

PRAYER AND FASTING

NEW BORN FELLOWSHIP CHURCH

21 Days

EVERYTHING IS POSSIBLE FOR THE ONE WHO BELIEVES

WWW.NBFCCC.ORG/24FAST

Rebuild to Dig Again

NEW BORN FELLOWSHIP CHURCH

21 Days

GO

GOD GIVEN OPPORTUNITIES

God-given opportunities are moments when God's guidance, favor, and perfect timing come together, opening doors for growth, service, and fulfilling our purpose. These opportunities are specifically designed to align with His will for our lives and can take many forms—whether it's a new job, an opportunity to serve, or a spiritual breakthrough. The Bible teaches us the importance of recognizing and embracing these moments with faith and obedience.

"I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and hast not denied my name. For a great door and effectual is opened unto me, and there are many adversaries. Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. Behold, I will do a new thing; "And when they were come, and had gathered the church together, they rehearsed all that God had done with them, and how he had opened the door of faith unto the Gentiles.."

Forever Living

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

Prayer and Fasting are among the most powerful tools God has given us for daily living. We believe that these practices are essential keys to thriving as believers. As we seek God's will through prayer and fasting, we can expect to experience the blessings and promises that come from obedience to His Word—such as open doors, miraculous provision, favor, healing, and supernatural breakthroughs.

WHAT IS FASTING? Fasting is the deliberate choice to deny your body food in order to focus more fully on God. It leads you into a deeper, more intimate relationship with the Lord. Fasting is an act of humility, seeking God's divine intervention in the affairs of our world. It reveals our true spiritual condition through the Holy Spirit, bringing about brokenness, repentance, and transformation. Fasting allows the Holy Spirit to work powerfully in our lives and enhances our prayers, making them more personal and drawing us closer to God.

PURPOSE FOR FASTING

1. To Draw Closer to God
2. For Spiritual Renewal and Repentance
3. To Seek God's Guidance and Direction
4. To Gain Strength and Deliverance
5. To Humble Oneself Before God
6. To Strengthen Prayer Life
7. To Seek Healing and Restoration
8. To Prepare for Ministry or Service
9. To Seek Breakthrough or Victory
10. To Express Gratitude and Worship

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

JOURNEY OF FAITH

In our journey of faith, Paul reminds us that we must run with purpose and discipline, striving for the eternal prize that awaits us. As we wait on God, He strengthens us, enabling us to continue without growing weary. True wisdom and understanding begin with reverence and obedience to God, for all wisdom and knowledge are found in Christ, offering the riches of understanding and comfort. While wealth may offer temporary defense, wisdom gives life to those who possess it. In this season, we are called to rebuild and dig again, restoring what was lost and trusting God to bring new growth. Let us use the wisdom we receive to build others up, bring grace to all who hear, and press on with renewed strength and purpose.

OUR FATHER'S PRAYER

Matthew 6:9-13(AMPC)

Our Father which art in heaven, Hallowed be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

DAILY AGENDA

Daily Practices During the Fast

Morning Devotion: Start with prayer and Scripture to set the tone for the day.

Midday Reflection: Take time to pray and refocus on God's promises.

Evening Journaling: Write down what God has revealed to you and pray over it.

Accountability: Partner with someone or a group to encourage and support one another.

PRAYER TIMES

Commit to Monday & Thursday Night
Prayer @ 7pm

Conference call number:
1-717-908-1726 | Access Code: 846915

SERVICE TIMES:

Sunday Worship: 10:30 am
Wednesday Night Bible Study: 7 pm

Join our Broadcast :
YouTube (NewBornFellowshipOfficial)

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

Daniel Fast Guidelines

All Fruits:

Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons etc. (Fresh/raw, frozen, dried, juiced or canned in their own juice, not syrup)

All Veggies:

Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (Fresh/raw, frozen, dried or canned)

Whole Grains:

Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.

Other Natural Foods:

Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages and smoothies (with no sugars or artificial preservatives), spices, herbs, tofu, soy, vinegar.

Sweeteners: Stevia, Equal, Splenda, Agave Nectar

FOODS TO AVOID

- X - Meat (including poultry & seafood)
- X - White Rice/White Flour (no bread)
- X - Fried Foods
- X - Caffeine & Caffeinated Beverages
- X - Sugar & Artificial Sweeteners
- X - Dairy Products (butter, milk, eggs, etc)

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

Days 1-7 Rebuilding and Restoration

Laying the foundation for restoration in every area of your life.

Scriptures:

Isaiah 58:12 – "And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in."

Haggai 2:9 – "The glory of this latter house shall be greater than of the former, saith the LORD of hosts: and in this place will I give peace, saith the LORD of hosts."

Prayer Points:

Ask God to help rebuild the broken areas of your life.

Pray for the restoration of relationships, faith, and purpose.

Seek His guidance to rebuild with strength and courage.

Fast Focus:

Choose a fast that challenges you (e.g., water fast, Daniel fast, or partial fast).

Dedicate time to reflect on areas God is calling you to rebuild.

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

Days 8-14 **Faith and Perservance**

Strengthening faith and trusting God through every challenge.

Scriptures:

Hebrews 11:1 – "Now faith is the substance of things hoped for, the evidence of things not seen."

Isaiah 40:31 – "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Prayer Points:

Pray for unwavering faith in God's promises.
Ask God for strength to persevere in difficult times.
Pray for clarity and wisdom to stay in His will.

Fast Focus:

Increase your prayer time and spend extra moments meditating on God's Word.
Journal ways your faith has grown during the fast.

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

Days 15-18 Wealth and Financial Stewardship

Believing for God's provision and practicing good stewardship..

Scriptures:

Deuteronomy 8:18 – "But thou shalt remember the LORD thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day."

Proverbs 10:22 – "The blessing of the LORD, it maketh rich, and he addeth no sorrow with it."

Prayer Points:

Pray for financial breakthroughs and God-ordained opportunities.

Ask for wisdom to manage your finances in a way that honors Him.

Seek God's guidance in aligning your financial goals with His purpose.

Fast Focus:

Reflect on ways you can be a better steward of what God has entrusted to you.

Commit to being a cheerful giver and blessing others.

Restoration, Renewal, & Perseverance

Daniel Fast | Monday (6am-6pm) | Tuesday - Friday (All-Day)

Days 19-21 Health and Wholeness

Praying for physical, emotional, and spiritual health.

Scriptures:

3 John 1:2 – "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

Jeremiah 30:17 – "For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD."

Prayer Points:

Pray for complete healing in your body, mind, and spirit. Ask for God's protection over your health and that of your loved ones.

Commit to living a lifestyle that honors your body as God's temple.

Fast Focus:

Focus on gratitude for the health and strength God has provided.

Dedicate time to reflect on healthy habits and surrender areas of weakness to God.

WWW.NBFCCC.ORG/25FAST

REBUILD TO DIG AGAIN

