

HSBC 21 DAY FAST

CONSECRATION AND PRAYING

Commences on March 29th at 6PM

Concludes on April 18th at 6PM, 2025

PURPOSE:

PETITIONING GOD FOR HIS BLESSINGS AND COVERING!

Week 1

- 1) Believe and Expect Uncommon Favor toward “Being Restored, Healed, and Reconnected” in 2025**

Pray on Days 1-3...Week 1

- ✓ Reconnecting, Restoring, & Reuniting the body of Christ
- ✓ Spiritual Explosion & Growth via In-House Worship and on-line platforms

Pray on Days 4-7... Week 1

- ✓ Completing renovation and repairs!
- ✓ Believe God for special miracles in your family and Ministry.

Week 2

- 2) **Outreach**—Discipling and believing God for additional members (each family will disciple 2 other families)

Week 3

3) Intentional Growth in Each Ministry

- ✓ Small group prayer and study sessions (virtual connections)

21 DAY PRAYER STRUCTURE

- ✓ PRAY FOR EACH ITEM ABOVE DURING EACH WEEK OF THE FAST, i.e., item 1 the 1st 7 DAYS, item 2 the 2nd 7 DAYS, ETC.
- ✓ DAILY PRAYER TIME...30 minutes: BETWEEN 6:00 TO 9:00 A.M.; 11:00 TO 1:00 P.M.; 6:00 TO 8:00 P.M.

SCRIPTURE FOCUS

- 1) **Thanking God**
- 2) **Celebrating God**
- 3) **Freedom with God**

Please select your reading from the scriptures noted in Weeks 1-3. Follow “The Fasting Plan and Food for Thought” below. TRUST GOD to SPEAK TO YOU IN EACH SCRIPTURE TEXT

THE FASTING PLAN

1st 7 days: No fried food; give up a favorite snack & beverage.

2nd 7 days: Only drink water; Give up a favorite vice.

3rd 7 days: No Sweets; No TV until 12 noon each day;

Good Friday, April 18th: No TV, only fruit and water until 6p.m.

On Good Friday we will congregate on the parking lot of the Church from 12:00—1:00 (weather permitting) ...we will have open mic for prayer and songs.

FOOD FOR THOUGHT DURING YOUR FAST!

When fasting, you replace physical nourishment with spiritual reflection. Instead of just abstaining from food, use that time to focus on your relationship with God.

The Bible is God's way of speaking to you. When you read it, you hear directly from your creator who loves and sustains you.

God invites you to join the conversation through prayer, using words from the Bible.

Choose from these scriptures each day for your prayers before God.

Week One: Thanking God

When you fast temporarily from a good, necessary thing like food, the lack you feel in your body reminds you for your need for God. This dependence on God is always there, but the comforts of the world often make us forget.

Use the following passages to remember and thank God for his provision (Think of its application in your life):

Isa. 43:1-13

- You are the redeemed of the Lord!
- V.13: “Yea, before the day was, I am He; and there is none that can deliver you out of my hand; I will work, and who shall let it?”

Luke 4:1-13

- Jesus was also tempted but He stood on the Word of God...”It is written”

Isa. 45:1-8, 20-25: You are the Lord’s anointed

Eph. 3:1-21: His unsearchable riches

Eph. 4:22-32: The New You

Psalms 29: The Voice of the Lord

Matthew 6:9-34

Our father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from the evil one. For yours is the kingdom forever and ever. Amen.

²¹ For where your treasure is, there your heart will be also.

³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Week Two: Celebrating God

With an awareness of your deep need for God comes joy in the truth that God meets you and sustains you. All good things you enjoy point to the true, eternal gift of life with God. Fasting, therefore, is also a time to rejoice in the abundance and security God offers you. Pray these words of celebration back to God:

Psalm 33:1-11

²⁰ We wait in hope for the Lord;
he is our help and our shield.

²¹ In him our hearts rejoice,
for we trust in his holy name.

Psalm 34:1-22

⁸ Taste and see that the Lord is good!
Blessed is the one who takes refuge in him.

Habakkuk 3:1-19

¹⁹ The Sovereign Lord is my strength;
he makes my feet like the feet of a deer,
he enables me to tread on the heights.

Neh. 1-6: Having a made-up mind!

John 1:1-14

¹⁴ The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

1 Peter 1:1-25

⁸ Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, ⁹ for you are receiving the end result of your faith, the salvation of your souls.

Week Three: Freedom with God

Because of Jesus, we are no longer doomed to be ruled by our sin. Instead, we have the freedom to reject misleading desires and embrace the life God wants us to have. Fasting is a bodily example of the self-control required to say no to sin.

Use these verses to commit to living the life of thriving that God offers you:

Romans 12:1-21

¹ Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

2 Corinthians 5:1-26

⁶ Therefore we are always confident and know that as long as we are at home in the body we are away from the Lord. ⁷ For we live by faith, not by sight.

Galatians 5:1-26; 6:1-10

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Colossians 3:1-17

² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God.

James 1:1-27

¹⁶ Don't be deceived, my dear brothers and sisters. ¹⁷ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Eph. 4:22-32 ... The new you!