



ONEMOVEMENT BIBLE CHURCH

ONE IN SPIRIT | ONE IN MIND | ONE IN BEHAVIOR

OMBC Mission:

ONE with God to make disciples of Christ bearing fruit for the kingdom.
(Matthew 28:19; John 15:8)

OMBC Vision:

ONE Powerful Movement to build a spiritual and physical house to meet the total needs of God's Family.

(Philippians 2:2; Ephesians 4:4-6)

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“Thanksgiving”

Prayer and Fast

“FASTING TO SEE...
WHAT YOU DON'T
SEE”



Dr. Ivory L. Varner, Senior Pastor/Teacher

Ends: November 21st (6:00 AM)

- Read the Word daily
- Serve others in Christ-like ways
- Rely on the Holy Spirit for prayer, obedience, and transformation

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PRAYER JOURNAL

Scriptures, Notes, Questions and/or Comments

Purpose:

The purpose of this Thanksgiving Prayer and Fast is to prepare our hearts for Easter Sunday (April 20), ensuring we are filled with the Holy Spirit, walking in unity, and actively making disciples. Through prayer, fasting and focused intercession, OMBC will grow stronger, healthier, and fully aligned with God's will.

Throughout these two weeks, we pray for strength and grace to offer our bodies as living and holy sacrifices, fully surrendered to God's will.

May our lives reflect worship, not only through words but through our actions, service, and love for others. We seek to resist worldly patterns and be renewed in mind and spirit, aligning our thoughts, desires, and actions with His perfect will.

Types of Fasting

Choose a fasting approach that is meaningful and sustainable. Here are some suggested types:

1. **Food Fast:** Abstain from certain meals or types of food.
2. **Media Fast:** Disconnect from social media and entertainment.
3. **Combined Fast:** Limit food and media distractions, focusing on prayer and study.
4. **Partial Fast:** Fast certain hours each day (e.g., 6:00 AM to 6:00 PM).

Seven Vital Questions About Prayer

What is Prayer?

Simply put, prayer is communicating with God. Real prayer is expressing our devotion to our heavenly Father, inviting Him to talk to us as we talk to Him.

Who Can Pray?

Anyone can pray, but only those who walk in faith and obedience to Christ can expect to receive answers to their prayers.

Contact with God begins when we receive Jesus into our lives as Savior and Lord (John 14:6). Praying with a clean heart is also vital to successful prayer. We cannot expect God to answer our prayers if there is any unconfessed sin in our life or if we are harboring an unforgiving spirit (Psalm 6:18; Mark 11:25).

For God to answer our prayers, we must have a believing heart and ask according to His will (Matthew 9:29; 21:22; 1 John 5:14,15).

Why Are We to Pray?

God's Word commands us to pray (Luke 18:1; Acts 6:4; Mark 14:38; Philippians 4:6; Colossians 4:2; 1 Timothy 2:1,2). We pray to have fellowship with God, receive spiritual nurture and strength to live a victorious life, and maintain boldness for a vital witness for Christ. Prayer releases God's great power to change the course of nature, people, and nations.

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To Whom Do We Pray?

We pray to the Father in the name of the Lord, Jesus Christ, through the ministry of the Holy Spirit. When we pray to the Father, our prayers are accepted by Jesus Christ and interpreted to God the Father by the Holy Spirit (Romans 8:26, 27, 34).

When Should We Pray?

God's Word commands us to "Pray continually."

(1 Thessalonians 5:17)

We can be in prayer throughout the day, expressing and demonstrating our devotion to God as we go about our daily tasks. It is not always necessary to be on our knees, or even in a quiet room to pray. God wants us to be in touch with Him constantly, wherever we are. We can pray in the car, while washing dishes, or walking down the street.

What Should Be Our Prayer Focus?

Lord, we humbly come, seeking to be filled with Your Spirit and to walk in true oneness. Renew our hearts, deepen our repentance, and unite us in love. Strengthen our leadership, families, and witness. Lead us daily as sons and daughters of God, transformed and empowered for Your Kingdom work.

"Lord, help us to live as true sons and daughters, fully led by Your Spirit. Teach us to follow Your voice, walk in obedience, and reflect our identity as Your children in every thought, decision, and action.

What Should We Include in Our Prayers?

Although prayer cannot be reduced to a formula, certain basic elements should be included in our communication with God: Adoration, Confession, Thanksgiving, Supplication (ACTS).

A—Adoration: To adore God is to worship and praise Him, to honor and exalt Him in our heart and mind and with our lips.

C—Confession: When our discipline of prayer begins with adoration, the Holy Spirit has opportunity to reveal any sin in our life that needs to be confessed.

T—Thanksgiving: An attitude of thanksgiving to God, for who He is and for the benefits we enjoy because we belong to him, enables us to recognize that He controls all things—not just the blessings, but the problems and adversities as well. As we approach God with a thankful heart, He becomes strong on our behalf.

S—Supplication: Supplication includes petition for our own needs and intercession for other. **Pray** that your inner person may be renewed, always sensitive to and empowered by the Holy Spirit. **Pray** for others [spouse, children, parents, neighbors, and friends]; our nation and those in authority over us.

Pray for the salvation of souls, for a daily opportunity to introduce others to Christ and to the ministry of the Holy Spirit, and for the fulfillment of the Great Commission.



DANIEL FAST

PRAYER JOURNAL

Scriptures, Notes, Questions and/or Comments

A Different Approach to **Fasting:**

Fasts have a tendency to be oriented toward things like giving up food or television. But there are many other creative ways we can welcome Jesus' healing touch.

Here are suggestions you may want to consider...

Fast from anger and hatred. Give your family an extra dose of love each day.

Fast from judging others. Before making any judgments, recall how Jesus overlooks our faults.

Fast from discouragement. Hold on to Jesus' promise that He has a perfect plan for your life.

Fast from complaining. When you find yourself about to complain, close your eyes and recall some of the little moments of joy Jesus has given you.

Fast from resentment or bitterness. Work on forgiving those who may have hurt you.

Fast from spending too much money. Try to reduce your spending by ten percent and give those savings to charity.

Fast from worldly habits. Practice the **CORE** (card) activities.

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ONEMOVEMENT BIBLE CHURCH

Daily Prayer Focus

Week 1: Personal Spiritual Renewal & Corporate Oneness

Day 1 (November 7)	Surrender to the Holy Spirit (John 16:8; Psalm 51:10-12)
Day 2 (November 8)	Conviction & Repentance (2 Chronicles 7:14; Acts 3:19-20)
Day 3 (November 9)	Walking in the Spirit (Ephesians 4:1-3; Galatians 5:22-25)
Day 4 (November 10)	Unity in the Body of Christ (John 17:20-23; Philippians 2:1-4)
Day 5 (November 11)	Strong, Spirit-Led Leadership (Proverbs 3:5-6; James 1:5)
Day 6 (November 12)	Passion for the Word of God (Joshua 1:8; Psalm 119:105)
Day 7 (November 13)	Love & Forgiveness in the Church (Colossians 3:13-14; Ephesians 4:31-32)

Midway Reflection Service–Nov. 13 (During RWP at 5:30 PM)
A night of worship, testimony, and corporate prayer for breakthrough.

Week 2: Kingdom Work & Discipleship Growth

Day 8 (November 14)	Strengthening Family & Marriage (Ephesians 5:22-25; Deuteronomy 6:6-7)
Day 9 (November 15)	Raising up True Disciples (Matthew 28:19-20; Luke 9:23)
Day 10 (November 16)	Reaching the Lost in Our Community (Luke 19:10; Acts 1:8)
Day 11 (November 17)	A Heart for Servanthood (Mark 10:45; Philippians 2:3-5)
Day 12 (November 18)	Healing & Deliverance (James 5:14-16; Isaiah 53:5)
Day 13 (November 19)	Financial Stewardship/Church Growth (Malachi 3:10; 2 Corinthians 9:7-8)
Day 14 (November 20)	Revival & Fresh Fire (Habakkuk 3:2; Acts 2:42-47)

Final Prayer & Worship Night–Nov. 20th at RWP 5:30 PM

Day 15: Victory/Thanksgiving (Nov. 21 at 6:00 AM)

+ Thanksgiving Worship Service–November 23, 2025

- ☐ Thank God for the victory through The Holy Spirit.
- ☐ Declare newness of life, spiritual breakthrough, and lasting fruit from this fast. (1 Corinthians 15:57; Romans 8:11)

Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15). For Him, it was a matter of **“when”** believers would fast, not **“if”** they would do it. Before you fast, decide the following up front:

- ☐ How long you will fast—one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts.)
- ☐ The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often).
- ☐ What physical or social activities you will restrict..
- ☐ How much time each day you will devote to prayer and God’s Word.

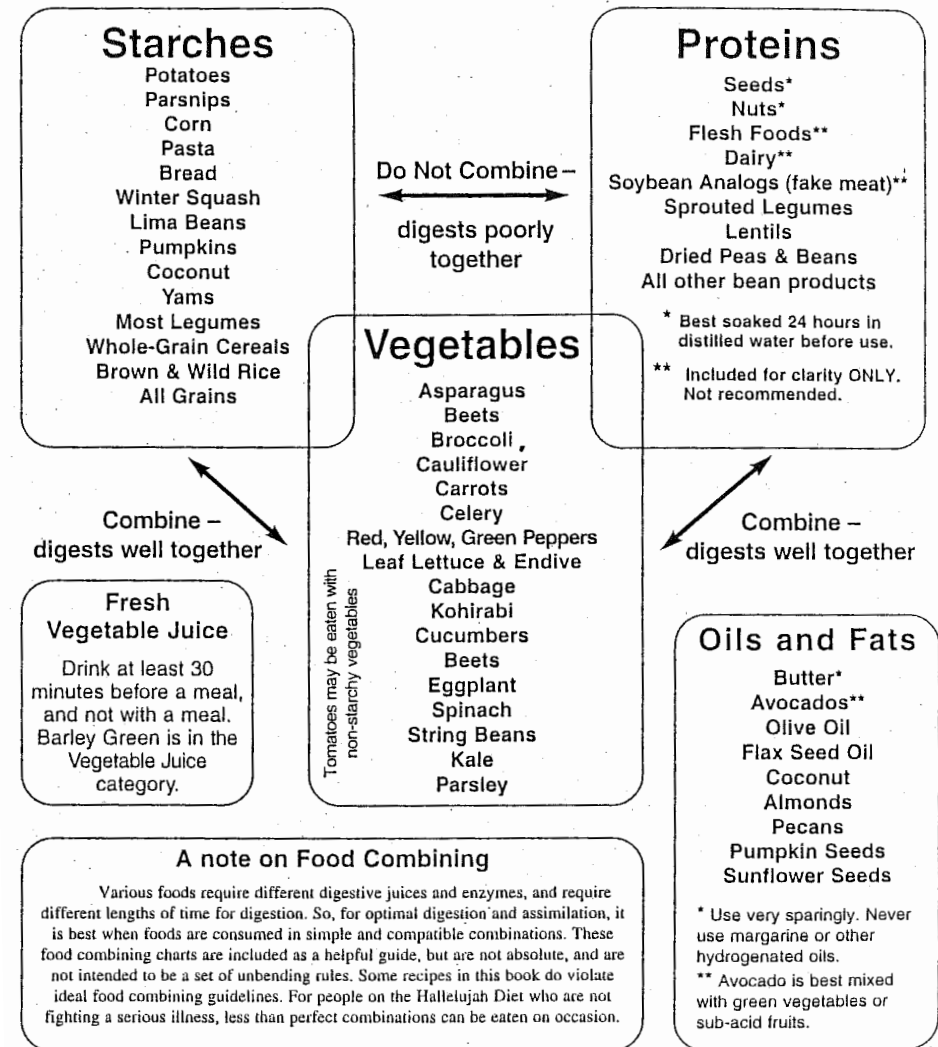
Making these commitments ahead of time will help you sustain your fast when physical temptations and life’s pressures tempt you to abandon it.

Set your Objective

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your fast.

Through fasting and prayer, we humble ourselves before God so that the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

Food Combining – Vegetables & Grains



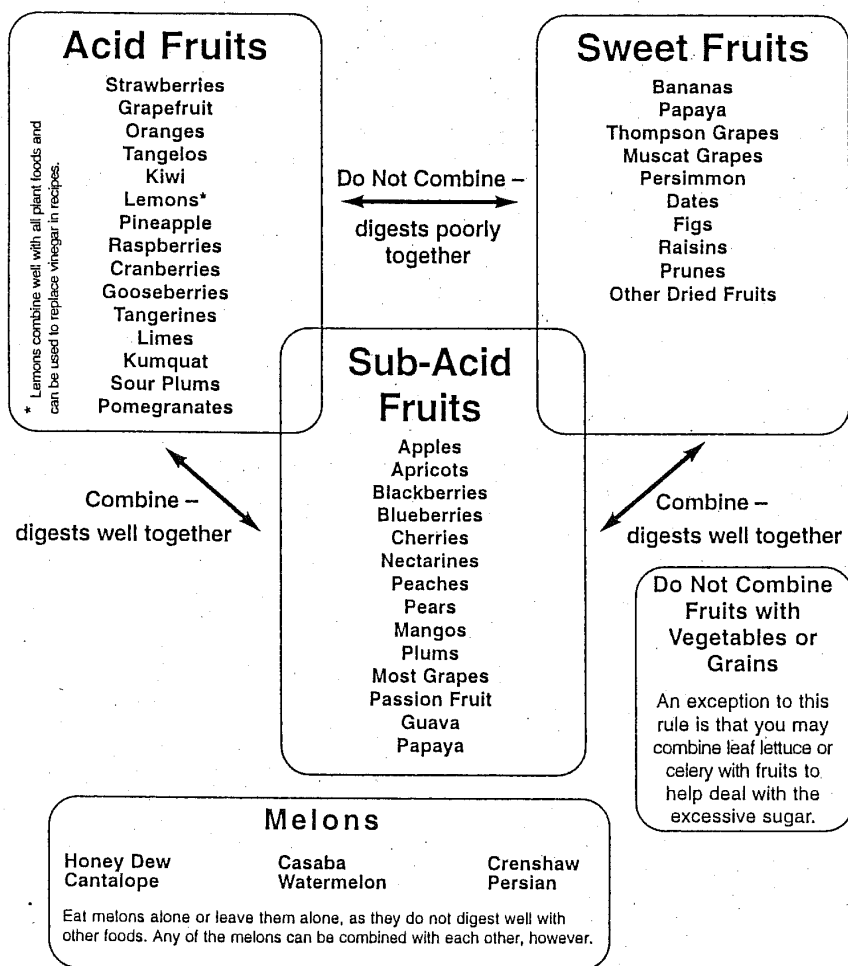
Sources:

ONEMOVEMENT BIBLE CHURCH ~ Dr. Ivory L. Varner, Senior Pastor/Teacher
10120 Hartsook St. Houston, TX ~ www.theOMBC.org ~ 713-943-2215
Fasting and Prayer Vigil 2005 ~ Church-Wide Fast (March 21-28, 2013)

Campus Crusade for Christ. ~ <http://www.ccci.org/7steps/revival.html>.



Food Combining – Fruits



Medication Intake

If you are on a special diet due to a medical condition, please consult your physician **before** starting this fast. If you are on prescribed medication, you should continue your dosage, as prescribed by your physician.

Remember:

- ☐ Consult a physician before changing your special diet.
- ☐ Consult a physician before changing your

Tips for a Spiritually Fruitful Fast

- ☐ **Set a Daily Routine:** Dedicate time each day to read, pray, and reflect.
- ☐ **Journal Your Experience:** Write down what God reveals to you each day.
- ☐ **Pray with Expectation:** Believe that God will bring transformation and clarity.
- ☐ **Stay Hydrated:** If you are doing a food fast, make sure to drink plenty of water.
- ☐ **Stay Accountable:** Share your fasting journey with a friend or group in the church.

Breaking the Fast

It is our fervent hope that the spiritual and physical rewards experienced during the fast, will be so great that you will be compelled to make fasting a new way of life.

This altered pattern of eating has many benefits; however, if you choose to return to your former way of eating, please do so gradually.

THANKSGIVING

PRAYER AND FASTING

Prepare Yourself Spiritually

The foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- ☐ Ask God to help you make a comprehensive list of your sins.
- ☐ Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9)
- ☐ Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4)
- ☐ Make restitution as the Holy Spirit leads you.
- ☐ Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14, 15.
- ☐ Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- ☐ Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9, 10; 103:1-8, 11-13).
- ☐ Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6)
- ☐ Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16, 17).

Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:2`).

The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infilling of the Holy Spirit daily, we also need new times of fasting before God.

A 24-hour fast each week has been greatly rewarding to many Christians.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.

You are encouraged to join us in fasting and prayer, again and again, until we truly experience revival in our homes, our churches, our beloved nation, and throughout the world.

Side effects: You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar, and various impurities.

Use discretion along with physician advice and prayer to modify the Fast to suit you medical needs.

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Prepare Yourself Physically

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier, so that you can turn your full attention to the Lord in prayer.

- ☐ Do not rush into your fast..
- ☐ Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary food.
- ☐ Eat raw fruits and vegetables for two days before starting a fast.



While you Fast

Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider.

- ☐ Avoid drugs, even natural herbal drugs and homeopathic remedies. Medications should be withdrawn only with your physician's supervision.
- ☐ Limit your activity.
- ☐ Rest as much as your schedule will permit.
- ☐ Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- ☐ Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs." Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest.

As you continue to fast, you will likely experience a sense of well-being, both physically and spiritually.

Foods to eat:

Fruits and vegetables

All fruits and vegetables

Whole Grains

Brown Rice, oats (including Oatmeal), barley and pasta

Legumes

Dried beans, split peas, lentils, black-eyed peas

Seeds, Nuts, and Sprouts

Seasonings & Spices

All herbs and seasonings and spices

Try to use natural herbs and seasoning

Liquids

Water, naturally decaffeinated tea,
100% fruit and vegetable juices

Foods to avoid:

Meat, poultry, fish ,White rice,
All breads, White flour,
Fried foods,
Caffeine, coffee, tea (including decaf),
Carbonated beverages
Foods containing preservatives or additives
Refined sugar or sugar substitutes
Margarine, shortening, high fat products,
Dairy (milk, butter, cheese, yogurt, etc.)

A Daniel Fast

Daniel 10:2-3 ² In those days, I, Daniel, had been mourning for three entire weeks. ³ I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.

The Greatest Commandments:

³⁷And He said to him, “ ‘you shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ ³⁸”This is the great and foremost commandment. ³⁹”The second is like it, ‘you shall love your neighbor as yourself.’ Matt 22:37-39

Love God with all your heart.

- ☐ Turn off the world and develop your devotional life by building up time at your altar.
- ☐ Turn off your television while fasting.
- ☐ If you must keep up with the daily news events, listen on your way to work. Read the bible and pray at your altar.
- ☐ Love people as you love yourself.
- ☐ Pray that God will show you how to love people with the special love of Jesus Christ.
- ☐ Pray for them but also do something with actions, change your attitude, conduct and character.
- ☐ Spend time, energy, and money loving someone in a special way.

Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning:

- ☐ Begin your day in praise and worship.
- ☐ Read and meditate on God’s Word, preferably on your knees.
- ☐ Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- ☐ Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country and beyond.
- ☐ Pray for His vision for your life and empowerment to do His will.

Noon:

- ☐ Return to prayer and God’s Word
- ☐ Take a short prayer walk.
- ☐ Spend time in intercessory prayer for your community’s and nation’s leaders, for the world’s unreached millions, for your family or special needs.

Evening:

- ☐ Get alone for an unhurried time of “seeking His face.”
- ☐ If others are fasting with you, meet together for prayer.
- ☐ Avoid television or any other distraction that may dampen your spiritual focus.

Tips on Juice Fasting

- ☐ Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- ☐ The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables.
- ☐ In cold weather, you may enjoy a warm vegetable broth.
- ☐ Mix acidic juices (orange and tomato) with water for your stomach's sake.
- ☐ Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach.



Drink plenty of water throughout the day.

End Your Fast Gradually

Begin eating gradually. Do not eat solid foods immediately after your fast.

Suddenly reintroducing solid food to your stomach and digestive track will likely have very negative, even dangerous, consequences.

Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

Here are some suggestions to help you end your fast properly:

- ☐ Break an extended water fast with fruit, such as watermelon.
- ☐ While continuing to drink fruit or vegetable juices, add the following:
 - ☐ *First day:* Add a raw salad.
 - ☐ *Second Day:* Add baked or boiled potato, no butter or seasoning.
 - ☐ *Third day:* Add a steamed vegetable
 - ☐ *Thereafter:* Begin to reintroduce your normal diet.
- ☐ Gradually return to regular eating with several small snacks during the first few days.
- ☐ Start with a little soup and fresh fruit, such as watermelon and cantaloupe.
- ☐ Advance to a few tablespoons of solid foods, such as raw fruits and vegetables or a raw salad and baked potato.