

NEW COVENANT CHRISTIAN MINISTRIES

# R.E.S.E.T.

# 2023

## Prayer & Fasting Guide

RETURNING • ENGAGING • SERVING  
EMPOWERING • TRANSFORMING



## A WORD FROM OUR PASTORS

*As is the case for many believers, it is our custom to begin each year with a time of consecration that includes two essential disciplines: fasting and prayer. The purpose is to create a greater spiritual focus for ourselves as individuals as well as to come together as a corporate body and lift specific requests before the throne of grace.*

*This year's twenty-one days of fasting and prayer are especially important as they signify crossing the threshold of a worldwide pandemic. While things are no longer as they were, and much has been lost, we enter the year with gratitude for what remains and discernment for strategic impact as we declare 2023 as the year of **R.E.S.E.T.***

***Returning** ▪ **Engaging** ▪ **Serving** ▪ **Empowering** ▪ **Transforming.***

*While this is not the only time we should be engaged in consecration, we believe that it will give us a greater ability to hear God's voice as we move into His plan for resetting, reestablishing, and reigniting us for kingdom impact in 2023 and beyond. So, thank you in advance for joining us as we turn down our plates, turn up our discernment, and begin this year with God's direction for returning, engaging, serving, empowering, and transforming.*

*Blessings,*

*Pastor Bill & Dr. D'*

## GUIDELINES FOR THE FAST

To fast is to abstain from food and/or drink for a specified period. A biblical fast is conducted for a spiritual purpose and is designed to shift one's focus from the physical to the divine. As a result, fasting for the believer should always be coupled with prayer and meditation on God's Word. There are different types of fasts that one can use: *absolute* (eliminating all food and drink), *normal* (refraining from food for a specified period each day), or *partial* (eating only specific foods and/or drinks). A biblical example of the latter can be found in Daniel 1:1-16 and 10:1-3.

**Beginning at 12:01 am on Wednesday, January 4<sup>th</sup>, and ending at 11:59 pm on Tuesday, January 24<sup>th</sup>,** we will follow the Daniel model of fasting for twenty-one full days. There are several resources available for allowable foods while on a Daniel Fast, one of which can be found by going to the following link: <http://www.ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines>.

## GUIDELINES FOR PRAYER

Prayer is the believer's lifeline in that it is our communication with God. It is in prayer that we honor and appreciate God, make our requests known to Him, and, most importantly, hear Him speak into our everyday life. During the time of a church-wide fast, we also use the opportunity to spend time in prayer on corporate issues—the entire church body directing its petitions to our Father as a unit. The words that we each use may be different; however, we know that each day we will be a family of many talking to our Father about the same thing and listening for His direction on how He wants to manifest the answer through each one of us.

In addition to our personal times of prayer each day, we will come together at **7:00 a.m. each weekday morning from January 4<sup>th</sup> through the 25<sup>th</sup> for Corporate Prayer.** To join the prayer line, **dial (425) 436-6373** and enter Participant Access Code **859138#**. You will not have to identify yourself; just mute your phone, hear the day's devotional thoughts, and then add your faith and prayers.

## OUR DAILY PRAYER FOCUS

### Prayer Focus – RETURNING

*Wednesday, January 4*

#### **Returning to God**

Father, I repent for drifting away from You. Thank You for calling me back to Yourself. In response to Your grace, compassion, mercy, and abundant love, I return to You with my whole heart, soul, mind, and strength. Today, I make a fresh commitment to walk with You, in Jesus' Name.

**Scriptures:** Zech 1:3;  
Joel 2:12-13; Isa 44:22;  
2 Chron 30:9b

**Songs:** Heart of God (Hillsong Worship), I Surrender (Hillsong Worship), I Surrender All (William McDowell)

*Thursday, January 5*

#### **Returning to the Worship of God**

Father, so many things try to attract my attention, affection, and devotion, but I set my heart to worship You alone. You desire for us to worship You in spirit and in truth, so today I ask You to help me be a true worshipper. I bow my heart before You and pour my love all over You.

**Scriptures:** Ex 20:3;  
Luke 4:8; John 4:23;  
Heb 13:15

**Songs:** Worthy of It All (CeCe Winans), Your Majesty (Bishop T.D. Jakes), Here I Am to Worship (Israel & New Breed), Worship Rise (Travis Greene)

*Friday, January 6*

#### **Returning to the Word of God**

Father, Your Word is the anchor of my soul. In Your Word, I find peace, comfort, direction, correction, instruction, love, and so much more. Please forgive me for the times I put other things ahead of spending time in Your Word. Today, I commit to reading and studying Your Word daily.

**Scriptures:** 2 Tim 3:16;  
Heb 4:12; Ps 119:105

**Songs:** Word of God Speak (Mercy Me), Thy Word (Amy Grant), Your Words (Third Day)

*Saturday, January 7*

**Returning to the Ways of God**

Father, I have tried to do things according to my will and my way, but I realize that Your way is far better. I repent of my stubbornness, and I yield to Your will and Your way. Teach me Your ways, O Lord, that I may live according to Your truth.

**Scriptures:** Prov 14:12; Isa 55:8-9; Ps 86:11

**Songs:** Have Your Way (Darlene Zschech), Your Way is Better (CBC Worship), Make Room (Elyssa Smith & Community Worship)

**Prayer Focus – ENGAGING**

*Sunday, January 8*

**Engaging in a Closer Relationship with God**

Father God, thank You for wanting me to know You better. I repent for not consistently growing our relationship. As I make the decision to engage in a more intimate connection with You, please help me to draw closer to You and know You better.

**Scriptures:** Jer 29:12-13; John 14:23; James 4:8

**Songs:** The Heart of Worship (Matt Redman); More (Red Rocks Worship); Make Room (Jonathan McReynolds)

*Monday, January 9*

**Engaging in a Godly Walk**

There have been times during my day when I do not behave as I should as a follower of Christ Jesus. I repent. Father God, help me to put on Christ daily, leaving no room for fleshly behavior or speech.

**Scriptures:** Gal 5:16; Romans 13:14; Prov 12:14

**Songs:** Respond (Travis Greene), New Wine (Hillsong/Todd Galbreth)

*Tuesday, January 10*

**Engaging in Godly Relationships with Others**

Father God, I want to live in a way that shows others Your character and love. As I engage in relationships with people, please help me to exhibit Your

**Scriptures:** Mark 6:34; Gal 5:22-25; James 1:19

**Songs:** Does Anybody See Her (Casting Crowns), Give Us Your

<p>character and the fruit of the Spirit. As I interact with people, help me to see them, hear them, and show them compassion.</p>	<p>Heart (William McDowell)</p>
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***Wednesday, January 11***

<p><b>Engaging in the Local Church</b>          Lord God, I know that the Church is Your idea, so that makes it good. I confess that I am not always engaged when I attend church services. Help me to see these gatherings as an opportunity to meet with You as well as my family in Christ. Help me to make attending services a priority. Whether I attend in person or virtually, remind me to fully participate. Help me to experience You and fellowship with other believers.</p>	<p><b>Scriptures:</b> Matt 18:20; Acts 2:44-45; Heb 10:24-25  <b>Songs:</b> The Gathering (Casey J); I Need You to Survive (Hezekiah Walker)</p>
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**Prayer Focus – SERVING**

***Thursday, January 12***

<p><b>Serving by Love</b>          Lord, I acknowledge that Christ did not come to be served, but to serve. Our Savior is the perfect role model of what it means to love. He gave so much more than He ever received. Holy Spirit, help me to love like Christ. Give me a servant’s heart to love by serving others instead of expecting to be served. Show me how to selflessly think about others more than myself and give my life away as Jesus did.</p>	<p><b>Scriptures:</b> Matt 20:28; Josh 24:1  <b>Songs:</b> Love God, Love People (Israel &amp; New Breed), Serve the Lord (Marvin Sapp)</p>
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***Friday, January 13***

<p><b>Serving by Using My God-given Gifts</b>          Heavenly Father, You have called me to be diligent and hardworking. Holy</p>	<p><b>Scriptures:</b> 1 Pet 4:10 NCV; Ex 36:1  <b>Songs:</b> I Give Myself</p>
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<p>Spirit, I depend on You to show me God’s will in effectively ministering to others in faith. May I honor You and be an example of God’s love, faith, and purity each time I use my gifts, talents, and abilities to serve others with good works.</p>	<p>Away/Yes (William McDowell); Pour Me Out (Brandon Lake)</p>
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*Saturday, January 14*

<p><b>Serving for Good Works</b>  God, I want to become like Your people who volunteered and constructed the sanctuary for Your glory. Rouse my heart and cause my spirit to be freely responsive in carrying out the task You have called me to fulfill. Let my enthusiasm to fulfill Your good works be contagious so the hearts of others will likewise be stirred up to do good works for Your glory and the edification of others.</p>	<p><b>Scriptures:</b> Ex 35:21,26; 36:1 AMP; Eph 2:10  <b>Songs:</b> Your Spirit (Tasha Cobb); Pour Me Out (Brandon Lake)</p>
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*Sunday, January 15*

<p><b>Serving in Unity</b>  Father, the Body of Christ has many parts but is called to serve in unity and oneness. I was never meant to serve You by myself; I was meant to serve You with a body of fellow believers, whether in my family, small group, church, or community. Help me to have Jesus’ spirit of love and oneness in all my relationships as I serve you with others.</p>	<p><b>Scriptures:</b> Eccl 4:9-12; 1 Cor 12:20; Col 2:19; Eph 4:15-16  <b>Songs:</b> Others (Israel Houghton), Build Your Church (Elevation Worship/Maverick City), One Lord, One Body (Body of Christ), The Body of Christ (Christian Affleck)</p>
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**Prayer Focus – EMPOWERING**

*Monday, January 16*

**God’s Plan for My Life**

Lord God, I thank You for the plans You have for my life. I thank You that Your plans are fruitful, hopeful, and joyful. I will trust You to fulfill Your plans in my life. Lord God, be my map and guide. Nudge me. Redirect me if I attempt to move in a direction not ordained by You. No one can alter, change, or disrupt Your plan for my life, so I put my faith and trust in You. In Jesus’ Name.

**Scriptures:** Jer 29:11-14; Prov 3:5-6; Ps 33:11; Isa 14:27

**Songs:** Perfect Praise (Marvin Sapp); He’s Preparing Me (Daryl Coley)

*Tuesday, January 17*

**God’s Timing for My Life**

Lord God, You knew me before I was knitted in my mother’s womb. You have plans for my life. I thank You that all You have purposed for my life will come to pass in Your timing. I commit to participating by being obedient to Your commands. Thank You that my steps and my stops have been established by You. In Jesus’ Name.

**Scriptures:** Est 4:14; Ps 139; Ps 37:23; Isa 46:10-11

**Songs:** Order My Steps (GMWA Women of Worship), Your Steps Are Ordered (Fred Hammond)

*Wednesday, January 18*

**What Does God Require?**

Lord, You have given me Your requirements. Help me to always do justice as I walk out my calling, and let Your kindness always radiate from me. I commit to walking humbly with You. Thank You for showing me what is important as I pursue what You have called me to do. In Jesus’ Name.

**Scriptures:** Micah 6:8; Ps 32:8

**Songs:** Here I Am to Worship (William McDowell), Changed (Tremaine Hawkins), When the Saints Go to Worship (Donald Lawrence)

*Thursday, January 19*

**Wisdom to Discover God's Purpose**

Lord, You told us if we lacked wisdom all we needed to do was ask You for it and You would give it to us generously. I ask now for wisdom in discovering and walking out Your purposes for my life. Thank You for the wise counselors You place in my life to help me know Your will. I thank You that Your purpose will stand forever. In Jesus' Name.

**Scriptures:** Eph 5:15-20; Prov 15:22; 16:1-3,9; 19:21

**Songs:** The Battle is the Lord's (Yolanda Adams), Take My Life (Micah Stampley)

**Prayer Focus – TRANSFORMING**

*Friday, January 20*

**A Renewed Mind**

Lord, please renew my mind so that I can think and behave differently. Your Word says transformation begins with our thoughts. Will You, by Your Holy Spirit, give me the mind of Christ? May my mind think about things that are lovely and true. May my mind be steadfast on You.

**Scriptures:** Romans 12:1-2

**Songs:** Have Your Way (Casey J), This Altar (Psalmist Raine), I Have Decided to Follow Jesus (Kathryn Scott)

*Saturday, January 21*

**God's Glory Transforms**

O Lord, how I long to know You more. As I seek You, You will reveal Yourself to me. The more I contemplate how great You are, the more I am transformed by Your Spirit. Show me Your glory.

**Scriptures:** 2 Cor 3:18

**Songs:** Show Me Your Glory (Third Day), For Your Glory (Tasha Cobbs)

*Sunday, January 22*

**New Life by Dying Daily**

Thank You, Lord, for Your promise of making me a new creature. I declare that I am dying daily, and new life comes to me through Your Holy Spirit. I depend and trust confidently on this truth and believe I am transformed.

**Scriptures:** 2 Cor 5:17; Ps 119:11

**Songs:** Changed (Tramaine Hawkins), Change Me (Billy R. Johnson)

*Monday, January 23*

**The Fruit of the Spirit**

Father God, thank You for revealing to me what a transformed life looks like. Continue to help me grow in the fruit of the Spirit, as I can never have too much. Help me to walk daily in love, joy, peace, patience, goodness, kindness, faithfulness, gentleness, and self-control. I yield myself to the Spirit of God.

**Scriptures:** Gal 5:22-23

**Songs:** Act Justly, Love Mercy, Walk Humbly (Pat Barrett), Spirit of God (Phil Wickham)

*Tuesday, January 24*

**Going from Glory to Glory**

Heavenly Father, now that I have come to the end of the corporate time of prayer and fasting, I thank You for all that you have shown me and said to me. I pray that the disciplines that I have employed throughout this time will not end here, but that You will prompt my heart to continually walk in a posture of resetting. As I yield to You, I trust that You will work in me both to will and do of Your good pleasure. I look forward to living with a renewed mind, realigned priorities, and a reignited heart—all to be a greater witness of Your goodness and grace. In Jesus' Name. Amen.

**Scriptures:**

2 Cor 3:16-18; Phil 1:3-6; Col 1:9-11; Heb 13:20-21

**Songs:** The Benediction (Anthony Brown & Group Therapy), Cathedral (Jonathan McReynolds), Breathe (Maverick City Music)

*Wednesday, January 25<sup>th</sup>*

**Praise God for hearing and answering our prayers!**

*Save the Date*

January 14 • Annual Accountability Meeting  
January 28 • Leadership Training

**NEW COVENANT CHRISTIAN MINISTRIES**

Billy R. Johnson, Senior Pastor  
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