



2022 FAST

NEW FAITH BAPTIST CHURCH INTERNATIONAL

MARCH 2 - APRIL 17, 2022

As believers in Jesus Christ...

We fast to release supernatural breakthroughs and generational blessings; and to break strongholds and destroy generational curses. We fast to restore and rededicate our lives to the One who gave His life for us. Fasting is a voluntary abstinence from food or things that give you pleasure. It is a practice of physical self-denial for spiritual strength.

*Jesus said, "I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you," Matthew 17:20-21. But this kind does not go out except by **prayer and fasting**," Mark 9:29.*

On March 2, we will commit to a fast to answer the call of God to walk in obedience to Him in 2022. It is God's Will that we experience an abundance of blessings, power, healing and provision in every aspect of our lives. The things God call us to can only be achieved through a life consecrated (dedicated wholeheartedly) unto the Lord. We must seek Him. "O God, you are my God, earnestly I seek you; my soul thirsts for you, in a dry and weary land where there is no water." (Psalm 63:1 NIV) He promises to fill us. "Blessed are those who hunger and thirst for righteousness, for they will be filled. (Matthew 5:6 NIV) Thus, as a body of believers in Christ Jesus at New Faith Baptist Church International we are committing to a 47-day fast.

One day as they were worshipping God - they were fasting and praying as they waited for guidance - the Holy Spirit spoke: "Take Barnabas and Saul and commission them for the work I have called them to do." Acts 13:2 MSG

Starting Wednesday, March 2 at 12:00 A.M. through Sunday, April 17...

GUIDELINES

As you progress, include the guidelines from the previous week.

WEEK 1 No fast food. Drink water, at least 64 ounces per day (you may add lemon).

WEEK 2 No desserts during the week, and only healthy desserts on weekends.

WEEK 3 Reduce/eliminate sugar (use honey), no sugary drinks. Limit 100% juice to 16 ounces per day. Include 15 minutes of cardio (75 minutes for the week).

WEEK 4 No red meat or pork. No caffeine or ½ caffeine. No bread, (you may use whole wheat or spinach wraps). Increase cardio to 30 minutes (150 minutes for the week).

WEEK 5 Reduce/eliminate dairy. Limit meat to a ½ serving of grilled or baked chicken, turkey, or fish per day. Continue cardio of 30 minutes (150 minutes for the week), add 2 days of strength training.

WEEK 6 Only 2 meals which include food per day, substitute liquids for 1 meal. Limit meat to a ½ serving of grilled or baked chicken, turkey, or fish to every other day. Continue cardio 30 minutes (150 minutes for the week), plus 3 days of strength training.

WEEK 7 Only 1 meal per day, but NO MEAT! Substitute 2 meals with liquids. Continue cardio 30 minutes (150 minutes for the week) with 3 days of strength training.

WEEK 8 Continue the previous week's meal and exercise plan. You should now have an increase in your stamina and strength, a noticeable weight loss, and most importantly, you should have a much closer relationship with God.

WEEKENDS Discipline and obedience are required! Limit meat to a ½ serving of grilled or baked chicken, turkey, or fish per day.

PRAYER AND DIETARY GUIDELINES

There is no such thing as a fast without prayer. A fast without prayer is just going hungry, and that means you're accomplishing nothing at all.

MORNING: Prayer and reading of God's word.

BREAKFAST: No meat! Oatmeal, whole grain and sugar free cereal with almond milk, 2 boiled eggs and fruit or yogurt, or cottage cheese with fruit, whole wheat pancakes or waffles with fruit.

LIQUID MEALS: Fruit and/or vegetable smoothie.

Snack with water.

MIDDAY: Prayer and reading of God's word.

LUNCH: Salad, steam vegetables, or vegetable soup. Add one of the following: beans and brown rice, baked potato, or oven roasted potatoes with bell peppers. Meat (when permitted): ½ serving of grilled or baked turkey, chicken, fish, canned tuna.

LIQUID MEALS: Fruit and/or vegetable smoothie, tomato soup, or chicken broth.

Snack with water.

EVENING: Prayer and reading of God's word.

DINNER: Salad, or steam vegetables. Add one of the following: beans and brown rice, whole wheat pasta with tomato sauce. Meat (when permitted): ½ serving of grilled or baked turkey, chicken, fish, canned tuna, turkey burger without bread.

LIQUID MEALS: Fruit and/or vegetable smoothie, tomato soup, or chicken broth.

Snacks: Nuts, cottage cheese with fruit, plain popcorn, fruit, peanut butter with apples, celery, or whole wheat crackers, rice cakes, vegetables, raisins, dried fruits, trail mix without candy, jello, applesauce, sugar free candy, or cookies.

Note: Always keep a snack and water with you to help avoid "CRAVINGS or SEE-FOOD" hunger pains!

*Please consult your doctor before starting this fast.
Please fast according to your medication guidelines.

40 Days to financial freedom

Our financial fasting

*will also begin on March 2 and end on April 17 –
this means no fun or luxury shopping (in store or online), no use of
credit cards and reduced dining out.*

During this season of fasting, commit weekly to a lifestyle of stewardship.

Biblical giving is tithing in addition to an offering.

*To continue our assignment to improve the quality of living and answer
the cry of the needs of people living in poverty all over the world, we must
commit to faithful worship through giving.*

*Our goal is to become a 100% tithing church,
so that we may continue to do God's work through
missions, evangelism and outreach.*

*On Resurrection Weekend, we will sow our tithe,
first fruit offering and sacrificial missions offering out of reverence to God for
all that He has done and will do in our lives. It pleases God when we love and
serve Him and love and serve one another through giving.*

DAY
1

For the next 40 days I will be on a spending diet. I will not shop for anything except necessities. I will not use my credit card. I will limit or eliminate the use of my debit card. I will use cash for purchases I make during the fast. In this way, I will strive to break the chains that keep me from achieving my financial freedom. Get a journal...

DAY 2	In your journal, make a list of potential obstacles that may prevent you from sticking to the fast and then decide how to eliminate them. Track your spending.
DAY 3	Find an accountability partner.
DAY 4	Complete a debt reduction worksheet, and put your plan in motion.
DAY 5	Take time to reflect in your journal your use of debt. Has being in debt led you to do some things you know are wrong? List them.
DAY 6	The next 10 days we will review the Ten Commandments, ask yourself these questions: Have I broken this commandment in ways that have left me broke? Have I ignored a commandment and been robbed of financial peace? <i>"You shall have no other Gods before me."</i> (Ex. 20:3)
DAY 7	<i>"You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down and worship it."</i> (Ex. 20:4-5) Think of ways money has become your God.
DAY 8	<i>"You shall not misuse the name of the Lord, your God."</i> (Ex. 20:7) List at least one time in which you cursed God for not having the things you want. How did that impact your relationship with God?
DAY 9	<i>"Remember the Sabbath day by keeping it holy"</i> (Ex. 20:8). How often have you skipped going to church to go shopping or to spend money on entertainment?

DAY 10	<i>"Honor your father and your mother."</i> (Ex. 20:12). List the times when you would have helped your parents financially but you couldn't because you had mismanaged your money.
DAY 11	<i>"You shall not murder."</i> (Ex. 20:13). Recall and write down how many times you said something like, <i>"I would kill for that outfit, that car or that house."</i>
DAY 12	<i>"You shall not commit adultery."</i> (Ex. 20:15). Whether or not you have been on either side of adultery, write down the financial impact it can have on a family.
DAY 13	<i>"You shall not steal."</i> (Ex.20:15). Write down any incident where you may have stolen something.
DAY 14	<i>"You shall not give false testimony against your neighbor."</i> (Ex. 20:16). Have you sabotaged someone's career so you could get ahead and earn more money?
DAY 15	<i>"You shall not Covet..."</i> (Ex.20:17). In the last month have you coveted someone else's possessions?
DAY 16	I will identify someone – a friend, family member, neighbor, or coworker – who needs help either, cash that I can afford to give away or with my time.
DAY 17	I will commit to tithing or recommit to continue tithing.
DAY 18	If you are not a tither, make a list of the reasons why you don't tithe.
DAY 19	Think about something in your life that you did or purchased that you now realize was out of a sense of entitlement such as a vacation that put you in debt.

DAY 20	Today, list at least three things you are grateful for. Then in a specific prayer, give thanks to God for those blessings.
DAY 21	Today, promise not to complain about things you don't have.
DAY 22	Make a list of at least three things you've said lately that express a lack of contentment. <i>For example: I wish I had, I don't have, we never go anywhere.</i>
DAY 23	Review your credit and debit card statements for at least the past three months, and examine your spending.
DAY 24	Reflect on your credit card purchases, even if you pay off the bill each month. Determine if you would make the same purchases if you were limited to spending only cash.
DAY 25	Develop a personal/family budget. Stick to it!
DAY 26	Journal your feelings concerning your budget.
DAY 27	Commit today to begin to set aside a percentage of every paycheck for savings.
DAY 28	Set up an automatic deduction for savings or direct deposit in a separate account.
DAY 29	Review investments, 401k or 403B with an appropriate professional.
DAY 30	Pledge to work with your spouse to develop a set of rules to govern how the two of you will handle your money together.