

New Hope
BAPTIST CHURCH



SECONDBAPTIST
CHURCH

CORPORATE FAST AND PRAYER GUIDE



New Hope Baptist Church | Second Baptist Church
Dr Leo D. Cyrus, Sr - Pastor

From Our Pastor

Greetings church family,

I greet each of you in the precious name of our Lord and Savior Jesus Christ.

I am so grateful for each one of you and for the opportunity to shepherd you for all these years. This last year, 2020, has been one of the most challenging years of our time together, but we have seen God continue to do amazing things among us. God has provided for us; He has protected us; He has healed us; He has been faithful to us; and He has brought us through this devastating pandemic. For all that God has done and will continue to do He is worthy and deserves our praise.

You have heard me say time and time again if "God has done it then; He can do it again!" I still believe this and know that that is not only true for me, for my wife, and family, but it is true for all of us. And my prayer is that we all have this mindset as we approach this new year. There is no doubt in my mind that this year will bring many other challenges, trials, heartbreaks, problems, and pain, but we will face them all trusting God and believing every promise that He has made to us in His Word.

Keeping our hope and trust in God must be at the core of our hearts and minds. I believe God is calling each one of us to trust him more than we have ever trusted him before. We are called to be relentless in our obedience to what He has called us to do, and faithful to the work that he has given each one of us.

We must trust, obey, and be faithful more than we have ever before to experience deeper intimacy and a stronger relationship with the Lord. I believe for us to accomplish this we must devote ourselves to fasting and praying.

The Bible teaches that there are only some things we can contend with after we have devoted ourselves to fasting and praying (Mark 9:29). This is a common theme throughout the entire Bible when people found themselves in desperate and dire situations, they turned and seek direction and help from God through periods of fasting and praying.

Following are some examples of people fasting and praying and seeing God move in mighty miraculous ways.

Jesus fasted during His victory over temptation - Matthew 4:1-2 (The Message)

1 Next Jesus was taken into the wild by the Spirit for the Test. The Devil was ready to give it. 2 Jesus prepared for the Test by fasting forty days and forty nights. That left him, of course, in a state of extreme hunger, 3 which the Devil took advantage of in the first test:

Moses fasted before he received the Ten Commandments - Exodus 34:28 (NIV)

Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments.

Daniel fasted to receive guidance from God - Daniel 9:3, 20-23 (NLT),

So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes.

20 I went on praying and confessing my sin and the sin of my people, pleading with the Lord my God for Jerusalem, his holy mountain. 21 As I was praying, Gabriel, whom I had seen in the earlier vision, came swiftly to me at the time of the evening sacrifice. 22 He explained to me, "Daniel, I have come here to give you insight and understanding. 23 The moment you began praying, a command was given. And now I am here to tell you what it was, for you are very precious to God. Listen carefully so that you can understand the meaning of your vision.

The Israelites fasted before a miraculous victory - 2 Chronicles 20:1-4 (NIV)

1 After this, the Moabites and Ammonites with some of the Meunites came to wage war against Jehoshaphat. 2 Some people came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar" (that is, En Gedi). 3 Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. 4 The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him.

Nehemiah fasted before beginning a major building project - Nehemiah 1:4 (NIV)

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Paul fasted to deal with his blindness and reflect on his encounter with the Lord - Acts 9:9, 11 (ESV)

And for three days he was without sight, and neither ate nor drank.

11 And the Lord said to him, "Rise and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul, for behold, he is praying,

The first Christians fasted during-decision making times - Acts 13:2-3 (ESV)

2 While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." 3 Then after fasting and praying they laid their hands on them and sent them off.

As your shepherd, being led by the Spirit of God, I invite and compel each one of you to share in this corporate fast so that we can witness the wonder of seeking God's will for our church family, our nation, our biological families, and individually. I know this will be a life-changing experience and cannot wait for us to share our testimonies through this period of fasting and praying.

May God continue to bless and keep is my prayer.

Dr. Leo D. Cyrus Sr.

Pastor-Teacher

Biblical Fasting Fundamentals

Excerpted from **Put Your Faith Where Your Fork Is** by Sis. Nettye Johnson

Biblical fasting is a tremendously powerful spiritual discipline that deepens intimacy with God.

It tunes out the loud call and distracting noise of the flesh and allows us to better hear and heed the voice of Holy Spirit. By surrendering our bodies, eyes can be opened, attitudes and appetites can be changed, and strongholds can be broken.

Simply defined, Biblical fasting (or Christian fasting) is prayer-full abstinence from food and/or drink for spiritual purposes. Intricately connected with prayer, fasting deepens our connection to God.

In the Old Testament, we see prayer and fasting done as acts of repentance, as mourning, and as calls for God's presence and His hand in their given situations. In New Testament times, fasting moved beyond legalism to a way to imitate Christ.

Scripture details three forms of fasting:

1. Absolute fasts
2. Liquid fasts
3. Partial fasts

Absolute fasts involve abstaining from all food and liquids for a period. Examples in scripture include Moses' 40-day fast on Mount Sinai (Exodus 34:28), Queen Esther and the Jews' three-day fast before she went to address the king (Esther 4:15-16) and the Apostle Paul's three-day fast after meeting Jesus on the road to Damascus (Acts 9:9).

Absolute fasts lasting an extended period are often called supernatural absolute fasts because it is a miracle to live more than three days without water or 21 days without food. Due to their taxing nature, absolute fasts should only be undertaken if your health is good and you have complete clarity and confidence that the Holy Spirit is directing you to this task.

Liquid fasts involve abstaining from food and consuming only liquids for a period. Water and fruit and vegetable juices are the liquids typically consumed on this fast. While challenging, liquid fasts are not as dangerous as absolute fasts, since the body gets needed liquids and some nutrition.

Partial fasts involve abstaining from groups of food or drink for a period. Popular examples in scripture are Daniel's 10-day and 21-day fasts (Daniel 1:12-15 and 10:2-3). Other variations of the partial fasts are time-based instead of food or beverage based, for example, abstaining from food or drink certain hours of the day. Many believers with medical considerations choose this fast.

In addition to types of fasts, fasting has two extent categories, individual or corporate.

Individual fasts involve just God and the believer and are often conducted in private (Matthew 6:16-18).

Corporate fasts involve God and a group of believers. The group can be a family, church family, or another group of people connected for a spiritual purpose.

Our Call To Fast

Led by the Spirit of God, Pastor Cyrus compels believers of New Hope Baptist Church and Second Baptist Church to share in a corporate time-based partial fast.

Corporate Fast Dates:

Monday, January 18, 2021 – noon Sunday, February 14, 2021

Partial Fast Details:

- Abstain from food and drink from 6 am – noon daily.
(If a medical condition prohibits this 6-hour period, please abstain from 6 am to 9 am daily)
- Read and meditate on God's Word.
(See weekly focus on page 5)
- Pray individually, with your family and church family.
(Time set aside for fasting should be accompanied by moments of continuous prayer.)
- Fast and pray 8 – 9 pm daily.
(Devote this hour to concentrated time in God's Word and prayer.)

Group Prayer Opportunities:

Mondays at 11:30 am - Prayer Call

Dial-in Number 425-436-6323 Access Code 105697#

Tuesdays at 6:00 am - ZOOM Prayer Meeting

Meeting ID: 831 5805 5136 Passcode: 809083 or click [here](#) to access via web link
Dial In Phone Access: 1 346 248 7799 Meeting ID: 831 5805 5136

Wednesdays at 6:00 PM (New Hope Prayer Service)

Access via ZOOM Meeting ID: 831 5805 5136 Passcode: 809083
Phone Access: 1 346 248 7799 Meeting ID: 831 5805 5136 or join via [New Hope Facebook Page](#)

Thursdays at 6:00 pm (Second Baptist Prayer Service)

Access via ZOOM Meeting ID: 831 5805 5136 Passcode: 809083
Phone Access: 1 346 248 7799 Meeting ID: 831 5805 5136 or join via [Second Baptist Facebook Page](#)

Fridays at 6:00 am - ZOOM Prayer Meeting

Meeting ID: 831 5805 5136 Passcode: 809083 or click [here](#) to access via web link
Dial In Phone Access: 1 346 248 7799 Meeting ID: 831 5805 5136

Our Corporate Fast Focus

Week 1 - Unity

Romans 12 NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Humble Service in the Body of Christ

3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. 4 For just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we, though many, form one body, and each member belongs to all the others. 6 We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; 7 if it is serving, then serve; if it is teaching, then teach; 8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

Love in Action

9 Love must be sincere. Hate what is evil; cling to what is good. 10 Be devoted to one another in love. Honor one another above yourselves. 11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. 12 Be joyful in hope, patient in affliction, faithful in prayer. 13 Share with the Lord's people who are in need. Practice hospitality. 14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice; mourn with those who mourn. 16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. 17 Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. 18 If it is possible, as far as it depends on you, live at peace with everyone. 19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. 20 On the contrary, "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." 21 Do not be overcome by evil, but overcome evil with good.

Corporate Fast Personal Journal

Week 1 - Unity

Date: _____

Write verse selected from Romans 12 for meditation and memorization today:

Church Focus:

Family Focus:

Other:

Reflection: What did I hear, feel, learn or experience from today's time with God and His Word.

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