

Week of Prayer 2022 Fasting Guide

Start off the new year planting seeds



Cedar Street Baptist Church of God

Dr. Anthony. M. Chandler, Sr., Pastor

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@CSBCOG

How to Fast

Fasting is abstaining from food for a spiritual purpose for a set amount of time. Fasting helps to bring us into a deeper, more intimate, and power relationship with God. For this purpose, this fast is NOT simply a diet. We fast so that we can grow spiritually, to strengthen our prayer life, to receive guidance for our lives, to seek deliverance out of our current situations and protection from the enemy.

How This Plan Works

This partial fast requires that you refrain from eating one meal a day and dedicate that time to prayer (30 to 60 minutes). *You should choose a time to fast that best works for your daily schedule.*

If for health reasons you are unable to skip a meal, then select something that you can give up during the fast that will allow for more time in prayer and reading your Word. For examples: social media, a certain type of food group, coffee, fast food, snacks, etc.

Daily Scripture Readings

Use the below scriptures as a guide for meditation while you are fasting.

Day 1- Psalm 33:20-22 *We wait in hope for the Lord; He is our help and our shield. In Him our hearts rejoice, for we trust in His Holy name. May your unfailing love be with us, Lord, even as we put our hope in you.*

Day 2- Psalm 130:5-6 *I wait for the Lord, my whole being waits, and in His Word I put my hope. I wait for the Lord more than watchmen wait for the morning.*

Day 3- Matthew 6:33 *But seek first His kingdom and His righteousness, and all these things will be given to you as well.*

Day 4- Isaiah 40:31 *But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.*

Day 5- 1 Peter 5:6-7 *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on Him because He cares for you.*

Join us for prayer each morning at 6:30 a.m.

Virtually: (605)313-5072 Access Code- 352952

In-Person: January 3-7, 2022, in CSBC Sanctuary

Devotional Notes: _____
