

Frist Missionary Baptist Church, Red Springs, NC

Seven Days

Fasting & Prayer

**Purpose**

1) Humble ourselves, 2) Draw closer to God, 3) Seek a clearer understanding of

God’s Word, 4) Pursue God’s will for our lives, 5) Seek healing and wholeness of

God, and 6) Intercede and pray on behalf of others.

**Date Event**

Sun. 1/22/23 Fasting & Prayer, Bible Study

Mon. 1/23/23 Fasting & Prayer, Bible Study

Tues. 1/24/23 Fasting & Prayer, Bible Study

Weds. 1/25/.23 Fasting & Prayer, Bible Study

Thurs. 1/26/23 Fasting & Prayer, Bible Study

Fri. 1/27/23 Fasting & Prayer, Bible Study

Sat. 1/28/23 Fasting & Prayer, Bible Study



**Consecration Period**

There will be 7 days of fasting and prayer. Each day, you should pray, read the

“Spiritual Food” and eat the foods listed in the Daniel Fast.

**Date**

**Start:** January 22, 2023, 5 pm - **End:** January 28, 2023, 5 pm

**Prayer Focus**

1. Thank & praise God for what He has already done.

2. Ask God for the outpouring of His spirit and spiritual growth.

a. More of God’s Word d. More of God’s Spirit

b. More of God’s Will e. More of God’s Favor

c. More of God’s Love f. More of God’s Wisdom

3. Ask God’s salvation, blessings, wisdom, and favor for FMBC RS, that it will be the church He seeks without spot nor wrinkle.

4. Ask God’s blessings and anointing upon the leaders of FMBC RS.

5. Ask God’s blessings upon the FMBC RS family.

(Healing, Deliverance, Breakthrough, and Success)

6. Ask God’s blessings upon the FMBC RS Ministries.

7. Ask God’s blessings upon Red Springs, Robeson (surrounding counties), North

Carolina, United States, and the World.

**Form**

A. We will follow the Daniel’s Fast. Foods that can be eaten are fruits,

vegetables, whole grains, legumes, nuts, and seeds. Drink plenty of water.

Foods that cannot be eaten are dairy, meat, sugar, sweeteners, yeast, refined and

processed foods, deep fried foods, and solid fats.

B. If you cannot fast from foods because of health reasons, you may also fast by

avoiding something that you enjoy, i.e... Telephone, TV, Radio, Music, Sports, etc.

**(PLEASE DO NOT TAKE THE EASY ROUTE FOR LACK OF DISCPLINE; GOD SEE YOU!)**

**Spiritual Food**

***Your Mind***

**Day 1** Philippians 2:1-11; Romans 8:5-17; 1 Peter 1:13-25

**Day 2** Colossians 3:1-17; 2 Timothy 1:1-7; 2 Corinthians 10:1-5; Philippians 4:4-8

***Your Body***

**Day 3** 2 Corinthians 4:7-18; 9 Philippians 3:12-21

**Day 4** Romans 12:1-21; Ephesians 4:1-16; 1 Corinthians 6:12-20

**Day 5** Matthew 6:25-34; Corinthians 9:22-27

***Your Spiritual Soul***

**Day 6** Psalm 63; 1 Thessalonians 5:16-24; Hebrews 10:32-39; 1 Peter 2:1-12

**Day 7** Galatians 5:16-26; Matthew 4:1-11; Revelation 22:1-5

DAY 1 - PREPARATION

Our annual Consecration and Fasting season will start on Sunday, January 22 5 pm and

will conclude on Saturday, January, 5 pm. Please begin to make preparation for this season

as we seek God through fasting and prayer. For the week we will publish healthy

eating habits and recipes to help you successfully complete the fast for 7 days! Each week will

include healthy eating tips and suggestions.

**Getting Started:**

Make a weekly shopping LIST from the approved food list on the church website https://**www.firstmissionarybaptistrs.org**/) and use while grocery

Shopping. PLAN your meals. Meal planning is one of the most important things you can do to

ensure your success during the fast. The key is to set aside some time each day to do

meal planning. Determine which meals you plan to prepare and cook for couple of days

or the entire week. Make one day a week dedicated to grocery shopping and meal

planning. A few snacks suggestions include fresh fruit, popcorn (topped

with olive oil and lightly salted), baked **corn** tortilla chips with hummus or salsa, celery,

carrots, cucumbers, broccoli, or nuts. Drink WATER ONLY. Drink at least eight glasses of water (64 ounces) per day.