

# DAILY READING PLANS

- DAY 01

READ: 2 Chronicles 2:14  
PRAYER: Today, confess times when you have sought after other things for your wisdom and counsel before the Lord.
- DAY 02

READ: Acts 3:19  
PRAYER: Today, ask God to refresh you through a deeper awareness of Jesus' lordship and presence in you life today.
- DAY 03

READ: Psalm 51:1-2  
PRAYER: Today, reflect on your tendencies to sin and ways that you have gone or prone to go against Gods will to do things your own way.
- DAY 04

READ: Jeremiah 29:11  
PRAYER: Today, ask God to give you direction in areas where you are uncertain.
- DAY 05

READ: James 4:7  
PRAYER: Today, pray to ask for help in resisting temptations. Ask God to give you wisdom, strength, and the patience to make a wise decision instead of an easy decision.
- DAY 06

READ: Galatians 5:16-18  
PRAYER: Today, ask God to you to walk by the Spirit and not gratify the desires of your flesh.
- DAY 07

READ: Matthew 6:33  
PRAYER: Today, help me to walk in Your will and purpose for my life all the days of my life.
- DAY 08

READ: Romans 12:1  
PRAYER: Today, present your body as a living sacrifice. May it be holy and pleasing to Him.
- DAY 09

READ: 2 Corinthians 5:17  
PRAYER: Today, ask to be made new in God, ask to create you as a new creature.
- DAY 10

READ: Matthew 16:18  
PRAYER: Today, build your confession of faith upon Christ and Christ alone.
- DAY 11

READ: Psalm 100:2  
PRAYER: Today, lift up your voices in worship, praise, and thanksgiving unto God.
- DAY 12

READ: Matthew 5:16  
PRAYER: Today, pray that you would walk closely with Jesus and that his light would shine through you.
- DAY 13

READ: James 1:22  
PRAYER: Today, ask God to empower you with his Spirit as you seek to not only "practice what you preach," but also show your obedience to His will and live consistently with His character in your daily life.
- DAY 14

READ: John 15:12  
PRAYER: Today, ask God to empower you in His will so that you may love others as He desires you to.

# DAILY READING PLANS

- DAY 15

READ: Isaiah 40:31  
PRAYER: Today, thank God for strengthening you to face life even through toil, struggle, and privation.
- DAY 16

READ: Hebrews 11:1  
PRAYER: Today, ask God to help you to live by faith, to live with assurance and conviction, confidence in Him and His word.
- DAY 17

READ: Jeremiah 33:3  
PRAYER: Today, ask God to stay in his presence and ask him to help you conform to Him.
- DAY 18

READ: Romans 8:28  
PRAYER: Today, know that in all things God works for the good of those who love Him, who have been called according to His purpose.
- DAY 19

READ: Philippians 4:6  
PRAYER: Today, talk to God about everything and let your requests be made known to Him.
- DAY 20

READ: Matthew 11:28  
PRAYER: Today, surrender your burdens to Jesus and let him teach you his way and how to find rest in Him.
- DAY 21

READ: Psalm 30:2  
PRAYER: Today, thank God for the many times He has restored your health and strength.
- DAY 22

READ: Philippians 4:19  
PRAYER: Today, thank God for being a fountain of all blessings.
- DAY 23

READ: Psalm 73:26  
PRAYER: Today, release yourself, all the cares, worries, and desires of your heart, into the control of the only One who never loses it.
- DAY 24

READ: 2 Corinthians 12:9  
PRAYER: Today, know that when you are weak, Christ's power can assist, shine through, lift you up.
- DAY 25

READ: Colossians 3:23-24  
PRAYER: Today, do your best, give it all you got, and remember that you're an ambassador of God's kingdom.
- DAY 26

READ: Galatians 6:9  
PRAYER: Today, may you never lose heart or grow weary in doing the good work that God has prepared for me to do.
- DAY 27

READ: Romans 8:18  
PRAYER: Today, thank God that He is with you in the midst of your suffering. Thank God that He promises you a future glory.
- DAY 28

READ: Isaiah 26:3  
PRAYER: Today, ask God to give you peace!



# 28 DAYS

## February

# FAST OF FAITH

DR. ANTHONY M. CHANDLER, SR.  
PASTOR

   John 10:10  
Living. Learning. Loving.



# OVERVIEW

The purpose of fasting is to deny the flesh in order to find a more powerful connection with the Holy Spirit. Fasting is a time for a person to draw near to God when he/she needs answers or a spiritual breakthrough. When you are humble and near the Father, you can hear His voice answer prayers. You can feel his breath move, you can see the plans that God has prepared for you, and you draw strength.

For those who are engaging the Fast for the first time, WELCOME! Your Pastor is so excited for you and the decision you have made. For those who have shared with us before, thank you for joining us again!

This guide has been created to assist you in the commitment we have made to make our way through the next 28 days of fortitude and faithfulness. As we embark on our 28 days of fasting prayer, we do not announce to the world what we are doing. The reward of fasting is from the FATHER not MAN.

In your prayers, confess not only obvious sins but less obvious ones as well. Acknowledge the sins of omission (the right actions you haven't taken) as well as the sins of commission (the wrong things you've done). What is standing in the way of your relationship with God? What is holding you back from living and loving like Jesus? It might be self-centeredness, spiritual indifference, an unwillingness to share your faith with others, putting time spent in prayer and study of God's Word low on your priority list, or struggling to love your neighbors and treat them with kindness. Confess your shortcomings and ask God to work in your heart during this time of prayer and fasting. Have an HONEST talk with GOD!

# WHAT CAN YOU SAY NO TO?

Choose at least seven no's from the list below:

- Food

☐ No beef

☐ No pork

☐ No poultry

☐ No fish/seafood

☐ No fast food

☐ No restaurants

☐ No starches/carbs

☐ No fried food

☐ No bread

☐ No dairy

☐ No sugar

☐ No desserts

☐ No coffee

☐ No soda

☐ No flavored drinks

☐ No condiments

☐ No eating from 6am-6pm

☐ No eating from 8am-8pm

☐ No eating from 10am-10pm

☐ No eating from 12am-12pm
- Habits

☐ No "personal" social media  
(only business or encouraging posts)

☐ No television

☐ No video games

☐ No pornography

☐ No alcohol

☐ No drug use

☐ No tobacco

☐ No road rage

☐ No cursing

☐ No caffeine

☐ No binge watching

☐ No elevators (take stairs)

☐ No secular music

☐ No gambling

☐ No pressing snooze

☐ No missing service

☐ No excuses

☐ No procrastination

☐ No using the word "can't"

- Relationships

☐ No fornication

☐ No sexting

☐ No arguing

☐ No gossiping

☐ No disrespecting parents

☐ No ignoring

☐ No bullying
- Purchases

☐ No credit card use

☐ No "unnecessary" spending

☐ No online shopping

☐ No eating out

☐ No buying clothes

☐ No buying shoes

☐ No Amazon

- Between Me & God

☐

☐

☐
- ☐

☐

☐

# WHAT CAN YOU SAY YES TO?

## Dedicate Time with God

Spend time with God in prayer and reading your Bible.

## Daily Prayer Call

Join our daily prayer call every morning at 6:30 A.M.

+1 (605)313-5072

Access Code: 352952#

## Demonstrate Christian Character

Show qualities of love, joy, peace, patience, kindness, goodness, faithfulness and self-control.

## Daily Exercise

Commit to 20 - 30 minutes of movement and exercise.

## Discipline in Actions

Make the best decisions, choices and monitor your actions and responses.

## Discipling Others

Share the love of God with others by your actions. Invite someone to worship or a ministry opportunity.

## Deliver Positivity

Share words of encouragement to others to help them strengthen their mental and physical health - as well as yours.

## Decide to Serve

Decide to perform an act of kindness and do something special everyday to make someone's day better.