

21 DAY Prayer & Preparation

January 11-31, 2025

REVEREND DR. JAMES H. ALEXANDER,
PASTOR

"TRUSTING GOD
IN TRANSITION"





Pastoral Greetings

Greetings Mount Calvary Family & Friends,

As we embark upon this season of spiritual growth and renewal, I am delighted to invite you to join us in 21 days of prayer and fasting. Together, we will seek God's guidance as we pursue His vision for our church: evolving from a teaching church to a reaching church.

This journey is 3-fold:

To set the tone for our individual and corporate spiritual walk through 2025 (and beyond),

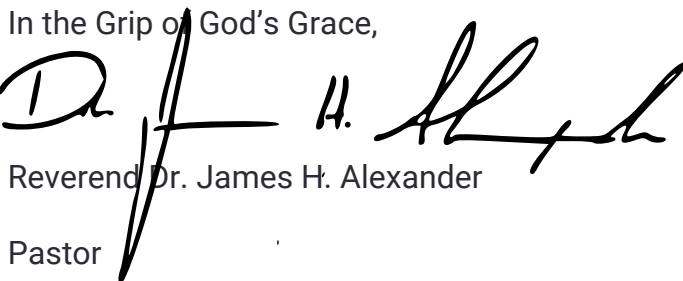
To collectively center ourselves on embracing and embodying what it means to emphasize evangelism and outreach as our calling card (reaching)

To establish a sense of spiritual discipline that permits us to align closely with the heartbeat of God, extends the hand of Christ beyond the margins, and hearkens to the Holy Spirit's promptings to guide us through whatever may come our way.

Over the next 21 days, we will pray intentionally for boldness, wisdom, and unity as we learn to put our faith into action in ways that impact lives and transform our community. Fasting is a powerful way to deepen our connection with God, and I encourage you to participate in whatever way is meaningful for you—whether it's fasting from food, social media, or other distractions. To assist in this endeavor, included in each day is a brief devotional. Please take the opportunity to peruse it, pause and consider what God may be saying to you for such a time as this.

Let us embark on this journey together, trusting that God will move mightily in and through us as we commit ourselves to His work.

In the Grip of God's Grace,



Reverend Dr. James H. Alexander
Pastor



Fasting Defined

1

What is Fasting?: A fast is a period of abstaining from something that is desired. Fasting is very prevalent in the Holy Bible; Moses, Daniel, and even Jesus fasted! (so, it's been tested, tried and true.)

2

Why Fast?: Fasting is essential, in partnership with prayer, to transforming lives. It quiets the noise and distractions both around and within us so that we may be present for a meaningful encounter with the Divine. Fasting is also worship, placing God in God's rightful place as the focus and center of one's life. (cf. Psalm 35:13)

3

What Does a Fast Look Like? There is a diversity of fasts present in the Bible and practiced today. While traditionally geared towards food, fasting can also entail anything sacrificial for us (i.e. social media, television, hobbies)

But wait!!!! There's more....before you enter your fast, understand that fasting done absent of prayer is a recipe for failure. A fast is holistic, tuning our entire selves towards God. It enables us to see, hear, and feel God's presence at work with intent. To assist in that endeavor, please engage in the Morning Motivations Prayer Calls hosted each Monday, Wednesday and Friday via Zoom as a devotional period! Also, it may be helpful (hint, hint) to invest in a journal, and jot down your thoughts and experiences during this 21-day journey, as it will serve as the commencement of a new season in your life, and not a conclusion!

MIND

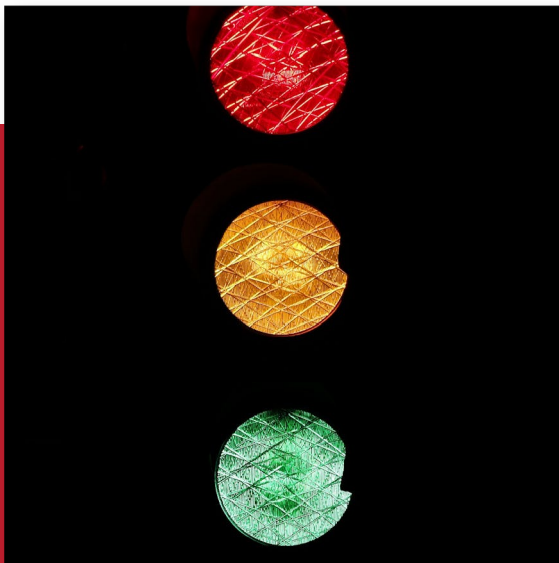
Days 1-7

BODY

Days 8-14

SOUL

Days 15-21



"Success is not an accident; it is the result of vision, hard work, and the courage to take a step forward." - Colin Powell

Disclaimer: Prior to embarking on this fast and/or modifying your diet, please be sure to consider your personal health needs and consult your physician. Let's begin!



FASTING AND PRAYER SCHEDULE

DATE	ACTION	FOCUS OF PRAYER	SCRIPTURE	What is God Saying to Me?
January 11	Omit 1 meal today	Renewal of the Mind	Romans 12:1 – 2	
January 12	Omit 1 meal today	Openness to God's voice	Isaiah 6:1-8; I Samuel 3: 1-21	
January 13	Omit 1 meal today	Understanding of Self in relationship to God	Colossians 2 - 3	
January 14	Omit 1 meal today	Earnestly seeking after God	Deuteronomy 4:29-31; II Chronicles 7:14-15	
January 15	No Processed Foods Water & 100% Juice Only (Midnight – Midnight)	Centering our thoughts on God amid our circumstances	Philippians 4:4-9	
January 16	Omit 1 meal today	Finding peace in God	Isaiah 26:3-4	
January 17	Omit 1 meal today	Hoping In God	I Peter 1:3-16	



FASTING AND PRAYER SCHEDULE

DATE	ACTION	FOCUS OF PRAYER	SCRIPTURE	What is God Saying to Me?
January 18	Omit 1 meal today	Identifying our bodies as temples	I Corinthians 6:19-20	
January 19	Omit 1 meal today	Fasting with Purpose	Matthew 6:16-18	
January 20	Omit 1 meal today	Strength for Service	Isaiah 40:28-31	
January 21	No Processed Foods Water & 100% Juice Only (Midnight – Midnight)	Healthy Habits for Kingdom Living	I Corinthians 10:23-33	
January 22	No Processed Foods Water & 100% Juice Only (Midnight – Midnight)	Finding Rest in God	Matthew 11:28-30	
January 23	Omit 1 meal today	Promoting Spirit over Flesh	Matthew 26:41	
January 24	Omit 1 meal today	Using the Body as an instrument of Worship	II Samuel 6: 1-15	



FASTING AND PRAYER SCHEDULE

DATE	ACTION	FOCUS OF PRAYER	SCRIPTURE	What is God Saying to Me?
January 25	No Processed Foods Water & 100% Juice Only (Midnight – Midnight)	Anchoring ourselves in Christ	Hebrews 6:1-19	
January 26	No Processed Foods Water & 100% Juice Only (Midnight – Midnight)	Guarding our Hearts	Proverbs 4:23	
January 27	Daniel Fast: no meat, desert, strong drink, processed foods	A Soul Thirsting for God	Psalms 42:1-2	
January 28	Daniel Fast: no meat, desert, strong drink, processed foods	Walking in the Spirit	Galatians 5:16	
January 29	Daniel Fast: no meat, desert, strong drink, processed foods	Peace for the Soul	John 14:27	
January 30	Daniel Fast: no meat, desert, strong drink, processed foods	Bearing Spiritual Fruit	Galatians 5:22-23	
January 31	Daniel Fast: no meat, desert, strong drink, processed foods	Restoration for the Soul	Psalms 23:3	



DANIEL FAST: FOODS TO INCLUDE

- All fruits. These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon
- All vegetables. These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.
- All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.
- All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, and sesame. Also nut butters including peanut butter.



DANIEL FAST: FOODS TO INCLUDE (CONT.)

- All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black-eyed peas, kidney beans, black beans, cannellini beans, and white beans.
- All quality oils, including but not limited to olive, canola, grape seed, peanut, and sesame.
- Beverages: spring water, distilled water, or other pure waters.
- Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.



DANIEL FAST: FOODS TO AVOID

- All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.
- All dairy products including but not limited to milk, cheese, cream, butter, and eggs.
- All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.
- All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.
- All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- All deep fried foods including but not limited to potato chips, French fries, corn chips.
- All solid fats including shortening, margarine, lard and foods high in fat.
- Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.



PARTIAL FAST: CONSIDERATIONS

A partial fast involves refraining from food during a specific window of time, such as from 6:00 a.m. to 3:00 p.m. or from sunup to sundown.

- No fried foods
- No meats: No Red Meat, Pork (Only Turkey, Chicken and Fish)
- No BREAD
- No soft drinks, carbonated beverages, caffeine (WATER AND NATURAL JUICES ONLY)
- No sugar or sugar additives
- No fast foods
- No eating out at restaurants
- No more than 2-hours of media entertainment per week -
(includes television, movies, radio - Gospel music is ok)
- No social media (i.e., Facebook, Instagram, Snapchat, Tik Tok, X)



SACRIFICIAL FAST: CONSIDERATIONS

A sacrificial fast involves making a personal sacrifice following the Holy Spirit's guidance. This type of fasting requires identifying something in our lives that can (or in some cases, has) become a distraction or deterrent to fully walking in the will of God. Some examples of a sacrificial fast are:

- No social media (i.e. Facebook, Instagram, X, Tik Tok, Snapchat)
- No television (i.e., cable, streaming apps)
- No derogatory or hurtful language
- No unnecessary spending



MOUNT CALVARY BAPTIST CHURCH

Morning MOTIVATIONS

JOIN US EACH MONDAY, WEDNESDAY AND FRIDAY
AS WE PRAY TO START THE DAY!

BEGINNING **13TH** | 8:00AM
JANUARY

with THE MCBC MINISTERIAL
COHORT

zoom

ROOM ID: 86256050450
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Reverend James H. Alexander, DMin: Pastor