

HOPE XPRESS COMMUNITY CHURCH 21 DAYS OF

PRAYER AND FASTING

JANUARY 10 - 30



Fasting and Praying

Greeting and Happy New Year. Pastor Jo Ann and I want to thank each of you for your continued support of Hope XPress Community Church! As we look forward to what the Lord has prepared for us in 2022, there really is no better way to reset our spiritual compass and refresh our lives than through prayer and fasting.

Fasting is a very important part of the Christian life. The Bible records that Jesus fasted for 40 days (Matt. 4:2) and He taught His disciples to fast (Matt. 6:16-18). Fasting has tremendous spiritual and physical benefits some of which are outlined in Isaiah 58. It is a powerful weapon for believers, corporately and individually.

Please take a moment and review the information in this packet. You will notice that there are three types of fasts available this year. You can choose one or you can do a combination of the 3 types of fasts listed over the next few weeks. This fast was intentionally designed to be flexible so that you can participate at any level. Whether you have done a fast before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

Although fasting is a sacrifice and discipline it is not meant to be unattainable. Select a fast that works for you and that will honor God.

It is our prayer that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the period of your fast.

May God continue to bless and enlarge you as you seek Him first!

Moving Forward In God's Purpose!

Alfred A. Holston

Senior Pastor

MEDICAL CONDITIONS

Consult your doctor before starting any Fast. Decide together what is best for you.

TYPES OF FASTING

FULL FAST	MODIFIED DANIEL FAST	PARTIAL FAST
Drink only Liquids	<ul style="list-style-type: none">- Eats fruits & vegetables- Eat Baked or broiled fish and poultry- Drink water, tea, and Juice- No fried foods, sweets, bread or dairy	<ul style="list-style-type: none">- Full Fast from 6 a.m. to 6 p.m. (drink only liquids)- After 6 p.m. – meals are consistent with modified Daniel Fast

READING & PRAYER FOCUS

<u>Week 1</u>	<u>Pray For</u>	<u>Scriptures</u>
January 10	Senior Pastor Alfred Holston	Jeremiah 3:15; Hebrew 13:17
January 11	Co-Pastor Jo Ann Holston	1 Peter 5:1-5
January 12	Associate Pastor Eric Holston	1 Thessalonians 5:12-13
January 13	Wisdom/Knowledge/Understanding	James 1:5; Proverbs 27:3
January 14	Resources for the Ministry	II Corinthians 9:8
January 15	Global Impact and Glorifying God	Matthew 28:19
January 16	Global Leaders	1 Timothy 2:1-4; Proverbs 21:1
<u>Week 2</u>	<u>Pray For:</u>	<u>Scriptures</u>
January 17	Souls added to the Kingdom	Mark 16:15; Luke 15:10
January 18	Backslidden souls restored	Joel 2:12-13
January 19	Spiritual Increase/Financial Increase	Matthew 17:18-21; Phil 4:19
January 20	Marriages and Families	Genesis 2:23; Eph 5:22-33
January 21	Singles	2 Cor 6:14; Romans 12:1
January 22	Our Nation	Mark 3:25; Matthew 12:25
January 23	Leading of the Holy Spirit	Matthew 6:9-13; Daniel 10:1, 11-12; Psalm 143:10
<u>Week 3</u>	<u>Pray For</u>	<u>Scriptures</u>
January 24	Schools & Children	Proverbs 14:26; Psalm 121:3
January 25	Peace & Love In Our Country	Matthew 22:36-40; Philippians 4:7
January 26	Sickness & Disease	3 John 1:2; Psalm 103:2-3
January 27	Homelessness	Isaiah 58:7; Proverbs 19:17; Proverbs 21:13
January 28	Mental Health	John 16:33; Psalms 91:11-12;
January 29	Sex Tracking	Psalm 82:4; Deuteronomy 27:19
January 30	Revival	Psalm 80:19; 2 Chronicles 7:14

YOUTH EXPRESS

Continue your regular diet, except for sweets and drink only water as a
beverage of choice
(No soda, tea, kool aid, etc.).

Refrain from

ALL SOCIAL MEDIA

(including YouTube, except regular emails & virtual learning)
From the periods of 12 PM to 12 AM

Video games are permitted once a week. Only Christian
Music (no secular) during the fasting period