

TABERNACLE BAPTIST CHURCH

21  
DAY

Church  
**FAST**

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JAN 3 - 26, 2022

# Purpose of Fasting



Fasting is a spiritual discipline to better connect us with God. It's all about aligning ourselves with God and what He really wants to do. As a church, we are fasting together in order to deepen our relationship with God as well as get in step with His plan and purpose for us during this coming year. Over the next 21 days, we will substitute our regular food intake with those disciplines that help us better connect with God - reading the Bible, praying and journaling. The overall goal is to experience a genuine hunger for spending time with God. Focus more on the details of connecting with God than the details of the menu and you will discover the blessings of fasting.



I'm encouraging the Tabernacle Baptist Church family to begin 2022 with a corporate fast. We will begin the year fasting for 21 days from Monday, January 3 - Wednesday, January 26, 2022. Fasting in January is much like praying in the morning to establish the will of God for your entire day. I believe that if we pray and seek God and give Him our first and best at the beginning of the year, He will honor the sacrifice and bless our ENTIRE year! Fasting should never bring harm to the body. If you have concerns, be sure to consult your health care provider before beginning the TBC Fast or making any major dietary change.

A handwritten signature in black ink, appearing to read 'Charles E. Goodman, Jr.'

Rev. Dr. Charles E. Goodman, Jr.  
Senior Pastor/Teacher, Tabernacle Baptist Church

# Daily Devotional Schedule



## Day 1 | Jan 3 || Prayer Focus: Direction

Scriptures: Gen. 1:2, Matt. 1:2:12, Ps. 1:1-6, Prov. 1:1-6

## Day 2 | Jan 4 || Prayer Focus: Understanding

Scriptures: Gen. 3:4, Matt. 2:13-3:6, Ps. 2:1-12, Prov. 1:7-9

## Day 3 | Jan 5 || Prayer Focus: Wisdom & Faith

Scriptures: Gen. 5:7, Matt. 3:7-4:11, Ps. 3:1-8, Prov. 1:10-19

## Day 4 | Jan 6 || Prayer Focus: Renewed Mind

Scriptures: Gen. 8:10, Matt. 4:12-25, Ps. 4:1-8, Prov. 1:20-23

## Day 5 | Jan 7 || Prayer Focus: Balance

Scriptures: Gen. 11:13-14, Matt. 5:1-26, Ps. 5:1-12, Prov. 1:24-28

## Day 6 | Jan 8 || Prayer Focus: Divine Purpose

Scriptures: Gen. 13:5-15, Matt. 5:27-48, Ps. 6:1-10, Prov. 1:29-33

## SABBATH | Jan 9

## Day 7 | Jan 10 || Prayer Focus: Health

Scriptures: Gen. 16:18-15, Matt. 6:1-24, Ps. 7:1-17, Prov. 2:1-5

## Day 8 | Jan 11 || Prayer Focus: Finance & Provision

Scriptures: Gen. 18:16-19, Matt. 6:25-7:14, Ps. 8:1-9, Prov. 2:6-15

## Day 9 | Jan 12 || Prayer Focus: Spiritual Gifts

Scriptures: Gen. 20:22, Matt. 7:15-29, Ps. 9:1-12, Prov. 2:16-22

## Day 10 | Jan 13 || Prayer Focus: Discipleship

Scriptures: Gen. 23:24-51, Matt. 8:1-17, Ps. 9:13-20, Prov. 3:1-6

## Day 11 | Jan 14 || Prayer Focus: Intentional Living

Scriptures: Gen. 24:52-26:16, Matt. 8:18-34, Ps. 10:1-15, Prov. 3:7-8

## Day 12 | Jan 15 || Prayer Focus: Families

Scriptures: Gen. 26:17-27, Matt. 9:1-17, Ps. 10:16-18, Prov. 3:9-10

## SABBATH | Jan 16

## Day 13 | Jan 17 || Prayer Focus: Church & Community

Scriptures: Gen. 28-29, Matt. 9:18-38, Ps. 11:1-7, Prov. 3:11-12

## Day 14 | Jan 18 || Prayer Focus: Evangelism

Scriptures: Gen. 30-31:16, Matt. 10:1-23, Ps. 12:1-8, Prov. 3:13-15

## Day 15 | Jan 19 || Prayer Focus: Poverty/Food Deserts

Scriptures: Gen. 31:17-32:12, Matt. 10:24-11:6, Ps. 13:1-6, Prov. 3:16-18

## Day 16 | Jan 20 || Prayer Focus: Social Justice

Scriptures: Gen. 32:13-34, Matt. 11:7-30, Ps. 14:1-7, Prov. 3:19-20

## Day 17 | Jan 21 || Prayer Focus: Church Universal

Scriptures: Gen. 35-36, Matt. 12:1-21, Ps. 15:1-5, Prov. 3:21-26

## Day 18 | Jan 22 || Prayer Focus: Unity

Scriptures: Gen. 37-38, Matt. 12:22-45, Ps. 16:1-11, Prov. 3:27-32

## SABBATH | Jan 23

## Day 19 | Jan 24 || Prayer Focus: Pandemic

Scriptures: Gen. 39-41:16, Matt. 12:46-13:23, Ps. 17:1-15, Prov. 3:33-35

## Day 20 | Jan 25 || Prayer Focus: School System

Scriptures: Gen. 41:17-42:17, Matt. 13:24-46, Ps. 18:1-15, Prov. 4:1-6

## Day 21 | Jan 26 || Prayer Focus: Government

Scriptures: Gen. 42:18-43, Matt. 13:47-14:12, Ps. 18:16-36, Prov. 4:7-10

# Fasting Options



## 1. THE DISCIPLES FAST

Fasting to break addictions.  
Matthew 17:20-21

## 2. THE EZRA FAST

Fasting to solve problems and seek protection.  
Ezra 8:21-23

## 3. THE SAMUEL FAST

Fasting to win people to Christ and petition God to pour Himself out on Mankind.

1 Samuel 7:1-8

## 4. THE ELIJAH FAST

Fasting to break every yoke.  
1 Kings 19:2-18

## 5. THE WIDOW'S FAST

Fasting so that others needs will be met.  
1 Kings 17:12

## 6. THE SAINT PAUL FAST

Fasting for wisdom and insight from God.  
Acts 9:9-19

## 7. THE DANIEL FAST

Fasting for good health and obedience towards God.  
Daniel 1:12-20

## 8. THE JOHN THE BAPTIST FAST

Fasting for a stronger testimony and influence.  
Matthew 3, Luke 1:15

## 9. THE ESTHER FAST

Fasting for protection from the evil one.  
Esther 4:16

**Option #1:** Abstain from all foods and drinks. Focus: For wisdom and insight from God. (St. Paul Fast)

**Option #2:** Fruits and Vegetables Only. Focus: For good health and obedience towards God. (Daniel Fast)

**Option #3:** Abstain from all sodas and sweets; Natural sweeteners and fruits are okay. Focus: To solve problems and seek protection from the evil one. (Ezra & Esther Fasts)

**Option #4:** Abstain from all types of fried foods and breads. Focus: To win people to Christ; Fasting so that others needs will be met; for stronger testimony and influence. (Samuel, Widows and John the Baptist Fasts)

**Option #5:** Abstain from meats and sweets. Focus: Fasting to break addictions and every yoke. (Disciples and Elijah Fasts)

## SUGGESTED FOOD GUIDELINES

**WHOLE GRAINS:** Brown Rice, White Rice

**LEGUMES:** Dried Beans, Lima, Northern, Garbanzo, Pinto, Red, Black, Kidney, Great Northern, Navy, Split Peas, Lentils, Black-eyed Peas

**NUTS:** Almonds, Peanuts, Pecans, Sunflower Seeds

**FRUITS:** Apples, Apricots, Avocado, Applesauce, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Currants, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Nectarines, Kiwi, Lemons, Limes, Mangos, Mandarin Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Watermelon.

**VEGETABLES:** Artichokes, Asparagus, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Collard Greens, Corn, Cucumbers, Dandelion Greens, Eggplant, Endive, Garlic, Ginger Root, Green Beans, Kale, Leeks, Lettuce, Mixed Vegetables, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Peas, Potatoes, Pepper, Pumpkin, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potato, Tomatoes, Turnips, Watercress, Wax Beans, Yams, Zucchini

**LIQUIDS:** Spring water, Distilled water, 100% All-natural fruit juices. 100% All-natural vegetable juices

**OILS:** Herbs; Olive Oil; Salad Dressings: Vinaigrette Homemade using Vinegar, Olive Oil and Herbs; Homemade French & Italian

**SWEETENERS:** Honey, Maple Syrup

# 2022 TBC *Fast Covenant*

During the fast, I will specifically pray for:

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I will fast beginning: \_\_\_\_\_ and will end on \_\_\_\_\_.

So we fasted and petitioned our God about this, and he answered our prayer. Ezra 8:23

I believe that God is the only answer to my prayer and that fasting will draw me closer to Him. Therefore, God being my strength and grace being my basis, I commit myself to the TBC Fast.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

