

# 21 Day New Covenant Fast

Sunday, January 5 - Sunday, January 26, 2025

## New Church of Faith

5000 Silver Star Rd, Orlando FL 32808

Daily Prayer 6am – 7am

### Why we fast...

The purpose of fasting is to bring our flesh under the authority of our Spirit and to strengthen our Spirit through intensive communication with God through the Holy Spirit.

The process is to abstain from food and other things that gratify our flesh and to increase our digestion of the Word and communion with God through prayer.

The reward is to see the manifested power of God in our lives. To be more aware of God, His instruction and to see our prayers answered. To walk our Christian life with strength, power, and authority.

### How we will corporately fast...

There are three dietary suggestions to choose from for this year's covenant fast. They include the following:

#### 1. Partial Fast

On this fast you will consume only water from 6:00 am to 6:00 pm (sunup to sundown.) After 6:00 pm you may consume food.

#### 2. Daniel Fast

On this fast you will eat fruits and vegetables, drinking water and juice only. You will eat no meat, no sweets, and no bread.

#### 3. Three small meals a day

On this fast you will resign to eating three small meals a day, taking all medications as directed by your physician.

Whichever option you chose we encourage you to continue or begin to take vitamins. Suggested supplements include a multivitamin, Vitamin C, Vitamin D, and Zinc. For this time of consecration to be prosperous you must add to your daily regimen a set apart study time for the Word of God. In addition, to your regular study time and study material, scriptures have been provided for you to mediate on daily.

In addition to your regular prayer time, we ask that you add times of consecration through prayer in place of the meals you would usually eat. We have included several corporate items to add to your prayer list concerning the New Church of Faith, in addition to your personal prayer agenda.

Lastly, we ask that you are mindful of what you are taking into your ear gates and eye gates. In other words, be mindful of what you're listening to on the radio, watching on television or at the movies, what conversations you allow yourself to be a part of and so forth. For the next 21-days if it doesn't make Faith, it doesn't make sense.

### What we should do while fasting...

Seek forgiveness from all whom we have offended and forgive everyone who has hurt us. (Matthew 5:23-24)

Ask the Holy Spirit to reveal any unconfessed sin in our lives. (1 John 1:9)

Examine our motives in every word and deed. (Psalms 139:23-24)

Ask the Lord to search and cleanse our hearts daily, and fast for the right motives. (Psalms 51:10)

Refuse to obey our carnal / worldly nature (Galatians 5:16,17).

Ask the Holy Spirit to guard our walk against complacency and mediocrity.

Develop utter dependence on Him with total submission and humility.

Study the attributes of God.

Hunger and thirst after righteousness (Matthew 5:6).

Love God with all of our heart, soul, and mind (Matthew 22:37).

Read, study, meditate on, and memorize God's Holy, inspired, inerrant Word daily (Colossians 3:16).

Pray without ceasing (1 Thessalonians 5:17).

Avoid environments that would cause us to be distracted.

Praise and give thanks to God continually in all ways on all days, regardless of our circumstances.

### **What we will see...**

We believe whole heartedly that because of our sacrifice to God at the beginning of this year we will see God's power, might and provision for the New Church of Faith and every individual associated with it. We will see loved ones surrendering their lives to Christ. We will see individuals delivered from spiritual bondage. We will hear God like never before. We will win back territory for the Kingdom of God on all fronts, health being restored, finances being restored, families being restored, the kingdoms of this world becoming the Kingdom's of our God at our hand.

### **Daily Scriptures for Meditation and Study**

**Psalms 42:1-3**, As the deer [b]pants for the water brooks, So my soul [c]pants for You, O God. 2 My soul thirsts for God, for the living God; When shall I come and [d]appear before God? 3 My tears have been my food day and night, While they say to me all day long, "Where is your God?"

**Psalms 42:7**, Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me.

**Ecclesiastes 4:12**, And if [a]one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart.

**Matthew 6:16 - 18**, "Whenever you fast, do not put on a gloomy face as the hypocrites do, for they [j]neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. 17 But you, when you fast, anoint your head and wash your face 18 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.

**Matthew 17:20**, And He \*said to them, "Because of the littleness of your faith; for truly I say to you, if you have faith [a]the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you.

**Mark 4:8, 20**, Other seeds fell into the good soil, and as they grew up and increased, they yielded a crop and produced thirty, sixty, and a hundredfold."

20 And those are the ones on whom seed was sown on the good soil; and they hear the word and accept it and bear fruit, thirty, sixty, and a hundredfold.”

**Matthew 17:15 – 21**, “[a]Lord, have mercy on my son, for he is a [b]lunatic and is very ill; for he often falls into the fire and often into the water. 16 I brought him to Your disciples, and they could not cure him.” 17 And Jesus answered and said, “You unbelieving and perverted generation, how long shall I be with you? How long shall I put up with you? Bring him here to Me.” 18 And Jesus rebuked him, and the demon came out of him, and the boy was cured [c]at once. 19 Then the disciples came to Jesus privately and said, “Why could we not drive it out?” 20 And He \*said to them, “Because of the littleness of your faith; for truly I say to you, if you have faith [d]the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you. 21 [[e]But this kind does not go out except by prayer and fasting.”]

**Luke 5:34-35**, And Jesus said to them, “You cannot make the [a]attendants of the bridegroom fast while the bridegroom is with them, can you? 35 But the days will come; and when the bridegroom is taken away from them, then they will fast in those days.”

**1 Peter 2:21**, For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps,

**Luke 6:40**, A [a]pupil is not above his teacher; but everyone, after he has been fully trained, will [b]be like his teacher.

**Luke 4:1-2**, Jesus, full of the Holy Spirit, returned from the Jordan and was led around [a]by the Spirit in the wilderness 2 for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry.

**Genesis 2:8-9, 16-17**, 8 The Lord God planted a garden toward the east, in Eden; and there He placed the man whom He had formed. 9 Out of the ground the Lord God caused to grow every tree that is pleasing to the sight and good for food; the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

16 The Lord God commanded the man, saying, “From any tree of the garden you may eat freely; 17 but from the tree of the knowledge of good and evil you shall not [a]eat, for in the day that you eat from it you will surely die.”

**Genesis 3:6**, 6 When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise, she took from its fruit and ate; and she gave also to her husband with her, and he ate.

**Genesis 25:34**, 34 Then Jacob gave Esau bread and lentil stew; and he ate and drank, and rose and went on his way. Thus Esau despised his birthright.

**Hebrews 12:15-17**, 15 See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled; 16 that there be no immoral or godless person like Esau, who sold his own birthright for a single meal. 17 For you know that even afterwards, when he desired to inherit the blessing, he was rejected, for he found no place for repentance, though he sought for it with tears.

**Numbers 11:4-7, 18-20**, 4 The rabble who were among them [a]had greedy desires; and also the sons of Israel wept again and said, “Who will give us [b]meat to eat? 5 We remember the fish which we used to eat free in Egypt, the cucumbers and the melons and the leeks and the onions and the garlic, 6 but now our [c]appetite is gone. There is nothing at all [d]to look at except this manna.” 7 Now the manna was like coriander seed, and its appearance like that of bdellium.

18 Say to the people, 'Consecrate yourselves for tomorrow, and you shall eat meat; for you have wept in the ears of the Lord, saying, "Oh that someone would give us meat to eat! For we were well-off in Egypt." Therefore the Lord will give you meat and you shall eat. 19 You shall eat, not one day, nor two days, nor five days, nor ten days, nor twenty days, 20 [a]but a whole month, until it comes out of your nostrils and becomes loathsome to you; because you have rejected the Lord who is among you and have wept before Him, saying, "Why did we ever leave Egypt?"

**Matthew 6:33**, 33 But [a]seek first [b] His kingdom and His righteousness, and all these things will be [c]added to you.

**Job 23:12**, "I have not departed from the command of His lips; I have treasured the words of His mouth [a]more than my [b]necessary food.

**Exodus 34:27-28**, 27 Then the Lord said to Moses, "Write [a]down these words, for in accordance with these words I have made a covenant with you and with Israel." 28 So he was there with the Lord forty days and forty nights; he did not eat bread or drink water. And [b]he wrote on the tablets the words of the covenant, the Ten [c] Commandments.

#### **Esther 4-7**

**1 Samuel 1:7**, 7 It happened year after year, as often as she went up to the house of the Lord, she would provoke her; so she wept and would not eat.

#### **Ephesians**

#### **Romans**

#### **Proverbs**

#### **Prayer Agenda Items**

##### The New Church of Faith

- It's Pastors and leaders
- It's partners
  - existing partners
  - for the Lord to send new partners from the North, South, East and West
- It's resources
  - wisdom and direction
  - increase
- It's ministries within your location
  - harmony & unity
  - Growth & impact
- It's locations and associated ministries

##### The Government

- that the righteous will be in authority
- that decisions will be made according to the will of God

##### Our Community

- peace in our community
- freedom from territorial spirits
- families to be restored and to come into the full knowledge of Christ
- resources to flow freely in our community

For unsaved loved ones

Please list their names here: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

For healing in our physical body and that they function in the perfection God designed them to

Please list targeted areas here: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

<p><b>January 5</b> Focus: My Life. Habakkuk 2:2-3</p>	<p><b>January 6</b> Focus: My Family Joshua 24:15</p>	<p><b>January 7</b> Focus: Growth 2 Peter 3:18</p>	<p><b>January 8</b> Focus: My Church Acts 2:46-47</p>	<p><b>January 9</b> Focus: My Career Colossians 3:23</p>	<p><b>January 10</b> Focus: Serving Others Hebrews 6:10</p>	<p><b>January 11</b> Focus: My Nation 2 Chronicles 7:14</p>
<p><b>January 12</b> Focus: Love for God Luke 10:27</p>	<p><b>January 13</b> Focus: Love for The Bible Hebrews 4:12</p>	<p><b>January 14</b> Focus: Love for My Community 1 Peter 3:8</p>	<p><b>January 15</b> Focus: Love for My Enemies Luke 6:28</p>	<p><b>January 16</b> Focus: Love for My Family 1 Corinthians 13:4-5</p>	<p><b>January 17</b> Focus: Love for My Church Hebrews 10:24-25</p>	<p><b>January 18</b> Focus: Love for PRAYER Jeremiah 29:12</p>
<p><b>January 19</b> Focus: Faith for Healing Isaiah 53:5</p>	<p><b>January 20</b> Focus: Faith for FINANCES Philippians 4:19</p>	<p><b>January 21</b> Focus: Faith for Breakthroughs Isaiah 43:19</p>	<p><b>January 22</b> Focus: Faith for Revival Ezekiel 37:5</p>	<p><b>January 23</b> Focus: Faith for Salvation 2 Peter 3:9</p>	<p><b>January 24</b> Focus: Faith for Peace James 3:18</p>	<p><b>January 25</b> Focus: Faith for Miracles Matthew 19:26</p>