY LIFE

Scriptures: Proverbs 17:17, Job 2:11

DAY 11 • JAN 19 • FOCUS: I AM FORGIVEN AND I WILL FORGIVE

Scriptures: Colossians 3:13, Proverbs 27:5-6

DAY 12 • JAN 20 • FOCUS: I WILL REMAIN WITH THE LORD

Scriptures: Psalm 27:10, Isaiah 41:10

SABBATH REST | SUN • JAN 21 (BREAK FROM FAST)

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Week 3: Unified Community

Jan 22-27

Focus: Finding unity within your church, workplace and community at large.

DAY 13 • JAN 22 • FOCUS: I WILL DO IT AS DOING IT UNTO GOD

Scriptures: Colossians 3:23-24, Ephesians 6:6-7

DAY 14 • JAN 23 • FOCUS: I WILL SHINE MY LIGHT

Scriptures: Matthew 5:16, Psalm 18:28

DAY 15 • JAN 24 • FOCUS: I AM GOD'S WORKER

Scriptures: 1 Corinthians 3:8-9, James 2:14-17

DAY 16 • JAN 25 • FOCUS: I WILL CARE FOR OTHERS

Scriptures: Acts 10:2, Hebrews 13:16

DAY 17 • JAN 26 • FOCUS: I WILL LOOK OUT FOR THE INTERESTS OF OTHERS

Scriptures: Philippians 2:4, Galatians 6:2

DAY 18 • JAN 27 • FOCUS: I AM A UNIFIER IN MY COMMUNITY

Scriptures: 1 Corinthians 1:10, 1 Thessalonians 5:112

SABBATH REST | SUN • JAN 28 (BREAK FROM FAST)

Week 4: Unified Future

Jan 29-31

Focus: Finding unity with your call and purpose in this world.

DAY 19 • JAN 29 • FOCUS: I AM A SOURCE FOR HOPE

Scriptures: Jeremiah 29:11, Romans 15:13, 1 Timothy 4:10

DAY 20 • JAN 30 • FOCUS: I AM A SOURCE FOR JUSTICE

Scriptures: Proverbs 3:27, Isaiah 1:17

DAY 21 • JAN 31 • FOCUS: I AM A SOURCE FOR LOVE

Scriptures: Hebrews 6:10, 1 John 4:19-20

FASTING OPTIONS

1. THE DISCIPLES FAST - Matthew 17:20-21

Fasting to break addictions.

2. THE EZRA FAST - Ezra 8:21-23

Fasting to solve problems and seek protection.

3. THE SAMUEL FAST - 1 Samuel 7:1-8

Fasting to win people to Christ and petition God to pour Himself out on Mankind.

4. THE ELIJAH FAST - 1 Kings 19:2-18

Fasting to break every yoke.

5. THE WIDOW'S FAST - 1 Kings 17:12

Fasting so that others needs will be met.

6. THE SAINT PAUL FAST - Acts 9:9-19

Fasting for wisdom and insight from God.

7. THE DANIEL FAST - Daniel 1:12-20

Fasting for good health and obedience towards God.

8. THE JOHN THE BAPTIST FAST - Matthew 3, Luke 1:15

Fasting for a stronger testimony and influence.

9. THE ESTHER FAST - Esther 4:16

Fasting for protection from the evil one.

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, Mustard Greens, Okra, Onions, Parsley, Peas, Potatoes, Pepper, Pumpkin, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potato, Tomatoes, Turnips, Watercress, Wax Beans, Yams, Zucchini

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

Prayer **21 DAYS** OF
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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 2024 Church Fast.

Signed: _____

Date: _____