

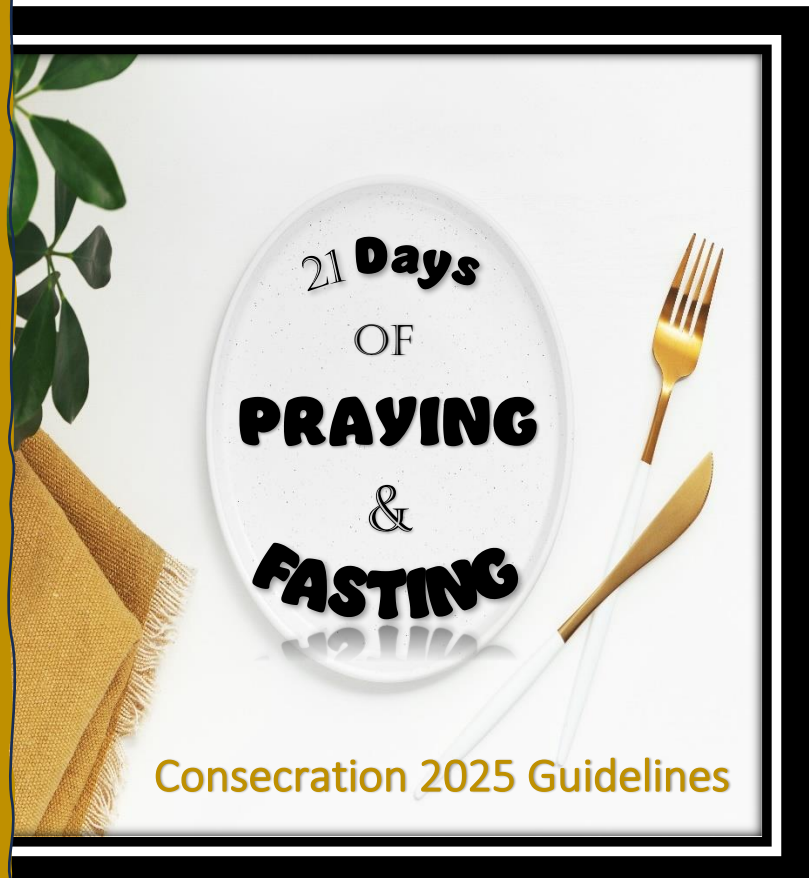


Prayer & Deliverance Tabernacle

3801 Glenwood Drive - Charlotte, NC

Pastor: Suff. Bishop Roger Green, Sr.

www.pdtministries.org



Includes Daily Scripture Readings,
Dietary Information, Recipes, Q&A,
Youth Page, Exercise Suggestions
And More!

OVERVIEW

Thank you for joining us in 21-days of Prayer, Fasting and Consecrating. There really is no better way to begin your year! We are believing for God to do the miraculous during this time.

We also pray that your relationship will grow stronger in body, mind, soul and spirit.

Consecration means setting yourself apart from every hindrance, every sin and every temptation that keeps you from walking in the will of God. It's a time to set your mind, heart and life on who God is and what God wants for you.

This Consecration also includes a partial fast. A partial fast means that you will eliminate some common things from your daily diet. Fasting is designed to strengthen your relationship with God by weaken your dependence on food and other things. ***Please note: If you have any known medical conditions or think you have a medical condition, consult your doctor before beginning the fast.**

We have provided a list of foods to eat and foods to avoid in these guidelines. You will also find daily scripture readings, exercise recommendations, recipes and suggestions on how to fast with your children.

***If you have any known medical conditions or think you have a medical condition, consult your doctor before beginning the fast.**

The tools provided in this guide are strategies to help you navigate through your personal 21-day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

Points to remember:

- As you begin your consecration, pray that God's will be done in your life and for Him to do amazing things for your family, your workplace, your church, your community and nation.
- During your prayer time, ask God to reveal your short comings, attitudes and behaviors that don't line up with His Word. As He brings those sins to your mind, confess them.

Again, for the next 21-days, you are invited to make room for God in your daily life and that you will experience His presence and power in extraordinary ways as you commit yourself to Him.

We eagerly await to hear and see what the Lord will do for you, and through you during these very special 21-days of Praying and Fasting.

Consecrate yourselves...

- for tomorrow the Lord will do amazing things among you. Joshua 3:5
- today to the LORD, that He may bestow on you a blessing this day.
Exodus 32:29



Who:

The entire PDT Church Family, Supporters and anyone who desires to have a closer relationship with God during this exciting season.

When:

Monday, January 6, 2025, until Sunday, January 26, 2025

Daily time duration: 3:00 am – 3:00 pm

What:

A 21-day modified Daniel Fast.

You will find a list of foods to eat and foods to avoid. *Note: if you have any known medical conditions, food allergies or suspect such conditions, consult your doctor before beginning this fast.

How:

By following the guidelines provided in this packet.

Begin with a broken spirit and contrite heart... Psalm 51:17

Begin with an attitude of repentance, humility before God.

Open your heart and remove fear and doubt.

Surrender, confess and trust God's guidance.

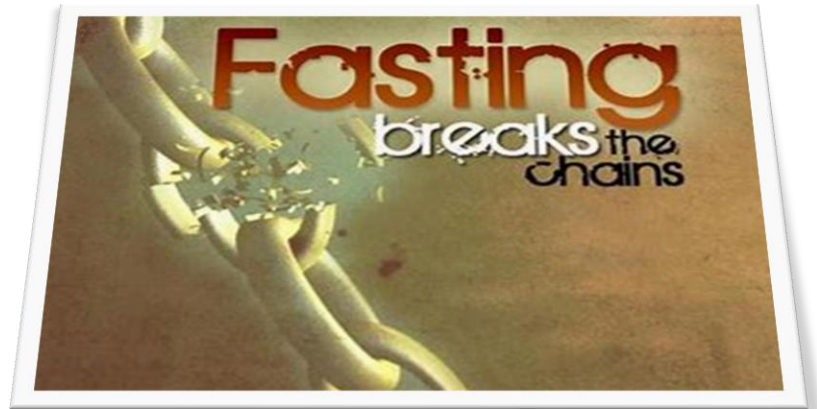
Communion Culmination Service

Sunday, January 26, 2025, following Morning Service.

"Closed Service"



“SOMETIMES YOU GET SO HUNGRY, THE ONLY WAY TO BE FED IS TO FAST.”



WHAT IS FASTING?

- Fasting is a period of abstinence.
- Fasting requires self-control and discipline, as one denies the natural desires of the flesh.
- Fasting directs our hunger toward God. It clears the mind and body of earthly attention and draws us closer to God.
- Fasting allows us to hear God's voice more clearly.
- Fasting also demonstrates a profound need of God's help and guidance through complete dependence on him.

Fasting with a Purpose

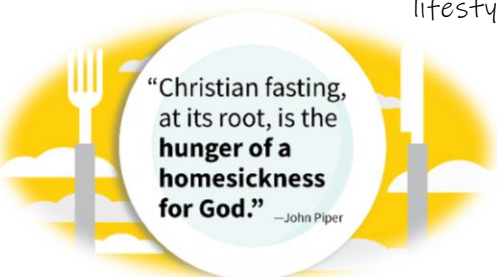
A common purpose for fasting is to draw closer to God. This is an intentional choice to “turn down the noise of the world” and focus on your relationship with your Father.

As you determine the purpose for your fast, do the following steps:

1. Ask the Holy Spirit to show you your purpose. He is faithful when we ask for His help.
2. Identify the top three or four issues in your life that cause you stress or concern. Ask yourself, “If I could change three things about my life, what would they be?”
3. Present these needs to God for His intervention and direction during your fast.

What is the value of fasting?

Recognizing the value and benefits of fasting is important. It can and should become a viable part of your lifestyle. Fasting helps you increase the quality and quantity of your prayer life. It also gives you the opportunity to focus on areas of personal and spiritual change.



Five Steps for a Successful Fast

1. **Pray.** Include God in your fast. Open yourself up to Him and talk to Him about your intentions. Submit the fast and yourself to Him. He already knows what you need before you tell Him.

You are entering this experience to draw closer to the Lord and to hear His direction for your life or the lives of others. Open your heart to Him so that He will show you the truth that He wants you to know. Dedicate yourself and the fast to Him. Listen for His words as you purpose to position yourself humbly before your Lord. This is the most important step as you prepare for your fast.

2. **Plan.** Take some quality time to plan your fast. What is the purpose for the fast? Review your calendar and consider your appointments and activities that are planned. Do you need to change any of them? Consider what your day will be like when you are fasting. Will you get up early to spend time in prayer, study and meditation? Try to imagine your days and plan for them "with" the fast in mind.

Have a meeting with yourself. Set aside some time when you won't be interrupted and take a look at "yourself". Have a conversation with yourself and look at important things like goals, your relationships and your life. Take the time to think and make wise decisions.

Some questions to ask yourself: (1) What five things would you like to accomplish this year. (2) What are three new positive habits you want to form? (3) What fears do you have that you want God to help you conquer? (4) Is there unforgiveness in your heart? (5) Are there areas that are "out of order" in your life?

3. **Prepare.** You will want to prepare your physical body for the fast. Taper off caffeine consumption and cut down on sugar and foods that include chemicals.
4. **Participate.** Participate in the entire fasting period. You might experience several battles during your fast. Your flesh might rebel because you're not giving in to cravings and hunger pangs. Your body might ache with symptoms of withdrawal from sugar and caffeine. When the flesh rebels, put your spirit in control and stand your ground.

If you slip one day, do not give up! Renew your commitment and begin your fast again the next day.
Psalm 37:24

5. **Praise and process.** Thank God for this experience and all the blessings and lessons He's given you during this period. Spend some time looking back on your experience to process what you learned and think about any permanent changes you may want to make. If you "messed up," consider what you will do next time to reach victory. Review your fast and make notes of those elements that worked well for you and what you will want to change the next time.



Preparing the Vessel

Before the fast...

- Start small by gradually eliminating the "foods to avoid" during your fast

(included in this packet).

- Begin increasing your daily water intake and exercise plan.
- Prepare yourself mentally and spiritually through prayer.
- Begin eliminating distractions.

Preparing Spiritually

- Remember that the true essence of a spiritual fast lies in the intentional time spent in prayer and supplication.
- Eliminate all non-spiritual music and spend time listening to praise and worship music, etc. Get away from the normal distractions as much as possible.
- Pray as often as you can throughout the day.
- Keep your heart and mind set on seeking God's face.

What to Expect

- When you fast, your body detoxifies by eliminating toxins from your system.
- This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars.

How to End

- Don't overeat when the time comes to end your fast.
- Begin eating solid foods gradually.
- Eat small portions or snacks until you can withstand your normal food intake.
- Avoid starches, meats, dairy and fats or oils for at least a week after your fast.
- Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day. It may be tempting but try not to eat junk food and sweets right away.
- Don't stop praying! Trust that God will keep his promises and knows what he's doing. Don't stop believing in and listening to God all year. Be in faith and expect God to answer your prayers. Take what you learned from the fast into your everyday life throughout the year.

Common Q&A's

What about prepared foods?

Read the labels of all prepared foods. Remember that food should be sugar-free and chemical-free. If you use any canned fruits, vegetables, packaged foods, or prepared sauces, you must read the label to avoid undesired ingredients. (Drain water from canned foods and rinse with water. You can then add water and seasoning.)

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the fast: almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

Natural peanut butter with no additives is allowed during your fast. Avoid sugars including molasses. (Smucker's Creamy Natural Peanut Butter is 100% natural)

How can I identify whole grain foods?

If the ingredient lists "whole wheat" – "rolled oats" – or "whole corn" as the first ingredient, the product is a whole grain food item.

Where can I go out to eat?

You can eat out anywhere, but be cautious of the types of foods you select. If you are uncertain, refer to your "Foods to Eat" list included in this packet.

How much can I eat?

During this modified Daniel Fast, you are allowed to eat one full meal per day after 3:00 pm. Snacks are allowed in moderation. However, it is not recommended to overeat on them.

Is it safe for children to fast?

Yes. But Parents should use their own discretion. Children are still growing and developing, and they need a proper balance of nutrients to support their growth and development.

Can I watch TV and use Social Media during my fast?

If you do feel the need to watch TV, set time limits of watching the news, Christian shows and videos. You can also listen to Gospel radio.

Unless job related, using personal Social Media platforms such as Facebook, Snapchat, Instagram, TikTok, etc. should not be used.

How much water should I drink?

Try to drink at least five (5) 8 oz. glasses of water each day and increase your intake along the way.

What about exercise?

Try to get at least 30 minutes of exercise 3-5 times per week. The 30 minutes can be broken up into smaller increments each day. Suggestions: walking, light aerobics, chair exercises and light weightlifting.

Remember...

Stay Positive - Be Consistent - Don't Complain - Don't Give Up!

Dietary Information



Foods to include during your daily Fast...

Meat

The following meats are allowed on your modified Daniel Fast: **chicken** (grilled, baked, broiled, rotisserie), **fish** (flounder, salmon, tuna, tilapia), **turkey**.

Fruit

All fruit is allowed (fresh, frozen, dried, juiced, and canned). However, any dried fruit shouldn't contain large amounts of sugar (check ingredients to be sure).

Vegetables

All vegetables are allowed. These can be fresh, frozen, dried, juiced or canned (watch salt/sodium content).

Beans and Legumes

Black beans, black-eyed peas, dried beans, cannellini beans, garbanzo beans (chickpeas), great northern beans, split peas, kidney beans, lentils, peanuts, pinto beans, split peas, green beans, green peas, lupines and other.

Nuts and Seeds (raw, unsalted, low salt)

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, nut butters, peanuts, pecans, pepitas (pumpkin seeds), pine nuts, pistachios, poppy seeds, walnuts, sesame seeds, soy nuts, flax seed, cashews, sprouts, sunflower seeds.

Whole Grain

Amaranth grain, barley, brown rice, buckwheat, bulgur, freekeh, millet, oats, purple rice, quinoa, rye, sorghum, spelt, teff, whole grain pasta, whole wheat, and wild rice, plain rice cakes, oatmeal (plain/not instant).

Oils

Oils such as coconut, olive, and sesame are allowed but should be used minimally. For example, you can sauté foods in olive oil and vegetable oil but avoid deep-frying them.

Other

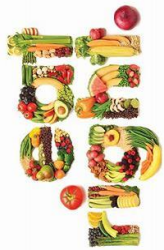
All herbs, spices, and seasonings are allowed. Soy products (such as edamame and soy nuts) and tofu are acceptable. Small amounts of natural, unrefined salt, Himalayan salt and sea salt can be consumed, honey, stevia, agave or anything organic.

Beverages

Water should be the main beverage on your modified Daniel Fast. However, you may have 100% fruit juice on occasion (just don't overdo it). You can also use 100% fruit juice in recipes. Also, unsweetened non-dairy milk (such as almond milk, coconut milk, soy milk), decaffeinated coffee, herbal teas, alkaline water, purified water, spring water. (use Juicer for a fresher taste)

Salad Dressing

Light, fat-free, low sugar, low salt, low sodium, vinaigrette, Italian



Foods to

AVOID



All meat and animal products not listed on your "Foods to Eat" list:

Such as beef, pork, lamb, clams, shrimp, crabs, etc.

All sweeteners including but not limited to:

Sugar, molasses and cane juice.

All refined and highly processed food products including but not limited to:

Artificial flavorings, food additives, chemicals, white rice, white flour and Foods that contain artificial preservatives, pizza.

All deep-fried foods including but not limited to:

Potato chips, French fries, corn chips, onion rings, burgers, etc.

All solid fats including:

Shortening, lard, and high fat foods.

Beverages including but not limited to:

Flavored coffee, Frappuccino, energy drinks, lattes, cappuccino, soft drinks, certain other teas, black tea, other carbonated beverages, etc.

Recipes

Daniel Fast Peanut Butter Oatmeal Raisin Cookies



Minutes to Prepare: 5

Minutes to Cook: 10

Number of Servings: 12

Ingredients

*Whole Wheat Flour, 0.5 cup

*Peanut Butter - Smucker's Natural Chunky, 1/8 c.

Oat Meal (Quaker Oats - Old Fashioned - dry), 1/2 cup

Raisins, .25 cup (not packed)

Cinnamon, ground, .5 tsp

Ginger, ground, 1/8 tsp

Applesauce, Natural (unsweetened), 4 oz

Raisins, 1/4 cup (not packed)

Ripe Banana, 1/8 cup

Water, tap, 1/4 cup

Directions

Food process the 1/4 c. raisins, water and banana.

Mix all ingredients together in bowl. Roll into loose balls, smash down with fingers, forming cookie, place on cookie sheet. Bake 10-12 min.

Sweet Potato Chips

Ingredients

- 2 teaspoons Chili Powder
- 1 teaspoon Garlic Salt
- ¼ teaspoons Smoked Paprika
- ¼ teaspoons Cumin Powder
- ¼ teaspoons Salt
- ½ teaspoons Black Pepper
- ¼ cups Canola Oil
- 5 whole Large Sweet Potatoes, Sliced Thin (about 1/8" Thick)

Preparation

Preheat oven to 400°F.

Combine all seasonings with oil in a bowl. Add sliced sweet potatoes. Toss to coat the potatoes well.

On ungreased baking sheets, lay sweet potato slices in a single layer.

On the lower rack, bake for 10-12 minutes, then turn all potato slices over.

Continue baking until golden brown, about 10 more minutes. (Watch carefully to make sure potatoes don't burn.)

Daniel Fast Granola Bars

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Ingredients

- 2 cups quick oats
- 1/4 cup walnuts, chopped
- 1/2 cup raisins
- 2 large bananas, mashed

Instructions

1. Preheat oven to 350. Lightly oil an 8x8 baking dish.
2. Mix all ingredients together in a medium bowl.
3. Press mixture evenly into the baking dish.
4. Bake for 25 minutes. Cool on wire rack.

Green Apple Smoothie

Ingredients

- 1 large green apple
- 4 medjool dates
- 3 cups spinach
- 8 ice cubes
- ½ cup water
- 1 teaspoon fresh squeezed lemon juice

Instructions

1. Core the apple and cut it into chunks (do not peel). Remove the pits from the dates.
2. Place all ingredients a blender and blend. Add lemon juice and blend for a few seconds again. Serve immediately.

Make Room For God



Invite God into your life

Make room for God to read His Word. Joshua 1:8-9

Make room for prayer. Matthew 6:6-8

Make room for personal worship. Psalm 63: 1-5

Make room to give thanks. 1 Thessalonians 5:16-18

Make room to meditate on His Word. Philippians 4: 7-9

Make room to be still and delight in Him. Psalm 37:3-7

Make room for repentance 1 John 1: 5-10

Make room to focus. Colossians 3:1-4

Make room for Godly priorities. Matthew 13:44-46

Make room for walking in the Spirit. Galatians 5:16-26

Make room for Endurance. James 1:2-4

Make room to draw near. James 4:1-10

Make room for covenant relationships. Romans 12:9-10

Make room for sacrifice. Philippians 2:3-4

Make room for authentic Love. John 13:34-35

Journaling

Personal Journaling

Journaling is an excellent way to both record and process what God has spoken to us. It's also a useful tool to use at a later time to reflect on and review some of the nuggets that you have received. Without writing them down, you may forget those blessings and some very important lessons.

PUT YOUR SOAP INTO ACTION

S for Scripture. Each day, open your provided. Take time reading and allow When you are done, look for a verse to you that day, and write it in your

O for Observation. What do you think this scripture? Ask the Holy Spirit to Jesus to you.

A for Application. Personalize what yourself how it applies to your life right now. Write how this scripture can apply to you today.

P for Prayer. This can be as simple as asking God to help you use this scripture, or it may be a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out



Bible to the reading God to speak to you. that particularly spoke journal.

God is saying to you in teach you and reveal

you have read, by asking



Day 1 - Daniel's Vision of a Man Bible Reading Plan: Daniel 10 Prayer Focus: As we begin this time of prayer and fasting, let's turn our hearts toward God. Make a commitment to seek Him daily. Pray that your love for Christ will be increased and your passion for Him will be reignited over the next twenty-one days.

Notes _____

Day 2 - David Builds an Altar Bible Reading Plan: 1 Chronicles 21:18-27 Prayer Focus: David's disobedience brought a plague upon the people of Israel. As David did, seek God's mercy and forgiveness for the wrong things in your life. Lay them down. It may seem costly, but Jesus has already made the ultimate sacrifice.

Notes _____

Day 3 - Daniel's Training in Babylon Bible Reading Plan: Daniel 1 Prayer Focus: Daniel obeyed God and separated himself. Ask the Lord how to separate yourself from anything that is making you common in the world.

Notes _____

Day 4 - Sincerity and commitment Bible Reading Plan: Psalm 119 Prayer Focus: By God's grace, determine to be a person of God's Word. Pray for his help to wholeheartedly embrace truth, and to walk in God's ways. You will gain an upright heart and be blessed.

Notes _____

Day 5 - Prayer Bible Reading Plan: Matthew 6:5-18 Prayer Focus: It's not wrong to pray for our physical needs or desires; God wants us to pray about all things. Yet the focus of our prayers should not only or mainly be about the physical, but for the spiritual, the greater, more important things in this world.

Notes _____

Day 6 - True Fasting Bible Reading Plan: Isaiah 58 Prayer Focus: True fasting is not merely a religious ritual or external activity. As you seek God daily, ask him to give you His inward heart of compassion. Ask Him to direct you to someone in need.

Notes _____

Day 7 - Jesus Anointed at Bethany Bible Reading Plan: Mark 14:1-26 Prayer Focus: Break open the alabaster box. Today is the day to kneel at His feet and offer to the Lord all that is most precious to you.

Notes _____

Day 8 - Shout for Joy Bible Reading Plan: Psalm 100 Prayer Focus: Real Psalm 100 aloud, loudly. Shout for joy! Sing His praise. Rejoice that you belong to Him! Pray for a thankful heart and determine to serve the Lord with gladness today and every day.

Notes _____

Day 9 - A Living Sacrifice Bible Reading Plan: Romans 12 Prayer Focus: Your bodies, your very life is to be consecrated to God for a lifetime of worship and service. Are you ready? Can you pray, "Lord, let my life be a living sacrifice to you"?

Notes _____

Day 10 - Jesus Is Tested in The wilderness Bible Reading Plan: Luke 4 Prayer Focus: In Jesus, we see the full revelation of the nature of God: His love and holiness, mercy and justice, compassion and power all perfectly and beautifully expressed. Pray that the Holy Spirit will help you see God through the eyes of grace and truth given to us in Jesus Christ.

Notes _____

Day 11 - Servant of God Bible Reading Plan: James 1 Prayer Focus: Are you experiencing testing? Facing temptation? Ask God to give you wisdom and to mature you in these areas. Ask Him to help you to be more than a mere hearer of the Word, but a true doer of His Word who lives out His faith in service and holiness.

Notes _____

Day 12 - An Apostle of Christ Jesus Bible Reading Plan: 2 Corinthians 1 Prayer Focus: Does your life reflect that of one who is a true apostle of Christ Jesus, even in times of suffering? Pray to experience God's comfort and therewith to be able to comfort others in their troubles. Pray to be a true apostle of Christ.

Notes _____

Day 13 - Rid Yourselves Bible Reading Plan: 1 Peter 2 Prayer Focus: Rid yourself, lay aside, cast off, abstain, forever abandon all sinful things. Do not allow them to hinder your fellowship with God. Ask God to give you a deep desire to feed on His abiding Word and grow in your spiritual hunger and desire for Him.

Notes _____

Day 14 - Introduction to The Sermon on The Mount Bible Reading Plan: Matthew 4:1-14 Prayer Focus: Is Satan attempting to privately tempt you away from perfect obedience to God's will? Take time today to find specific Scriptures to combat the enemy's attack. Praise God for victory through His Word and remember that Jesus was tempted just before His ministry began.

Notes _____

Day 15 - Have Mercy on Me Bible Reading Plan: Psalm 51 Prayer Focus: As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Pray as David did in Psalm 51:10-12 that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

Notes _____

Day 16 - The Lord Is My Light Bible Reading Plan: Psalm 27 Prayer Focus: Thank God that His light dispels all fear and darkness from our lives. His light illuminates our path. Seek to live in His light. Seek His face and wait upon Him.

Notes _____

Day 17 - The Image of Gold and The Blazing Furnace Bible Reading Plan: Daniel 3 Prayer Focus: Ask the Lord about compromise in your life. Ask for help to stand firm.

Notes _____

Day 18 - Rend Your Heart Bible Reading Plan: Joel 2:12-32 Prayer Focus: God prefers sincerity to ceremony. He calls to us to turn completely to Him with fasting and repentance. As you repent, know that God will restore you. He will satisfy you. He will vindicate you. He will pour out His Spirit upon you. He will deliver you. Rend your heart to Him.

Notes _____

Day 19 - How Lovely Bible Reading Plan: Psalm 8:4 Prayer Focus: A vast universe. But how lovely to know that it is you that He is mindful of. It is you that God has placed His image within. If sin has once again marred His image within you, take time to visit with God and seek restoration.

Notes _____

Day 20 - Justice & Mercy Bible Reading Plan: Zechariah 7 Prayer Focus: The fast God wants is not an annual ritual but a daily way of life. It means showing compassion and helping the poor and needy. God wants mercy not sacrifice. Is fasting helping you want to obey God and His Word by serving others? Pray for God to soften your heart.

Notes _____

Day 21 - The River from The Temple Bible Reading Plan: Ezekiel 47:1-12 Prayer Focus: It's time. Step away from the edge and jump into the depths of God's living water. Pray to experience the fullness of His Holy Spirit. Pray to be renewed. Pray that His living waters will flow through you and bring renewal, healing and blessings to others.

Notes _____

ADDITIONAL BIBLE READINGS & SCRIPTURES

For Victory in Spiritual Warfare – Mark 9:29 – And he said unto them, this kind can come forth by nothing, but by prayer and fasting.

To Overcome the Flesh – 1 Corinthians 9:27 – But I keep under my body and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

For Renewed Relationship with God – Joel 2:12 – Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

For Guidance – Ezra 8:21 – Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

To Hear from God – Acts 10:30-31 – And Cornelius said, four days ago I was fasting until this hour; and at the ninth hour, I prayed in my house and behold, a man stood before me in bright clothing, and said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.

To Bring Deliverance from Strongholds – Isaiah 58:6 – Is not this the fast that I have chosen? to lose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

To Seek Forgiveness Daniel 9:3-5 – And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord my God, and made my confession, and said...We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:

Matthew 6: 16 – 18

1 Corinthians 7:5

Isaiah 58:6

Exodus 34:28

Isaiah 58:3-7

2 Samuel 1:12

Ezra 8:23

Acts 14:23

Matthew 9: 14-17

Daniel 10: 3

2 Samuel 12:15 – 17

Joel 2:12

Acts 13:2

Matthew 6:17-18

Luke 18:1-12

Psalms 69:10

Mark 9:29

Luke 4:1-4

Matthew 6:16

Psalms 35:13-14

Joel 1:14

Acts 13:1-3

Matthew 6:18

Esther 4:16

Acts 13:3

Joel 2:12-13

Luke 2:37

Ezra 8:21-23

Luke 18:12

Colossians 3: 1-25

Psalms 51

How to Pray...

P - PRAISE

Tell God how much you appreciate Him. This is a great way to begin your prayer time. Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. You should never run out of praise.

R - RESPOND

Respond to what He's done in your life. Express gratitude for what God is doing and has already done. We have so much to be thankful for. Thank God for His love, his faithfulness and His patience.

A - ASK

Ask for forgiveness, then ask for your needs and desires. Tell God where you have fallen short. Be specific. Confess your sins (1 John 1:9) and thank Him for the forgiveness you have in Christ and ask for help and strength to turn away from future temptations.

Share your needs and desires with God, no matter how big or small they may seem. Nothing is too big or too small for God. He cares about every detail of your life. Pray for your own needs and for the needs of others.

Y - YIELD

Be still and silent for a short time. God still speaks. Get still, get quiet and listen for His voice. Ask Him to search your heart. (Psalm 139: 23-24). Meditate on the scriptures you read for the day and allow Him to speak to you through it. Listen to what the Holy Spirit is prompting you to do. The Holy spirit may show you anything you need to work on or change. He may tell you to pray for something or someone specific or to do something for someone else. Just be still and listen.

Be still

and know that

I am God

Psalm 46:1



Corporate Prayer

Prayer Line

Access Code

717382

(667) 770-1476

During Consecration:

Every Wednesday night: 6:30 pm - 7:00 pm

Early Morning Prayer

Every Tuesday, Wednesday, Thursday
mornings @ 5:30 am - 6:00 am

ADDITIONAL RESOURCES:



The Word For You
Today



A word for the New Year
Drs. Roger & Connie Green

FREE DOWNLOAD AVAILABLE IN GOOGLEPLAY OR APPLE APP STORE)

APP ACCESS CODE: PVR



Fasting Tips and Talking Points for Parents & Children



Remember:

This is between you & God. Fasting is a way to get to know God better.

Read Daniel Chapter 10 as a family to better understand what the model for the 21-day Fast is.

Practical ways for Parents to fast with their children:

Fast an activity. If your child is obsessed with doing something specific (video games, tv, etc.), lead them to give it up for a period of time and fill it with devotional time instead.

Abstain from sweets. Encourage kids to not eat sugar-based foods (candy, cake, pastries) for a designated time.

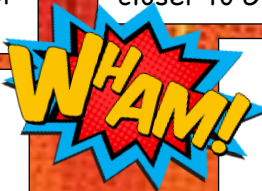
Fasting is a discipline not a punishment. Don't use the biblical discipline of fasting to ease your guilt or need to punish poor behavior.

Model biblical fasting. Kids learn more from what they see than what they simply hear.

Proper Understanding. Explain that you will be praying and fasting for 21-days. Speak about praying and fasting every day until the day you begin.

* Purchase child-friendly devotionals such as VeggieTales and other available resources.

Journaling. Ask your child(ren) to write specific needs or issues and discuss as a family, then pray about them.



Youth Fasting Commitment:

I promise to take this fast seriously as a time to humble myself for God. I know it might be hard, but God will help me get through it. I will use this time of fasting to pray and get closer to God by praying and reading my Bible.



Things to Pray for with your Children...

Passion for the Lord - Psalm 42:1

Wisdom - James 1:5

Humility - Proverbs 22:4

Compassion - Psalm 145:9

Generosity - 1 Timothy 6:18

Peace - Isaiah 26:3

God's protection - 2 Thessalonians 3:3

Seeking the Lord - Lamentations 3:25

Purity - Psalm 51:10

Integrity - Proverbs 10:9

Courage - Deuteronomy 31:6

Confidence - Proverbs 3:26

Faithfulness - Proverbs 14:22

Responsibility - Galatians 6:5

Salvation - Titus 3:5

Contentment - 1 Timothy 6:6

Righteousness - Psalm 11:7

God's Grace - 2 Corinthians 9:8

Self-Control - 1 Corinthians 10:13

Mercy - Luke 1:50

Obedience to God - Acts 55:29

Obedience to Parents - Ephesians 6:1



Dietary Guidelines for Children

Parent(s) discretion

If your child has any known medical conditions, food allergies, etc., please consult your doctor before beginning the fast.

Reflections

PRAISE Reports

POD Join us for our norms...

Connect with us Weekly

Morning Prayer (Prayer-Line)

Every Tuesday, Wednesday, Thursday

Prayer Line #: 667-770-1476
access code: 717382

Virtual Bible Study

Every Wednesday @ 7:00 pm

Zoom.com

Join code: 9441045744

Connect with us Monthly

Men's Prayer (Prayer Line) 1st Monday @ 7 pm

Prayer Line #: 667-770-1476
access code: 717382

Women's Virtual Discussion & Prayer

2nd Monday @ 7 pm

Zoom.com Join code: 9441045744

Corporate Prayer (Prayer Line) 12 pm

Prayer Line #: 667-770-1476 access code: 717382

"PRAYER" OUR COMMITMENT - "DELIVERANCE" OUR VICTORY