

DAILY READING PLANS

- DAY 01

READ: Exodus 34:28
PRAYER: Today, ask God to let His light shine on your face as you sit in His presence and talk with Him.
- DAY 02

READ: Ezra 8:21-23
PRAYER: Today, ask God to humble and protect you on this journey of getting closer to Him.
- DAY 03

READ: Psalm 51:1-2
PRAYER: Today, reflect on your tendencies to sin and the ways that you have gone or are prone to go against God's will to do things your 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: Matthew 9:14-17
PRAYER: Today, ask God to allow you to experience Him in a new way.
- DAY 07

READ: Acts 17:27-28
PRAYER: Today, ask God to help you walk in HIS will and purpose for your life all the days of your 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 be created 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 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: Malachi 3:1
PRAYER: Today, ask God that your faith will grow and that you will grow deeper in knowledge and understanding of His Word.
- 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: Lamentations 3:25
PRAYER: Today, thank God for His faithfulness and ask to continue to seek Him in complete submission.
- DAY 16

READ: Psalm 9:10
PRAYER: Today, ask God to allow your heart to seek Him more and more each day.
- DAY 17

READ: Hebrews 13:15
PRAYER: Today, ask God to allow the praise of your lips and the thoughts of your heart to honor 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: 1 Chronicles 16:1
PRAYER: Today, ask God to allow you to break free from any destructive habits and ask for His grace and mercy
- 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 63:1
PRAYER: Today, ask God that your love for Him will multiply, morning by morning.
- DAY 24

READ: Joel 2:12
PRAYER: Today, know that your outward life will be a demonstration of a changed inner life.
- DAY 25

READ: Psalm 40:16
PRAYER: Today, declare that the Lord is great!
- 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 you 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 future glory.
- DAY 28

READ: Isaiah 26:3
PRAYER: Today, ask God to give you peace!
- DAY 29

READ: Psalm 150:6
PRAYER: Today, thank the Lord you made it!



29 DAYS

February

FAST OF FAITH

DR. ANTHONY M. CHANDLER, SR.
PASTOR

John 10:10
Living. Learning. Loving.

2301 Cedar Street, Richmond, VA 23223 | (804) 648-8919

OVERVIEW

The purpose of fasting is to deny the flesh to find a more powerful connection with the Holy Spirit. Fasting is a time for a person to draw near to God when they need 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 draw you strength.

For those who are engaging in 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 our commitment to make our way through the next 29 days of fortitude and faithfulness. As we embark on our 29 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) and 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 a **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 dining at restaurants
- ☐ No starches/carbs
- ☐ No fried food
- ☐ No bread
- ☐ No dairy
- ☐ No sugar
- ☐ No desserts
- ☐ No coffee
- ☐ No soda/sugar drinks
- ☐ No flavored drinks
- ☐ No condiments
- ☐ No eating from 6 am-6 pm
- ☐ No eating from 8 am-8 pm
- ☐ No eating from 10 am-10 pm
- ☐ No eating from 12 am-12 pm

Habits

- ☐ No "personal" social media (only business or encouraging posts)
- ☐ No complaining
- ☐ No video games
- ☐ No pornography
- ☐ No alcohol
- ☐ No drug use
- ☐ No Tobacco
- ☐ No road rage
- ☐ No cursing
- ☐ No caffeine
- ☐ No binge-watching TV
- ☐ No elevators (take stairs)
- ☐ No secular music
- ☐ No gambling
- ☐ No pressing snooze
- ☐ No missing service
- ☐ No gossiping
- ☐ 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

- | | |
|--------------------------|--------------------------|
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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 and 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.